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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:

because the kids eat h.h. daily with fresh organic vegies, fruit, dairy, + meat they never crave junky food + when they want a treat they now ask for hemp crisps

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 eat 4 small meals every day but because I eat hemp hearts in am I never crave extra food

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:

It takes a few days after starting Hemp Hearts for my system to settle down. I find that if I don't stay strictly on vegies + fruit, my digestion is irritated and uncomfortable.

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 experiences regarding hunger and Hemp Hearts:

Only use 2-3 TABLESPOONS PER DAY, so am hungry by noon, but do not snack in between.

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Please describe your weight control experiences with Hemp Hearts:

I eat a fairly normal "supper" but with half the meat as before.

I lose \approx 1 to 2 lbs each month (22 lbs. altogether so far)

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Please describe your weight control experiences with Hemp Hearts:

My weight does not fluctuate since I don't snack between meals.

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Please describe your experience regarding hunger and Hemp Hearts:

Using hearts at breakfast, or sprinkled on salads or as pesto at dinner keeps me from eating unhealthy snacks.

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 find I no longer 'pick' between meals as I feel very satisfied but not bloated.