

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 HAVE NOT ~~BEING~~ BEEN TRYING TO LOOSE WEIGHT; HOWEVER, I HAVE LOST ABOUT 15 POUNDS AND SEVERAL INCHES. I HAVE FOUND THAT I AM SELDOM HUNGRY - PRIOR TO TAKING HEMP HEARTS I CRAVED CHOCOLATE - NOW I SELDOM EAT CHOCOLATE, ALSO MY DESIRE FOR DESSERTS HAS DEAMINISHED - I SELDOM GET HUNGRY

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 use Hemp Hearts every morning and have eliminated all pasta's and potatoes from my diet. I have fresh fruit @ coffee break and soup & salad for lunch. I don't experience hunger or crave fatty foods like I used to.

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Please describe your experience regarding hunger and Hemp Hearts:

I have found since taking the Hemp hearts I don't have the cravings for sweets as before. Also I am satisfied with small meals and consume fruit instead of starches. I don't feel hungry as often, as I did before taking the Hemp hearts I drink alot more water, instead of eating as I used to

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp hearts has reduced the craving for breads, cookies & other sweets

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 don't really have any serious health condition but I find I don't
Crave sweets + Carbs.

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I have always taken the hemp hearts
~~with~~ in my smoothie with blueberries,
cinnamon, oil, chia (or selva) + milk of banana.
I do not crave sweets like I used to.

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 have been using hemp hearts for over a year. Every morning
I take it + yogurt. I feel more full of energy and do not
crave sweets like I used to.

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:

The hemp hearts keep me from craving
sweets etc. People tell me I look ^{a lot} younger
than my years because the hemp hearts make my skin
healthier looking + my hair is really nice +