



Free Stress Test Reveals Your Personal Stress Level

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Doctor-created stress tests allows individuals to assess stress levels--and take appropriate action.

PR9.NET March 31, 2008 - LAS VEGAS, NV - A new do-it-yourself stress test provides help for the tens of millions of Americans overwhelmed by stress, anxiety and depression.

The test enables them to become aware of the magnitude of their problem so they can decide to take appropriate action. Many people struggle from one day to the next without realizing just how much damage stress is doing to their mental and physical well-being, and do not know where to turn for accurate and informed assistance.

The stress test is a starting point for getting their life back on track, says its creator, Vern S. Cherewatenko, MD, MEd, author of "The Stress Cure." Dr. Cherewatenko developed the RHODAPTIN™ Rapid Stress Assessment based on firsthand experience with thousands of his clinical patients. It's simple, easy, takes no more than ten minutes and is extremely revealing. Many of Dr. Cherewatenko's patients have commented how they had no idea of the true extent of their stress until they had completed the test.

All you have to do is sit down in a quiet place and honestly rate on a scale of zero to 10 how you currently feel—how much sixty different, specially selected behavioral descriptions apply to you.

Says Dr. Cherewatenko, "Stress is linked to six of the leading causes of death and on any given day about a million people are absent from work because of health related problems associate with stress. It has reached epidemic proportions. M Rapid Stress Assessment helps people realize just how stressed they really are."

Adds, Dr. Cherewatenko, who has also developed a nutritional supplement called Rhodaptin, which has been shown to alleviate the symptoms of stress, "Over and over again, patients have come into my office bewildered about why they feel worn out and exhausted all the time. It almost always comes down to the same thing: stress. When a car runs out of gasoline, it won't work anymore. Nothing is broken, it just needs a full tank. The human body is the same way; when our stress-fighting hormones are low, sometimes all we need is some fuel. That's why I created Rhodaptin."

You can discover more about the Rhodaptin program and take the free test online at www.rhodaptin.com

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About Vista Health Enterprises

Vista Health Enterprises specializes in natural solutions for stress, anxiety and depression. It uses a Rapid Stress Assessment to analyze stress levels. It has developed the herbal supplement Rhodaptin. Clinically tested by Vern Cherewatenko, MD, MEd

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