

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 lost 10 lbs when I first used hemp hearts in my diet & that weight stays the same ever since

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Please describe your weight control experiences with Hemp Hearts:

If I only eat 1/2 bar and have just a veggie salad for supper. - I can lose 1/2 to 1 lb.

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Please describe your weight control experiences with Hemp Hearts:

I tried this & lost 9 lbs in nine days.

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Please describe your weight control experiences with Hemp Hearts:

*I have four tablespoons each morning and eat a sandwich with soup for lunch (homemade bread & soup) I have meat for supper with fresh salad, rice or potatoes and vegetables.
I didn't need to lose much weight but lost 6 lbs the first few months and am maintaining my weight.
I am 70 years old.*

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I can't really say here as I seldom follow this program. I want to and believe that it will work based on my experiences thus far, but life just doesn't seem to allow it yet. I have the salad in the morning with good intentions, but something usually happens that winds up with me eating stuff that I shouldn't.

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I do not have a weight problem but did find that I lost a few pounds shortly after starting hemp hearts. I changed a few other foods that I was eating so I can't say for sure that the hemp hearts contributed solely to the weight loss.

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I would say that I have probably lost 10 pounds since taking hemp hearts. I love it!

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:

helps to lose weight.
