

Remedy's Health Food

...Continued from page 19
calcium therapy with a 13% decline in standing systolic and 9% drop in diastolic blood pressure. Calcium is better tolerated than diuretics, and should be considered. In 13 hypertensive responders, calcium was associated with a reduction in mean standing blood pressure. Since 1925 it has been known that magnesium salts can produce hypotension and lower blood pressure. Deficiencies in magnesium or potassium -magnesium combinations allow more calcium to bind to the surface of the cell, increasing blood pressure.

Bottom line: Take the right kind of magnesium, potassium, and calcium, and be moderate in your eating and lifestyle habits. It could be just the ticket. What do you have to lose with

side effects such as stronger bones, better muscular health, and you reduce the options of what could be causing your high blood pressure. Ask you medical professional specific questions such as: Why do I have high blood pressure? What is the physical reason for this? If it is my weight or age, what specifically is causing it? What deficiency in minerals, absorption, or circulation do I have that is causing the high blood pressure? Then work had to solve the problem through diet, supplementation, knowledge and eventually medication if still needed.

*Consult your medical professional before initiating any course of treatment; these statements have not been evaluated by the FDA.

Fractional Ownership

Q & A

Q: What is the advantage of owning a fraction of a vacation home over owning all of one?

A: By owning a share of the property along with other shareholders your cost of ownership is just a fraction of owning a property outright. You only pay for the period of time you wish to use the property without the year round cost of ownership.

Q: Do I actually own real estate with fractional ownership?

A: Yes, you will receive a deeded interest for whatever percentage of the property you own.

Q: What are some of the particular advantages that Karina Bay Resort and Marina offers?

A: There are several advantages:

1. Along with a magnificent Vacation Home, as an owner you are entitled to the use of any of the 10 top of the line Hydra Sport boats with the only cost being the fuel you use.
2. Unlike other fractionally owned Vacation Home Resorts where you have little more than an ownership interest in a hotel, at Karina Bay you are able to place personal items in your home, like photographs of your children or grandchildren or a favorite ornament. You can leave your scuba gear and fishing equipment. When you leave, we will pack up your personal items and store them in your own cedar lined, air conditioned locker. Upon your return, all of your personal items will be right where you left them.
3. Another big advantage is the concierge service that is available to you as an owner. The concierge at Karina bay offers you a first class array of services such as a shopping service, maid service, limousines, scuba diving, fishing, spa services as well as chartered flights.
4. There is also a fully equipped fitness center that owners may use at anytime free of charge.

Q: Are there any other specific advantages?

A: Yes, one of the biggest advantages is the annual operation cost. At Karina Bay we include in the operation cost, your property taxes, your insurance, your utilities, including electricity, water, and garbage removal. Along with an amount reserved for replacement and repairs and, of course, the use of all the facilities of the resort. There are no hidden costs at Karina Bay.

Q: As an owner at Karina Bay is there the opportunity to exchange any of my weeks with other resorts?

A: Yes, Karina Bay has a first class Club-2-Club exchange program with high class resorts around the world. Any exchange we arrange for you as an owner is at no cost to you.

Q: Can I exchange with other owners at the resort?

A: Yes, you can arrange exchanges with other owners directly on the Karina Bay website without any cost to you.

Q: Can I rent out my Vacation Home at Karina Bay?

A: Yes, Karina Bay Management Company has an excellent rental program that you may place your home in for all or part of the year.

Q: Are any of the homes at Karina Bay pet friendly?

A: Yes, several of the homes as pet friendly homes.

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