

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:

I have lost 35 lb in the last 3 years
I find it a lot easier to say no to starches. I did not follow the above outlined program; I just cut down on food intake. The weight loss was slower but the weight has stayed off.

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Please describe your weight control experiences with Hemp Hearts:

Well I can't say I have followed these instructions for weight loss — I do know it has helped me loose weight without feeling hungry and it is very satisfying to know I get the protein and omegas my body needs

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Please describe your weight control experiences with Hemp Hearts:

I used to gain weight—since I've been taking the H. H. I have not gained any weight but I've lost 15 lbs.

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Please describe your weight control experiences with Hemp Hearts:

Have lost several "healthy" pounds without trying to. Food cravings esp sugary foods have disappeared completely. Nutritionally I feel satisfied.

2

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Please describe your weight control experiences with Hemp Hearts:

I am constantly watching my weight and I think Hemp Hearts keep my weight under control.

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Please describe your weight control experiences with Hemp Hearts:

My weight has remained stable and my overall health has greatly improved.

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Please describe your weight control experiences with Hemp Hearts:

My weight no longer fluctuates
I am no longer constipated.

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:

I have maintained weight with less effort - skin elasticity is good, nails have grown, hair has always been healthy.