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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:

Have not been strict with this method. However I lost 15 lbs in 4 months - skipping lunch and eating a little something (fruit/coffee or yogurt around 3-4pm) then eating lightly for supper, salad, veggies - 3-4oz meat

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 A BIGGER INDIVIDUAL (ABOUT 6'3" AND 240 LBS). I AM ON MY FEET ALL DAY THUS NEEDING A LOT OF ENERGY. I NOW ONLY HAVE A LIGHT LUNCH TO BE ABLE TO GET ME THROUGH THE DAY.

1
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Please describe your weight control experiences with Hemp Hearts:

First time in my senior age that I have been successful with weight loss! energy for exercise, balanced Blood Sugar no cravings - stopped snacking completely.

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

I took hemphearts for 3 mos & lost 17 LBs. I did not follow exactly what your flyer said & had 5 TB. at breakfast with yogurt & fruit. At lunch I had a salad eg. salmon or 1/2 sandwich. At dinner I ate 1/2 of my normal.

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Please describe your experience regarding hunger and Hemp Hearts:

Because I have been either pregnant or breastfeeding since I started eating Hemp hearts, it is important for me to eat regular meals. I do find that eating the hemp hearts helps me keep my energy up and my blood sugar level. I don't eat starchy snacks

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Please describe your experience regarding hunger and Hemp Hearts:

I still eat 5 portions a day & however these portions have dramatically reduced in size. My servings consist of yogurt, fruits, vegetables, salad and a small well balanced dinner. I've also noticed that ~~the more~~ I don't crave sweets so much.

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Please describe your experience regarding hunger and Hemp Hearts:

I AM ABLE TO AVOID STARCHES AND SWEETS EVERY THE DAY WITHOUT TRYING.

2.

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Please describe your weight control experiences with Hemp Hearts:

As I am currently at a healthy weight, I am not restricting calories. I do find hemp hearts makes it easier to make healthy/more nutrient rich choices.