

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:

My weight has always fluctuated between a low of 176 lbs and a high of 220 lbs. After 4 years with Hemp Hearts and no change in diet my weight is now steady at 185 lbs - two (2) lbs heavier than my high school football weight.

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Please describe your weight control experiences with Hemp Hearts:

I'm in the process of trying to lose a few pounds & things seem to be going really well. Not a pound a day but 1 lb every three days.

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Please describe your weight control experiences with Hemp Hearts:

WE FIRMLY BELIEVE THE HEMP HEARTS HAVE HELPED US WITH OUR WEIGHT - BUT, - WE ~~HAVE~~ NOT USED ^{YOUR} SPECIFIC DIET SUGGESTION. WE BELIEVE IT WOULD WORK!

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Please describe your weight control experiences with Hemp Hearts:

when I applied for one month
lost twenty pounds,

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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:

I now have so much daily energy I've lost 10 lbs. I only began Hemp Hearts about 6 months ago.

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 insulin intake has lessened by about 1/3 for the day.

Comment:
I do need to find out more info. on the effect of Hemp Hearts and diabetes. Thank you for sending out the survey.

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Please describe your weight control experiences with Hemp Hearts:

I have lost weight, but took product more for energy, high BP etc. I still have a small lunch and regular dinner.

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Please describe your weight control experiences with Hemp Hearts:

I have lost some weight on a Hemp Hearts and ~~that~~ I do eat lunch & dinner.