

Grand and Organic New Owners for Remedy's

Story Rachel R. Peine/ photos by Rich Peine

The parking lot was full of shoppers and "Grand Opening" signs as eager visitors filled their shopping bags from the outdoor organic veggie stand at Remedy's Health Food in Key Largo. Inside, samples of smoothies and guacamole salad disappeared rapidly, and customers browsed the aisles filling their baskets. Shelves displayed health products from supplements and books to juices and shampoos.

Gene, the proud new owner (see top middle photo), wore a big smile, saying, "I'm so happy I can't stand it." He and his wife studied under George for seven months and bought the store from him last October. They are also planning to open additional stores a farther south.

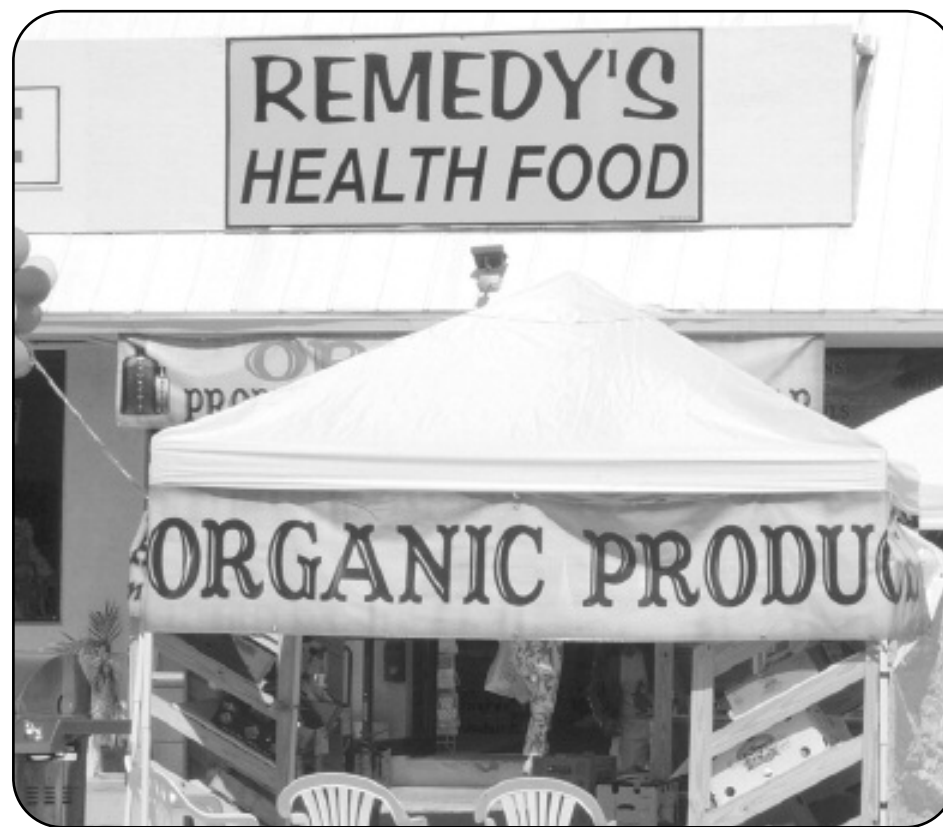
Sandy Becker of Key Largo, and her brother Joe Papaj (see bottom middle photo) were particularly

excited about the low calorie, low carb salad dressing. Another customer, Misty, has been a faithful shopper at Remedy's since she fell off a

crutch and hurt her kneecap several years ago. She refused to go to the hospital, and George came to her house with products that got her up and on crutches within days. She said, "I've got two bags filled already."

Remedy's will continue the same philosophy George always had, with the addition of some new product lines. Gene now has a doctor, RN, and nutritionist on staff. There will be a Health Talk Series every Wednesday at 7 PM, including topics such as "Growing Younger Through Nutrition" and "Stomach and Digestive Health."

They have organic produce all week, with fresh deliveries every Saturday.



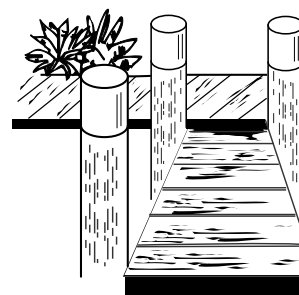
Remedy's Health Food

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Pausing To Drink Beauty Day

Sometimes we go through whole days without really tuning in to the beauty of nature that surrounds us. We have a habit of seeing it without really taking it in, yet once we begin to notice it we treat ourselves to an exquisite realm of subtle, complex scents, miraculous forms, and ethereal light. The natural world enriches our entire being through the vehicles of our senses. When we are low, nature lifts our spirits. When we are tired, it rejuvenates us—if we pause long enough to drink from its beauty. If you have fallen out of the practice of taking time to observe the light as it filters through the leaves of a tree, or the concentric rings a raindrop makes as it plops into a puddle, you can retune yourself by dedicating a day to noticing the beauty in nature.

On this day, one possibility is to rise early enough to see the sunrise. Watching the sky change colors and the world

emerge from darkness is an experience that will influence the whole rest of your day in ways that words cannot describe. Or simply observe the quality of the morning light as it infuses the world with its particular pale golden beauty. You may let the light play on your own hand, remembering that you are also part of the natural world. Let your intuition guide you to the elements of nature that call to you throughout the day, such as the sound of the wind as it shakes and sways a tree or the feeling of snowflakes landing on your warm eyelids and cheeks.

After you devote one day to opening your eyes more fully to the beauty of nature, you may want to make this part of your daily routine. Each day drink from the beauty all around you, and allow it to rejuvenate your entire being. All you have to do is pause, for just one minute, and really take it in, remembering to thank Mother Nature for her beauty.



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