

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 USE TO WEIGH 281lbs, I NOW WEIGH ABOUT 230lbs AND FEEL GREAT

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:

When I have the Hemp Hearts for breakfast each day I do not have to eat at all till lunch time. They totally satisfy me & gives me an all over ^{good} feeling. I know I am getting all the essential nutrients I need each time I have them.

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:

Since I have been having Hemp everyday.

I dropped 5 lbs. & keep it off. I am in my correct weight group & feel excellent - my doctor are all surprised what a great ^{health} record I have.

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 was always tired and felt like my body was lacking something. Now I have energy and haven't felt this great since being a teen.

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

Eating Hemp Hearts maintains a healthy blood pressure level. The protein feeds the nerves system helping with a calm nervous system, thus, ^{well} regulated blood pressure.

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:

For our age we feel good using Hemp Hearts.

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 do not get hungry. I haven't tried losing weight... This is the best I felt in yrs. I do my own garden + housework. & no sore spots.

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:

I have no serious health conditions & have no diabetes, heart condition etc.

I will continue taking Hemp Hearts everyday because I feel it has enhanced my life & helps prevent health conditions that would require drugs. I prefer NATURAL remedies!
Thank-you so much.