

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 lost 20 lbs in 2 years. Right now I have lost my sense of taste, so I usually don't eat anything sweet

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods—minimizing their weight—are often able to improve circulation and reduce their dependence on insulin.
Please describe your experiences with Hemp Hearts and any serious health condition:

1 The improvement of the cholesterol was quite dramatic — as was the weight loss.

This has improved my heart health. (My father died of a heart attack @ age 52, so I'm hoping to improve my heart health.)

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Please describe your weight control experiences with Hemp Hearts:

As I said my weight loss has been great and I have maintained my loss for the past 3 years. I used to be constipated a lot but not any longer thanks to the hemp hearts.

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Please describe your weight control experiences with Hemp Hearts:

yes. that is so if you follow this plan

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Please describe your weight control experiences with Hemp Hearts:

I lost my extra weight when I started working at Big Sky and went from 32 waist to a 28. with the help of the hemp hearts I have maintained that weight

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health--reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

Yes Indeed, clearer firmer skin
general good health all round and
reasonable weight loss & maintenance

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Please describe your weight control experiences with Hemp Hearts:

Using Hemp Hearts and PGX, I lost 15 lbs prior to my daughter's wedding and eating normally now have been able to maintain that loss.

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Please describe your weight control experiences with Hemp Hearts:

I HAVE LOST 15 LBS