

ISLAND GRILL

HOME OF THE ORIGINAL TUNA NACHOS

The Stone Crabs Are Here!

"Get 'em at the Grill!"



Enjoy waterfront dining live music and more!

Visit us at either location.

Lunch & Dinner served daily at both locations.

Breakfast served daily at the Islamorada location only.

GREAT ENTERTAINMENT

Island Grill at Mandalay • MM 97.5 • Ocean View

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Key Largo 305 852-0595

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Monday night @ Snooks

Wednesday night @ Gilberts

Fridays @ Gilberts

Saturday night @ Snooks with the band

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bobbbrown.com

Salvation Army Family Store

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SHOP • DONATE



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DOING THE MOST GOOD

Visit the store, or call 305-872-5744 for prompt and courteous pickup

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(Reservations suggested, but not required)

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Let's Get Wet!!

107900 Overseas Hwy, Key Largo

Gilbert's Resort

Waterfront Tiki Bar, Restaurant, Motel & Marina

107900 Overseas Hwy

305-451-1133

Monday thru Friday
HAPPY HOUR 4pm - 7pm

www.gilbertsresort.com or visit us on facebook

Join us for St. Patrick's Day! March 17

RAW BAR open every day!

Gilbert's Breakfast Nook Serving Breakfast Daily 7am - 11am

New Tiki Beach Bar Now Open!

MARCH ENTERTAINMENT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 ECLIPSE 1-6	3 MABEL & TONY DUO 6-10	4 KARAOKEE 6-10	5 BOBBE BROWN 1-5 HARRY FRENCH 6-10	6 LUKE SOMMER GLEN BAND 6-10	7 BOBBE BROWN 1-5 THE REGS 7-11	8 SCOTTY MEYER 2-6 THE CATCH 7-11
9 STALKING MILDRED 1-6	10 MABEL & TONY DUO 6-10	11 KARAOKEE 6-10	12 BOBBE BROWN 1-5 HARRY FRENCH 6-10	13 LUKE SOMMER GLEN BAND 6-10	14 BOBBE BROWN 1-5 MOJO SCOUNDRELS 7-11	15 SCOTTY MEYER 2-6 THE REGS 7-11
16 TBA 1-6	17 ST PATS DAY !! MABEL & TONY DUO 6-10	18 KARAOKEE 6-10	19 BOBBE BROWN 1-5 HARRY FRENCH 6-10	20 LUKE SOMMER GLEN BAND 6-10	21 BOBBE BROWN 1-5 NO RESTRICTIONS 7-11	22 SCOTTY MEYER 2-6 THE DROPOUTS 7-11
23 MR NICE GUY 1-6	24 MABEL & TONY DUO 6-10	25 KARAOKEE 6-10	26 BOBBE BROWN 1-5 HARRY FRENCH 6-10	27 LUKE SOMMER GLEN BAND 6-10	28 BOBBE BROWN 1-5 MOJO SCOUNDRELS 7-11	29 SCOTTY MEYER 2-6 FIRE BRIGADE 7-11
30 THE REGS 1-6	31 MABEL & TONY DUO 6-10	\$7.95 Daily Food Specials Mon-Fri		MICHAEL TRIXX MAGIC SHOW SATURDAYS AT SUNSET		Find us on Facebook

Gentle Healing in Key Largo: Dr. Lu

There's a wonderful healing center in Key Largo lead by Lu Elaine Johnson. Known to most residents as Dr. Lu, this gentle healer has been sharing her talents in Key Largo for the past 10 years.

The holistic healing center includes three Sacro Occipital Technique chiropractors. Dr. Lu is joined by Dr. Leslie Merritt, D.C. and Dr. Malea Joel, D.C.

Also on staff are Candice Nelms, Dipl. OM specializing in Chinese Pulse Diagnosis, Acupuncture, Qi Gong, Nutrition, Tui Na and Herbs; Lisa Miller, L.M.T. whose therapeutic massages include Shiatsu, Swedish, Medical, Reflexology, Deep Tissue and Sports; Health Coach Pam Manos whose specialties also include Biofeedback, Homeopathy, and LifeBreath; and Dr. Aileen Miller, practitioner of Perma Birthing and Rising Star, and facilitator of "More Truth Will Set You Free."

Upon entering the doors of the eclectic office you immediately begin to feel the abundant positive natural energy.

What exactly is a holistic chiropractor?

Holistic chiropractors are licensed to provide safe, drug-

free, natural, non-invasive therapy for the effectual treatment of numerous disorders which can occur within the body. A holistic chiropractor's approach to healing the body, besides spinal adjustments, will often include treatments which involve diet, exercise, nutrition, and other important lifestyle changes. Their practice is based on the fact that all functions of the body are controlled by signals created by the brain which travel down the spinal cord to all of the various organs and cells.

Disorders are usually the result of interferences in these signals, which prevents the messages from being delivered. Holistic chiropractors use the education, knowledge, diagnostic skills, laboratory skills, and their educated judgment to evaluate the state of the patient's neurological health in order to develop individual treatment.

A holistic chiropractor will use methods of chiropractic care, such as spinal manipulation, that are safe and non-surgical in order to treat the ailments that the patient is facing, which are usually the result of problems within

Dr. Lu uses Sacro-Occipital-Technique, hormone balancing, hair and mineral analysis and acupuncture.

their skeletal system. If necessary, they will enlist the assistance of other health-care professionals.

Going to a holistic chiropractor can help you save hundreds, maybe thousands, of dollars because chiropractic care is non-invasive and doesn't require surgery. Another huge advantage of going to see a chiropractor is the fact that they do not require you to use drugs. In fact, they will encourage you to improve your health by getting more exercise, eating better, and improving your health naturally.

Dr. Lu and associates include auricular therapy with many of their patients. Auricular therapy is a form of acupressure involving light stimulation, either by pressing the ear with the fingers or by inserting tiny balls (sometimes called "ear seeds") into the outer ear at specific points. It has been theorized that the therapy stimulates nerves that send a signal to the brain which, in

turn, creates the response the therapist is seeking. There are no known side effects.

Dr. Lu and Dr. Malea are certified in acupuncture. Acupuncture dates back to 1600 BC and involves the insertion of extremely thin needles through your skin at strategic points on your body. A key component of traditional Chinese medicine, acupuncture is most commonly used to treat pain.

Traditional Chinese medicine explains acupuncture as a technique for balancing the flow of energy or life force — known as qi or chi — believed to flow through pathways (meridians) in your body. By inserting needles into specific points along these meridians, acupuncture practitioners believe that your energy flow will re-balance.

Editors note: I found out the hard way, never ever accept neck and shoulder massages from well-meaning friends. The temporary good feeling could have long term detrimental effects and interfere with your treatment.

Dr. Lu Elaine Johnson and associates, at 100460 Overseas Highway, Bayside, in Key Largo: 305-453-3337. L-R: Dr. Lu, Dr. Leslie, Dr. Malea, and Lisa Miller, LMT.