

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 am following something like this (I have veggies + a small amount of protein for lunch) - I am leaner than I was when I ran marathons.

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Please describe your weight control experiences with Hemp Hearts:

WE EAT NORMALLY BUT EVEN WITHOUT TRYING I HAVE LOST 6 LBS IN 2 1/2 MO'S WHICH IS NOT NORMAL FOR ME DURING BBQ SEASON

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Please describe your weight control experiences with Hemp Hearts:

I have lost a few pounds while on hemp hearts

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Please describe your weight control experiences with Hemp Hearts:

Have not used for weight control, but have lost 10 lbs in the last 6 months.

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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 have lost my excess fat since I've been using hemp hearts because I don't eat as much.

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Please describe your weight control experiences with Hemp Hearts:

I eat every 4 HRS & have lost 25 lbs since Oct 2007.

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Please describe your weight control experiences with Hemp Hearts:

I originally started Hemp Hearts because I was supposed to die in 2006. I wanted to get off my 3 medications that were slowly killing me; increase my energy and give me back a purpose for living. All of these happened with the added bonus of losing 86 lbs. and keeping it off.

2

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I have lost 50 lbs over the last 2 years and have subsequently put on 7 or 8 lbs due to weight training (toning). I feel fine eating a bowl of soup or salad for lunch when I used to eat an entire sub sandwich or "Port Hand" + ...