

# Remedy's Health Food

...Continued from page 19 indicator above, the low potassium level. These individuals, like the fast oxidizers, need to slow down tremendously. They are "burning themselves out" and will not get well if they do not change their lifestyle and often their thinking patterns to reflect a more peaceful and more gentle approach to their lives. They need to help their bodies get out of the fight-or-flight mentality. Unlike the fast oxidizers, these individuals are quite burned out. They often need to slow down mentally as much as they need to slow down physically. They may need to engage in more spiritual or other pursuits that inspire, relax and reassure themselves, and one need not be in fight-or-flight as much of the time. As with fast oxidation, this is a very

important lifestyle change that is needed, or these patients will make very slow progress on any program. The simple reason is that the sympathetic nervous system inhibits their digestive, eliminative and immune systems. This really inhibits any healing program that they may undertake. Sympathetic dominance in children is unfortunately quite common, especially in teenagers. These young adults are over stimulated with music, or soft drinks or even tea or coffee. They may also have much on their minds, between school pressures, home pressures, boyfriends and girlfriends, and so forth. Teens and most adults, for that matter, need less stimulation, more (often much more) rest and sleep, and often a more relaxed home and school life.

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# Events in the Keys

...Continued from page 18 5901 College Rd., Key West. Tickets available by calling 295.7676 or keystix.com.

Sunday, March 2  
36th Season Impromptu Concerts presents Camerata Bariloche String Orchestra. 4 p.m. Tennessee Williams Theatre, 5901 College Rd., Key West.

Monday, March 3  
Middle Keys Concert Association presents Camerata Bariloche String Orchestra. \$20. Under 19 yrs Free. 7:30 p.m. San Pablo Church, 122nd St., Marathon. 743-4687.

Tuesday, March 4  
Johnny Rodgers Band. Singer songwriter pianist, Johnny Rodgers. \$20-\$35. 8 p.m. Tennessee Williams Cabaret Theatre, 5901 College Rd., Key West. 295-7676. keystix.com.

Saturday, March 8  
South Florida Center for the Arts Concert Series presents Stanislaw Drzewiecki, pianist. 8 p.m. Coral Shores Performing Arts Center, 89901 Old Hwy. (MM 89), Tavernier. 304-9059. sfca-arts.org

Sunday, March 9  
36th Season Impromptu Concerts presents Stanislaus Drzewiecki, pianist. \$20. Under 19 yrs Free. 4 p.m. St. Paul's Episcopal Church, 401 Duval St., Key West. ksdepster@earthlink.net.

Sunday, March 9  
"Here with You." Vocalist Libby York CD release gala. \$27.50 General. \$37.50 Table. 8 p.m. Tennessee Williams Cabaret Theatre. 5901 College Rd., Key West. 295-7676. keystix.com.

Monday, March 10  
Middle Keys Concert Association presents Stanislaw Drzewiecki, pianist. \$20. Under 19 yrs Free. 7:30 p.m. San Pablo Church, 122nd St., Marathon. 743-4687.

Thursday, March 13 - Sunday, March 16  
Island Opera Theatre presents

OperaFest featuring Keys Chorale. Performances scenes/acts from the world's greatest operas. Tennessee Williams Theatre, 5901 College Rd., Key West. 296-1520. keystix.com.

Friday, March 14 - Saturday, March 17  
South Florida Center for the Arts Concert Series presents St. Patrick's Day Irish Festival. Parade, high tea, concert, traditional foods and more. Key Largo Civic Club, 209 Bay Drive (MM 99 Overseas Hwy.), Key Largo. 304-9059. sfca-arts.org

Sunday, March 16  
Performance at St. Paul's presents Music of Holy Week. 4 p.m. St. Paul's Episcopal Church, 401 Duval St., Key West. 296-5142.

Sunday, March 16  
Island Opera Theatre presents OperaFest featuring Keys Chorale and Metropolitan Opera soprano, Barbara Conrad. Tennessee Williams Theatre, 5901 College Rd., Key West. 296-1520. keystix.com.

Tuesday, March 18  
The Temptations in Concert. 8 p.m. Tennessee Williams Theatre, 5901 College Rd., Key West. 296-1520. keystix.com.

Thursday, March 27  
Ann Hampton Callaway Caberet Evening. 8 p.m. Tennessee Williams Theatre, 5901 College Rd., Key West. 296-1520. keystix.com.

Saturday, March 29  
Keys Community Concert Band outdoor concert. "Florida Heritage Concert." Bring blankets, lawnchairs. Free. 4 p.m. Islamorada Founders Park, MM 87, Bayside, Plantation Key. 853-7294. keyscommunityconcertband.org.

Sunday, March 30  
Bobby In The Lobby Cabarets. 8 p.m. Tennessee Williams Grand Foyer. 5901 College Rd., Key West. 296-1520. keystix.com.

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