

**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 personally find that after having H/H with my morning cereal or toast (and Jam) it takes very little to satisfy me at lunch.

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**Please describe your experiences regarding hunger and Hemp Hearts:**

I like the flavor of the hemp and find I do not have to eat as many starchy foods at meal time.

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**Please describe your experience regarding hunger and Hemp Hearts:**

I AM RARELY HUNGRY\_ I EAT TO LIVE, NOT LIVE TO EAT!

EACH MORNING I EAT FRESH FRUITS AND YOGURT WITH HEMP HEARTS \_ but more like 3 heaping tablespoons .

I am never overweight - 135 lbs and 5'5" . My lunch is usually fresh salad and light.

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**Please describe your experiences regarding hunger and Hemp Hearts:**

I have no hunger pangs mid morning like I used to and now have a snack of fruit or small portion of meat.

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**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:**

We definitely feel the hemp hearts have boosted our energy and we are not snacking at all between meals + no cholesterol problems.

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**Please describe your experience regarding hunger and Hemp Hearts:**

I find after taking Hemp Hearts for breakfast that I don't feel as hungry at lunch time, and sometimes miss lunch, or have a small portion.

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**Please describe your experience regarding hunger and Hemp Hearts:**

As a result of using hemp hearts, I do not require energy-boosting snacks in the forenoon, in fact, I do not crave any sweets of any kind, nor starches of any kind.

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**Please describe your experience regarding hunger and Hemp Hearts:**

I do eat hemp hearts every morning and find I am not as hungry when I eat them. I don't have to eat as much lunch or at supper time.