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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:

There was a noticeable weight loss due to the feeling full and not craving sugars + starches. Smaller meals were eaten.

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Yes this does happen

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A few years ago I was about 15 lb. over what I should be. With carefully eating & exercise I lost those pounds and have been able to stay at my desired weight. This is due to a change in eating habits as well as the use of hemp hearts.

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Please describe your weight control experiences with Hemp Hearts:

IN THE YEAR & ONE HALF THAT I'VE BEEN TAKING HEMP HEARTS I'VE LOST 10-15 LBS. (I DON'T USE SCALES OFTEN) WITHOUT A CONSCIOUS EFFORT.

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I have been able to lose weight using hemp hearts because I don't feel starving when I eat them.

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Please describe your weight control experiences with Hemp Hearts:

IN THE FALL I LIKE TO DO A CLEANSE IN PREP FOR TRAVEL, CHRISTMAS ETC, AND USE THIS DIET TO DROP SOME EXTRA POUNDS AND CLEANSE OUT MY SYSTEM.

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I have not tried same, but am sure it would work well.