

Anny Bannanny says “Eat More Bananas!”



Creamy, delicious, filling, and nutritious, bananas have been reported to be one of the most perfect foods for mankind. Even after it's been picked from the stalk, a banana continues to ripen, the starches converting to natural sugars and its nutrient content continuing to rise!

Bananas are amazing, just look at this list of reported health benefits:

- Overcome depression due to high levels of tryptophan, which is converted into serotonin (the happy mood brain neurotransmitter!).
- Sustain balance blood sugar; eating before a workout will ensure you're properly fueled.
- Protect against muscle cramps and/or leg cramps with high levels of Vitamin K (Potassium).
- Improve mood and reduce PMS symptoms because of their balancing effect on blood sugar and hormone regulation
- Reduce swelling, protect against type II diabetes, aid weight loss, strengthen the nervous system, and help with the production of white blood cells, all due to high levels of vitamin B-6
- Protect against heart attack and stroke due to their high potassium, low salt content.
- Aid digestion due to fiber and pectin content (which chelates toxins and heavy metals from the body), stimulates healthy bacteria,

4 Ways to Eat More Bananas

1. In Cereal. It may obvious, but why not add a few bananas to your morning heart-healthy oatmeal or your energy-sustaining granola? Slice them up, add a dash of cinnamon, and you'll transform your morning routine into some morning bliss!
2. Smoothie. Bananas are great as a creamy base in your smoothies! Experiment with bananas, berries, nuts and nutrient-dense greens (like spinach or kale).
3. Banana Ice Cream. Just put frozen bananas and vanilla in a blender. Experiment with flavorings like cinnamon, nutmeg, strawberries, etc. Yummy and good for you!
4. Banana Boats. Fill the center of a split banana with some peanut butter and raisins and serve to kids, or make a fruit jam with figs, strawberries, and cinnamon. Experiment and make up your own.

reduces constipation, and help produce digestive enzymes to assist in absorbing nutrients.

Prevent kidney cancer, protects against macular degeneration, builds strong bones (by increasing calcium absorption) and enhance intelligence by making one more alert.

Protect the body from oxidation, disease, and free radicals, being high in antioxidants and nutrients.

Bayside Blues Concerts

Concert Showtime: 6:30pm

SATURDAY
July 4: **Albert Castiglia**
Song of the Year Award: *Bad Year Blues!*

SATURDAY
July 18: **Joey Gilmore**
Award winning, legendary blues artist played with James Brown, Etta James, Bobby Bland, & more. 2006 winner of the coveted International BLUES Challenge award.

SATURDAY
July 25: **Rockin Jake Band**
A dynamo performer from New Orleans, five time Award Winner for Best Harmonica.

SATURDAY
August 22: **The Livesays**
Pop/rock with soulful vocals, wailing guitars, screaming organ, piano & pounding drums.

World class entertainers, in Key Largo on the beach.
It doesn't get any better than this!

305-451-3380

MM 99.5 Bayside, behind Cafe Largo



DAILY SPECIALS
Wednesday - Live Music 5:30 - 8:00
Friday - All You Can Eat Fish (*fried, grilled or blackened*)
Saturday - Prime Rib

HAPPY HOUR
Every Day 4 to 6pm featuring... \$1 Drafts
Pitcher and Wings Special • Beef or Chicken Sliders
OPEN 11 AM to 10 PM EVERY DAY

IRS PROBLEMS?
Are you in trouble?
Leins • Levies • IRS letters • Non-filing
We have solutions!

Jerry Gaddis MBA
ENROLLED AGENT / NTPF FELLOW

TROPICAL TAX SOLUTIONS
CONSULTATION • PREPARATION • REPRESENTATION

IN THE CEDAR TOWERS
99353 OVERSEAS HWY, SUITE 214
KEY LARGO, FLORIDA 33037
305.451.4829
WWW.TROPICALTAX.COM

Locals Day
SUNDAY FUNDAY
Our Day, Our Music, Our Way

Come & Enjoy **SUNDAYS** our way,
The Locals way with
good friends, great food,
plenty of drinks and
of course, *local live music!*

FREE Pool Admission for Locals
with Monroe County ID.

Local Food & Drink Specials,
Local Discounts & of course,
Live Local Music!!

Featuring
Stereo Underground
and DJ Joey Naples
(No coolers or outside food
or beverage permitted.)

Jimmy Johnson's Big Chill
brings
The **SUNDAY FUNDAY**
tradition home,
every last Sunday
of the month.

JIMMY JOHNSON'S BIG CHILL
AT FILLSMAN BEACH
TIKI BAR CABANAS POOL
SPORTS BAR
RESTAURANT PATIO

MM 104 Bayside • Key Largo • 305.453.9066 • www.jjsBigChill.com

FLORIDA KEYS VISITOR CENTER HAS A NEW BOUTIQUE!

SUNDRESSES \$9
CAPRI LEGGINGS \$5
BIKINIS \$19.99
1ST QUALITY TEE SHIRTS \$5.99
MEN'S BOARD SHORTS \$9.99
SARONGS \$12
...AND MUCH MORE!

**ALSO GET BEST PRICES FOR HOTELS AND WATERSPORTS.
RIGHT NOW SAVE 60% ON HOTELS THROUGHOUT THE KEYS!
STOP IN TODAY.**

106240 OVERSEAS HWY., KEY LARGO

OLIVE Morada
THE FINEST, FRESHEST IMPORTS OF
Extra Virgin Olive Oil

Imported Specialty Oils, Balsamic Vinegars,
Pasta, Spices & Unique Gifts

Our tasting shop is a wonderful experience.
We can't wait to share it with you!

FREE Local Delivery! Charges may apply.

15% OFF
Not valid with any other offer. Exp 08.05.15

Open 10-6 pm
Monday - Saturday
Closed Sunday

Shipping Available www.olivemorada.com

82229 Overseas Hwy - Islamorada, FL 33036 | Oceanside | 305.735.4375