

Title:

Chew Your Way To Diet Success This Holiday Season

Word Count:

525

Summary:

If you're looking for a new and innovative way to stay away from all the holiday goodies this

Keywords:

Weight loss, lose weight, diet, weight-loss help

Article Body:

If you're looking for a new and innovative way to stay away from all the holiday goodies this

A recent study conducted by Wrigley confirm that an astounding 70% of Americans eat more at ho

Instead of giving into temptation, keep a steady supply of gum available at your desk at work

If you plan to bake holiday treats for others this year, chewing gum while you're doing it can

If you're concerned that the calories associated with the gum will backfire on your diet plans

This type of gum usually has less than 10 calories per piece; which is really quite insignific

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