

We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.

Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp Hearts are good by the spoon - just chewing them - or added to plain yogurt, raspberries blueberries and kashi cereal. If I have hemp hearts one day the next day I have a definite, one-time bowel movement that clears

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

I TRY TO EAT MORE OFTEN THROUGHOUT THE DAY AND THEREFORE, EAT LESS EACH TIME. I EAT A COMBINATION OF HEMP HEARTS, LOW FAT YOGURT AND FRUIT AS A MID-MORNING SNACK WHICH, I FEEL, IS MUCH MORE NUTRITIOUS THAN THE MAJORITY OF SNACK FOODS.

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods - minimizing their weight - are often able to improve circulation and reduce their dependence on insulin.

Please describe your experiences with Hemp Hearts and any serious health condition:

As described above, the Hemp Hearts have done their job in helping me to gain weight necessary for improved health. I do not actively avoid sweets, but I find snacking unnecessary and I eat better balanced meals at mealtime. *

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Please describe your experience regarding hunger and Hemp Hearts:

AFTER HAVING HEMP HEARTS WITH MY BREAKFAST CERIAL, I RARELY HAVE HUNGER PRIOR TO LUNCH TIME, AND CAN USUALLY GO WITH A VERY LIGHT LUNCH.

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We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

I do have more energy,
less need for caffeine.

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Please describe your experience regarding hunger and Hemp Hearts:

The hemp hearts, ~~added~~ in some oatmeal with fruit & a yogurt give me the sustaining that I need without the heaviness that I might get from something like pancakes.

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Please describe your experiences regarding energy and Hemp Hearts:

Light salad for lunch is normally all I eat. For the normal day to day I have plenty of energy.

We claim that because of the protein content of hemp hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

When I first began to use Hemp Hearts, I noticed that when lunch time came along, I had no appetite and, gradually, did without those 2 pieces of bread in a sandwich. A fruit now suffices.