



Seriously, Smelling Farts Can Be Good For You!

This is not a hoax, folks. Scientists out of the University of Exeter believe that smelling farts actually prevents cancer, among other diseases. (Who funds these studies?)

"Although hydrogen sulfide gas" (produced when bacteria breaks down food) "is well known as a pungent, foul-smelling gas in rotten eggs and flatulence, it is naturally produced in the body and could in fact be a health-care hero with significant implications for future therapies for a variety of diseases," Dr. Mark Wood said in a university release.

Although the stinky gas can be noxious in large doses, scientists believe that a whiff here and there has the power to reduce risks of cancer, strokes,

heart attacks, arthritis, and dementia by preserving mitochondria. (Mitochondria are parts of a cell that convert energy for the cells to use).

Researchers are even coming up with their own compound to emulate the smell's health benefits.

"We have exploited this natural process by making a compound, called AP39, which slowly delivers very small amounts of this gas specifically to the mitochondria," Professor Matt Whiteman, of the University of Exeter Medical School said. "Our results indicate that if stressed cells are treated with AP39, mitochondria are protected and cells stay alive."

So instead of getting upset the next time you catch a whiff... be thankful.



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"Pass The Butter" ... Please.

Do you know the difference between margarine and butter?

Both have the same amount of calories. Butter is slightly higher in saturated fats at 8 grams; compared to 5 grams for margarine.

Eating margarine can increase heart disease in women by 53% over eating the same amount of butter, according to a recent Harvard Medical Study.

Eating butter increases the absorption of many other nutrients in other foods.

Butter has many nutritional benefits where margarine has a few and only because they are added!

Butter tastes much better than margarine and it can enhance the flavours of other foods.

Butter has been around for centuries where margarine has been around for less than 100 years .

Margarine is very high in trans fatty acids.

Margarine triples risk of coronary heart disease.

Margarine increases total cholesterol and LDL (this is the bad cholesterol) and lowers HDL cholesterol (the good cholesterol).

Margarine increases the risk of cancers up to five times.

Margarine lowers the quality of breast milk

Margarine decreases immune response as well as insulin response.

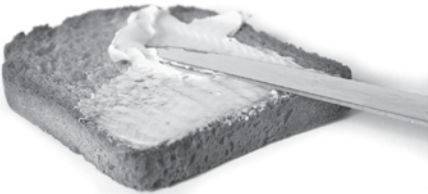
And here's the most disturbing fact: margarine is but one molecule away from being PLASTIC... and shares 27 ingredients with PAINT!

These facts alone were enough to have me avoiding margarine for life and anything else that is hydrogenated!

Open a tub of margarine and leave it open in your garage or shaded area. Within a couple of days you will notice a couple of things:

\* No flies, not even those pesky fruit flies will go near it (that should tell you something)

\* It does not rot or smell any different because it has no nutritional value ; nothing will grow on it. Even those teeny weeny microorganisms will not find a home to grow.



Why? Because it is nearly plastic . Would you melt your Tupperware and spread that on your toast?

This is interesting ... Margarine was originally manufactured to fatten turkeys. When it killed the turkeys, the people who had put all the money into the research wanted a payback so they put their heads together to figure out what to do with this product to get their money back.



It was a white substance with no food appeal so they added the yellow coloring packets and sold it to people to use in place of butter. At first, housewives had to mix the yellow color in themselves.



"As for butter vs.margarine,  
I trust cows more than chemists"

—Joan Dye Gussow



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Centennial Bank recently hosted Junior Bankers from Key Largo. Haily Perry, almost 10, and Jasper Rabyor, just turned 9, spent the morning at the with Centennial Bank's Lorenzo Ortiz, Kathy Elmore, Joy Pullen, and Stephanie Scuderi learning about counting cash, running the drive-thru and other retail banking activities. The exciting part of the day came when they held up crisp hundred dollar bills for the camera.