

The Cultured Conch Art Events in the Keys

Event information provided by Florida Keys Council of the Arts
www.keysarts.com

VISUAL ARTS:

Thursday, November 1 - Friday, November 30

Featuring new artist Priscilla Coote; large format oils of the lower and middle Florida Keys. 10-6 daily. Gallery on Greene, 606 Greene St., Key West. 304-2323. galleryongreene.com.

Thursday, November 1 - Friday, November 30

Front window showcase: Valerie Fetcher. View beautiful portraits only seen through the eyes of her camera. Open daily 10 a.m. - 6 p.m. Artists In Paradise Gallery, Big Pine Shopping Plaza, MM 30, Big Pine Key. 872-1828.

Thursday, November 1 - Monday, December 31

"Deja Views." Paintings pastels and prints of Florida seascapes and landscapes by John David Hawver. John David Hawver Gallery at the Rain Barrel, 86700 Overseas Hwy., Islamorada. 852-9958. johndavidhawver.com.

Thursday, November 1 - Monday, December 31

"Nature Photography" new works by Nancy Forrester. Unusual plants and animals in the Secret Garden. 10 a.m. - 5 p.m. daily. The Gallery at Nancy Forrester's Secret Garden, 1 Free School Lane (500 block of Simonton), Key West. 294-0015. nfgarden.com.

Friday, November 2 - Monday, January 7

"Key West in Black and White" photographs by Tom Corcoran. Opening reception free for members, non-members \$10; 5:30 - 7:30 p.m. Museum open daily. Custom House, 281 Front St., Key West. 295-6616. kwahs.org.

Saturday, November 3

"Meet the Stars." Works by the gallery's artists. Artist reception. 5-7:30 p.m. The Artists Gallery at DeClue's Fine Art Printing and Framing, Tavernier Towne Shop

Cntr. MM 91.3, Tavernier. 852-4840.

Saturday, November 3 - Sunday, November 4
Internationally acclaimed husband/wife artist team Michael and Inessa Garmash to demonstrate and display their latest originals. Sat. 7-11 p.m./Sun. 12-4 p.m. Key West Gallery, 601 Duval St., Key West. 292-9339. keywestartgalleries.com.

Thursday, November 8
Key West Art Center monthly meeting followed by artist's demonstration of pencil and white charcoal on colored paper by Caren Ragan. Free and open to the public. 1 p.m. Key West Art Center, 301 Front St., Key West. 294-1241.

Thursday, November 8 - Thursday, December 20
Exhibition of ceramics by Jack King. Opening reception co-sponsored by Mud Pi. 5-7 p.m. FKCC Library Gallery, 5901 College Rd., Key West. 809-3542.

Monday, November 5 - Saturday, November 10
"Paint Key West" with Sandford Birdsey. A week of daily plein air watercolor excursions and instruction. \$300 includes opening reception. 328 Simonton Street, Key West, 296-7493. Signofsandford.com.

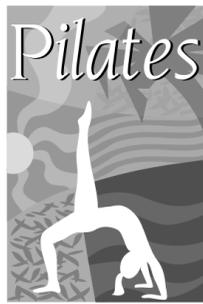
Friday, November 9 - Saturday, November 10
Painter Alexei Butirskly thrills us with another amazing demonstration of his incredible talents. Fri. 6-10 p.m./Sat. 12-10 p.m. Key West Gallery, 601 Duval St., Key West. 292-9339. keywestartgalleries.com.

Saturday, November 10
"Art on the Porch." Featuring Keys artists showing in various media. Open daily 10 a.m.- 6 p.m. Bougainvillea House Gallery, MM
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Natural Help for Kidney Stones

In our last month's article, we discussed some of the basic signs, symptoms, and causes of kidney stones. This article will focus on some better-known herbs, which can help prevent or treat this very uncomfortable problem.

Aloe is a plant, which is well known for its skin and intestinal healing properties. However, aloe is also known to slow the rate of kidney stones. Another herb, which slows stone formation, is varuna, an herb that can be brewed into a tea. Consumed three times daily, this herb can inhibit an enzyme, which is essential for the formation of stones, specifically calcium oxalate stones.

For stones that already exist, chanca piedra tincture can help dissolve the kidney stones. Another product, Stone Free by Planetary Herbals, is a combination of 9 different herbs, and is reputed to dissolve kidney stones.

So what if you are already in the process of passing a stone? Is there anything that can help? Several other herbs have been identified to help with this process. For example, birch leaf brewed into a tea has been found to stop spasms from the passage of stones. It also

stimulates urination when taken with plenty of water. Marshmallow root tea also acts to cleanse the kidney as well as assists in expelling the stone from the ureter.

Then finally, khella is an herb that helps heal the urinary tract after passing the stone.

Keep in mind that it is important to know what types of stones you get: Calcium oxalate, uric acid, or struvite. This is important because some of the dietary interventions you can use depend on the type of stones you have.

For example, for calcium stones you can decrease stone formation by avoiding dairy products, red meat, beet greens, black tea, cocoa, cranberries, nuts, parsley, pepper, spinach, swiss chard, and rhubarb.

If you have uric acid stones it may help to avoid anchovies, herring, mackerel, sardines, shellfish, and yeast.

For struvite stones it is important to avoid dairy products (except whole milk), fish, garbanzo beans, lima beans, mushrooms, and nuts.

Most of all DON'T GET DEHYDRATED!! In the hot Florida sun it is important to drink lots of water, especially before, during and after exercise.

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