

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:

Every morning I add 3-4 table spoon of hemp hearts to any kind of breakfast I have whether it is serial, omelet or sandwich with honey. I feel full of energy and have quite small lunch compare to what I used too. when I come from work I add 2-3 T spoons to my evening soup and feel satisfied.

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Please describe your experience regarding hunger and Hemp Hearts:

Yes it certainly helps you have that extra stamina to take you through the day, you also don't eat as much as you used too.

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

I am a 67 year old female who has been using 'Hemp Hearts' for the past seven years, and have experienced and increase in my energy levels and a slow but steady weight loss to a healthy level.

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:

because hemp hearts could be easily added to many steamed vegetables, soups, salads or serials as the taste will not be altered. Instead the hunger is satisfied much faster and you do experience bigger time interval before next meal. Therefore you have fewer meals and a lot of vigor.

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Please describe your experiences regarding energy and Hemp Hearts:

As Above... I eat the hemp hearts for breakfast, by themselves, and drink water with them. While at work in the hospital, I am very busy and often don't have time to take any breaks. I find that the Hemp Hearts for breakfast allows me to work straight through. Usually until dinner.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

We - Bob - husband age 74. me age 62 - using 1 yr.
we use in a smoothie with milk & yogurt & fruit. If we take it for breakfast we do not want to eat again until about 3pm.
We own & operate a liquor store so we are very active. we have no stuff

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:

My food cravings have lessened significantly while eating hemp hearts & my energy has gone up so I am more active. This helps me improve my overall health & circulation. I have noticed less edema in my lower legs due to the increased activity.

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Please describe your experience regarding hunger and Hemp Hearts:

I do eat 5 tbsp of Hemp Hearts every morning for breakfast. Sometimes I also have an apple or pear, etc with it and I can easily work effectively & fully focused without hunger until mid afternoon.