

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:

The first week on H. H. I lost 5 lbs
I'm not over weight But like everyone
I do gain weight 5 to 10 lbs over the winter
But with Hemp hearts and eating the right
foods I have no problem dropping the weight.

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Please describe your weight control experiences with Hemp Hearts:

I lost 40 lbs of excess weight
3 years ago and was able to
maintain this weight loss with
the hemp hearts.

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Please describe your weight control experiences with Hemp Hearts:

I have not had
a weight issue and my weight has stayed the same since
I started using Hemp Hearts.

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Please describe your weight control experiences with Hemp Hearts:

I lost 18 lbs in a little under 3 months and
~~now~~ I have remained at a stable weight just a
few pounds more than my ideal weight. I did not
increase my level of exercise (almost zero) and I am sure
~~the exercise would drive off those last few pounds.~~
Egon

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Please describe your weight control experiences with Hemp Hearts:

I have always yo-yo'd with my weight but when using Hemp Hearts I keep my weight down & off.

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Please describe your weight control experiences with Hemp Hearts:

I Don't know that my weight ^{control} can be attributed solely to Hemp hearts but I eat it regularly and my weight stays the same.

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Please describe your weight control experiences with Hemp Hearts:

I have had a good steady weight maintenance. I always yo-yo'd, gaining & losing continually prior to hemp heart use.

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Please describe your weight control experiences with Hemp Hearts:

Weight is stabilizing