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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:

Since eating hearts and eliminating unhealthy fats, I've lost 25 lbs over six years

Please describe any internal changes experienced relative to pain and tissue inflammation:

When I was conscientious of my health & eating Hemp Hearts continually my weight was down & my blood pressure went from high to normal. I felt better my Dr. even asks me if I'm eating my Hemp Hearts that maybe I should get back on them when my health deteriorates.

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Please describe your weight control experiences with Hemp Hearts:

I was losing about a pound a day and in total lost 20 lbs and I am now stable at 150 lbs, (I have cut back to about 3 tablespoons of H.H.) my wife also lost 20 lbs but not as fast as I did and she is still losing 1-2 lbs / week

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Please describe your weight control experiences with Hemp Hearts:

FOUND IT WAS EASY AT FIRST TO LOOSE 10 LB AFTER THAT... ~~WE~~ IT HELPED US KEEP IT OFF.

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Please describe your weight control experiences with Hemp Hearts:

When I began eating hemp hearts in March, I also began a 600 calorie, 50g fat, 200g carb, 60-100g protein a-day diet. Including that with regular exercise I have lost 35 lbs & 18 inches (it is now Sept.) I am continuing this diet for life & plan to continue eating hemp hearts every day!

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Please describe your weight control experiences with Hemp Hearts:

I have never really had a weight problem. But based on my experience I think the above would be quite attainable.

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Please describe your weight control experiences with Hemp Hearts:

N/A because I didn't follow that.
However I have lost a couple of pounds 😊

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Please describe your weight control experiences with Hemp Hearts:

I've never lost a pound per day but I do eat calories during the day and I do not eat only bare vegetables for dinner. I do, however, lose weight when I consume hemp hearts regularly.