

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:

We do not use five tablespoons, but have a good feeling if we put 2 tablespoons of Hemp Hearts on our raw porridge in the morning. Lunches are much smaller portions.

I have been using hemp hearts for just over a year. I am a 67 year old Caucasian lady who still works part time at a job where I must stand for several hours at a time. I have just completed my annual physical health checkup and my doctors are greatly impressed with my improvement in my medical state. This improvement is greatly related to my loss of weight using hemp hearts and my increased energy which has allowed me to engage in further physical activity.

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:

We have lost weight while on hemp hearts. We're farmers, so we need lots of energy.

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:

I am a farmers wife & I am on the go all day. I can skip lunch if too busy & still have energy to carry me through to supper. I've lost weight & feel better.

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Please describe your experiences regarding energy and Hemp Hearts:

Hemp hearts has allowed me to start my day at 5 am, do a 1.5 hour workout before lunch, work all afternoon and still have energy to cook a gourmet dinner - my hobby!

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Please describe your experiences regarding energy and Hemp Hearts:

Over the years I have learned to control my sugar ~~at~~ cravings. Hemp hearts are an essential part of that learning process. In fact, I'm \uparrow energetic & pain free now than I was 15 yrs ago.

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:

APPROXIMATELY 1 yr. I WAS A HEAVY EATER. USING HEMP HEARTS CUT MY EATING HABITS IN HALF. MORE ENERGY, BETTER MOODS AND OVERALL JUST FEEL BETTER. I'M 57 yrs old & I feel these Hemp Hearts help me IN ALL AREAS OF my health.

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Please describe your experience regarding hunger and Hemp Hearts:

it keep me going & energized