

Company stresses health in uncertain times

PALM BEACH GARDENS — The financial meltdown is taking a toll on more than people's pocketbooks and retirement funds. The stress is also emotionally and physically draining, experts say.

But a company in Palm Beach Gardens says it has the solution.

GoodElements.com, a nutritional supplements distributor, has launched "workplace wellness" and "holiday survival" product bundles.

"The economy is obviously not doing so hot, and people have a lot of stress at work and as they get ready for the holidays," co-founder Lyle Deitch said in a phone interview.

"We wanted to create a reminder that good health is important, even in the most stressful economic times, because without good health, you can't perform well at work."

The packages combine different GoodElements supplements. For instance, "workplace wellness" is composed of Lucid (a memory-boost), Boost (stamina) and Chill (anti-stress).

Deitch said his company also wanted to make packages that help get rid of custom-

er's stress and confusion when figuring out which supplements are right for them.

In addition, the company has come out with a beauty package, and is considering other packages. At this point, "surviving the financial crisis" is not one of them, Deitch said with a laugh.

Deitch said supplements alone are not the answer to stress from the economic squeeze. Exercising and taking care of yourself can help people cope.

Regardless of whether these supplement packages can help, therapists say people do need to work to maintain their health in stressful times.

"Taking care of oneself physically as well as psychologically in these times is incredibly important," said psychotherapist Dr. C. Paul Wanio, who works in Lake Worth and Boca Raton.

Wanio has created a list of five simple stress-buster tips for his clients.

"I see this crisis hitting people on three levels: financial, psychological and sociological," Wanio said. "The solutions must also arise from these areas."

— Allison Ross



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GoodElements.com, a Palm Beach Gardens nutritional supplements distributor, has bundled products aimed at alleviating today's stressors, such as holiday and workplace anxiety.

