

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:

It is true for me that they quench the need for snacking and am not hungry at lunch time - but eat a small lunch. No more craving for chocolate or junk foods.

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:

No problems regarding digestive health and Hemp Hearts.
no more craving for sugar
sugar candy (ECT)

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Please describe your experience regarding hunger and Hemp Hearts:

a hearty soup or salad with raw vegetables is adequate at lunch time
sweet food cravings are markedly diminished
I routinely do not eat dessert except for fresh fruit

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Please describe your experience regarding hunger and Hemp Hearts:

I usually put H H on my porridge in the morning or I make bars to eat when I am in a hurry.
If I eat H H I often forget to eat lunch.
If I get a craving for sweets I have a spoonful of H H. which satisfies my craving

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Please describe your experience regarding hunger and Hemp Hearts:

I was addicted to sugar products but with the H.H.'s I can go to lunchtime or later without snacks or bread + starches and this helps me keep my weight under control.

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:

If one is on hemp hearts, you don't crave sweets so I maintain my weight, now the same for some time.

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:

My food cravings have lessened significantly while eating Hemp Hearts & my energy has gone up so I am more active. This helps me improve my overall health & circulation. I have noticed less edema in my lower legs due to the increased activity.
