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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:

I lost 40 lbs in 3 months.

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Please describe your weight control experiences with Hemp Hearts:

I have lost 10 to 12 pounds with the use of Hemp hearts + regular exercise. This weight stays off too. I am now the size + shape I have wanted to be since child bearing.

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:

My husband David and myself have found that when we eat 3 tablespoons of hemp hearts for breakfast we often do not feel hungry until mid-afternoon. We have both lost weight over the past two months since eating hemp hearts regularly.

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Please describe your weight control experiences with Hemp Hearts:

BECAUSE I AM EATING SMALLER PORTIONS THROUGHOUT THE DAY, I HAD INITIALLY LOST 10-12 POUNDS. I HAVE MAINTAINED THIS WEIGHT. MY REASON FOR TAKING HEMP HEARTS WAS NOT TO LOSE WEIGHT, BUT
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Please describe your weight control experiences with Hemp Hearts:

I have always yo-yo'd with my weight but when using Hemp Hearts I keep my weight down & off.

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Please describe your weight control experiences with Hemp Hearts:

losing weight

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Please describe your weight control experiences with Hemp Hearts:

No weight problem any more

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Please describe your weight control experiences with Hemp Hearts:

We did lose weight we were not overly over weight I lost 15 + my husband lost 15 we are content with our weight lose