

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:

I have only been consuming 2 to 3 tablespoons per day but definitely find I have less hunger by lunchtime and have been losing weight by combining the hemp seeds with other nutritious, low calorie food.

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Please describe your weight control experiences with Hemp Hearts:

I have lost about 20 lbs. in the last 6 mos. I do eat during the day if I desire, but the choices I make are now healthy & fat free. I am trying to quit smoking so sometimes I'll eat healthy crackers or some fruit. My husband works every day & supper is always on around 6. I did not go crazy dieting but I find my portions are smaller & often I just eat a small salad to share dinner with him.

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:

I am trying to lose weight so I eat 2 Tbsps a day and that curbs my appetite enough to lose weight.

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Please describe your weight control experiences with Hemp Hearts:

When I watch ~~what~~ what I consume & eat hemp hearts I can lose weight so much easier.

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Please describe your weight control experiences with Hemp Hearts:

I am not using Hemp hearts to maintain my weight, but my friend's husband has lost over 80 lbs using this method and it has worked well for him.

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Please describe your weight control experiences with Hemp Hearts:

I lost 22 ~~lbs~~ lbs. in the last 5 years. This was done without diet.

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Please describe your weight control experiences with Hemp Hearts:

I've experienced a decline in weight of 10 lbs only - since taking Hemp Hearts for the past 2 yrs.

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Please describe your weight control experiences with Hemp Hearts:

This is true if it is combined with lots of water intake and reasonable exercise. (My experience)

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