

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:

I agree that no-compromise - avoidance of sweet fruit & starches & processed foods will improve health in the ill incl. the chronically ill. Cravings go away, too. Also the constant thinking about food goes away. It's all WONDERFUL

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: hunger and  
When I began eating hemp hearts, my cravings were immediately eliminated. For a while I still drove through the drive through window at my local Tim Hortons for a coffee and donut, however after one bite of a donught I would throw it out. Now I drive past Tim Hortons, or if I do go in it is for a small coffee.

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Please describe your experience regarding hunger and Hemp Hearts:

VERY NOTICEABLE DIFFERENCE IN MY APPETITE - NO LONGER CRAVE SNACKS BETWEEN MEALS - JUNK FOOD NO LONGER DESIRED AT ANY TIME - MEAL SIZE REDUCED BY MORE THAN 50% AND NO HUNGER ISSUES BETWEEN MEALS

2.

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:

I'm sure the above is true tho I don't have a big issue with weight control. However, since H<sub>2</sub>O, my huge craving for sweets (even chocolate!) has greatly diminished. My hiking snacks no longer include sugar filled munchies, I go longer on raw veg, nuts. Most often I decline offers of

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 was always hungry - eating sweets to find energy - I am now better & have curbed my sugar intake

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 make a fruit smoothie every morning, even taking hemp hearts on business trips. My drink of 5 tablespoons of Hemp Hearts and a variety of fruit eliminates hunger and cravings. I occasionally eat lunch 6 hours after breakfast, however I often have to remind myself to stop to do so because hunger pains and cravings no longer occur for me.

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:

Hemp Hearts in the morning keeps my energy level even throughout the day.

my highs and lows have vanished with my craving for sugar.

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:

I believe in three meals and 2 snacks a day plus exercise.

Hemp Hearts have curbed my sugar cravings, kept my energy up and helped me maintain a good weight.