

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 am not as hungry after eating Hemp Hearts - so it is easy to loose weight and not feel weak or starved! My general health seems better all over. The mind is clearer when not eating a lot of starches + fats etc. I have more a feeling of well being!

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In the last 5 years I have lost 50 lbs and feel great.

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I have lost weight on my new "program" including hemp hearts

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STAYED SAME

But girl friend has lost 5 pounds and is hooked on hemp hearts she had a bad digestive system for a long time, she was hooked after time. Has really helped her.

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I did not know this! BUT when I first got on this + raw food, I'm the type that has to try it to believe it. So for my hypoglycemia I eat raw oats + fruit w/ hemp hearts + rice milk for Breakfast. At 2 or 3 I'd have a big salad then dinner I'd have another ~~salad~~ salad with some from the very first day + I lost 10 lbs in 10 days!! My hypoglycemia symptoms were had TONS of energy + felt GREAT!

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Please describe your weight control experiences with Hemp Hearts:

I had a heart attack 3 yrs ago. Since watching what I eat, exercising + eating hemp hearts I have lost 45 lbs.

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 eat 4 Tbsp each day and my appetite is reduced for lunch + dinner. I am healthy + have lost ~~what~~ weight which I wanted to do.

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Have lost about 15 pounds but I do not have just salad at supper. It seems very easy to maintain my weight.