

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.
Please describe your weight control experiences with Hemp Hearts:

There was a noticeable weight loss due to the feeling full and not craving sugars + starches. Smaller meals were eaten.

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:

I am much more satisfied and less likely to make poor choices throughout the day

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 find that I have more energy and do not feel hungry at lunch, but I usually do have a salad at that time. I have been able to cut out snacks in the morning and afternoon.

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 am hungry at lunch & have better control over my portion size, since I am not ravenous.

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health—reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

- helps to control sugar & carb levels easily
- shiny hair & stronger
- no bloating

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Please describe your experiences regarding energy and Hemp Hearts:

Whenever I feel hungry during the day, I will take 1 or 2 Tsp of hemp hearts which satisfies my hunger - prevents me from craving junk or fast food while on the go.

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Please describe your weight control experiences with Hemp Hearts:

A few years ago I was about 15 lb. over what I should be. With carefully eating & exercise I lost those pounds and have been able to stay at my desired weight. This is due to a change in eating habits as well as the use of hemp hearts.

2.

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Please describe your weight control experiences with Hemp Hearts:

- still a struggle but does not make me want to eat donuts at work.