Just in time for the Holidays: Finally, You Can Get All Your Fruits and Vegetables for the day in One Serving, without All the Chewing

Boca Raton, Fl - Tis' the Season to Be Jolly, but who says we have to be careless with our calories this holiday season, a time when most Americans pack on the pounds as the year ends in anticipation of the often delusive "loose weight and exercise" New Year's resolutions. "Americans need to get a handle on the gorge-fest that takes place between Thanksgiving and New Year's," says Dr. Donald Hayes, the President of "Green's First," www.GreensFirst.com, an organic, whole foods Nutraceutical company and the nation's leading supplier of meal supplement, health and powdered nutritional products to a network of more than 7000 healthcare practitioners around the country.

Commencing with Thanksgiving dinner, the calorie counter spins like one of the sugar plum fairy's in the Nutcracker, working overtime until midnight, December 31st of every year; the average Thanksgiving dinner weighs in at more than 4000 calories. "Overeating for one meal would not be that big a deal," says Dr. Hayes, "but it's as if someone's ringing the bell to mealtime overtime until January 1^{st,} it's the continual overeating and overindulgence that is the problem during the last weeks of the year, arguably the fattest time of the year for people."

According to the British Nutrition Foundation, just an extra 500 calories a day will result in a gain of five pounds in the four-week Christmas period. That's a glass of wine, a sausage roll and a bag of crisps every day for a month. "Overindulging on Christmas Day won't necessarily make you put on weight," says Claire Williamson of the British Nutrition Foundation. "People who are in 'energy balance' - who aren't in the process of gaining or losing weight - can get away with overeating for a couple of days as long as they compensate for it. It is the sustained consumption in the run-up to Christmas that makes you put on weight."

Here are just a few foods that that aid in not just providing good end-of-year holiday cheer but extra helpings of heart-clogging fat and useless calories for revelers:

- Christmas pudding, custard and butter -- 587 calories.
- The booze n' snack count - two glasses of Baileys (around 250 calories), a glass of mulled wine (245 calories) and a handful of chocolates (around 300 calories).
- A small sampling of cheese and biscuits -- 294 calories.
- Pecan pie -- 495 calories.

To help put the brakes on all that eating such as the consumption of huge amounts of carbs, sugar and empty calories, from ginger-bread cookies *(one cookie can be as much as 270 calories)* to those yummy and seasonal pumpkin-spiced muffins *(one muffin can be as high as 300 calories)* and even egg-nog *(one 8 oz. cup can be as high as 330 calories)***,** Dr. Hayes recommends wholesome, healthy, highly nutritious meal supplement

products that help to reduce cravings and even cleanses and detoxifies the body at a time when the body can use it most. "The more that we can facilitate the body's elimination of waste through improved colon movement activity resulting in enhanced detoxification, the better the body operates and the better you'll feel," says Dr. Hayes.

Health Help for the Holidays: Get All the Benefits of Fruits and Vegetables, Without all the Chewing
Only 23% of all Americans eat the USDA government recommended allotment of 3 -5 servings of fruits and vegetables everyday. Let's face it, we all know that eating fruits and vegetables are good for us and yet, the majority of us just hate eating fruits and vegetables. Or maybe we just don't have the time to cook all those vegetables or the patience to eat all those fruits. Well now, thankfully, there is a better way, a simpler way, an easier way to get all the benefits of eating fruits and vegetables at the most challenging "food time of the year" without all the shopping, chopping, cooking and chewing. The answer: "Green's First". www.GreensFirst.com

A Complete Line of Life-Changing Products
Through its line of 9 health and nutritional product supplements as well as three books authored by the company's co-founder and president, Donald Hayes, Wellness Watchers has developed a network of more than 7000 medical professionals across the country who share the company vision of providing a system for healthy living. The company achieves its mission through the creation and distribution of products that improve well-being, and offering programs that empower people to achieve greater levels of personal enhancement through health awareness, nutrition and fitness.

GREEN'S FIRST
Green's First (www.GreensFirst.com) is a uniquely easy mixing, pleasant tasting and refreshing "Super Foods" powder mix teeming with natural, organic, whole foods and extracts. It contains 49 Great Tasting Super Foods equivalent to the Phyto-Nutrition of a minimum of 10 servings of fruits and vegetables. Only 45 calories, less than 1 gram of sugar and 5 net carbs per serving.

About Wellness Watchers
Wellness Watchers Global, LLC., (www.WellnessWatchers.com) goes beyond the conventional approach to health and wellness by providing a life enhancing line of products designed to provide optimal physical, mental, emotional and spiritual well-being. The program offers healthcare providers a turn-key science-based nutritional wellness system that allows them to deliver better care and get better results without changing the way they practice or the time they spend with patients. These wellness services and products are available exclusively from healthcare providers who have joined the Wellness Watchers team.

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