



**WES CLARK**  
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Bokeelia, FL 33922  
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## SELLING PINE ISLAND SINCE 1980



**Wonderful 2/2** on 2 lots has been fully remodeled and comes with it's own private boat ramp. Features 100 feet of canal and Jug Creek view!  
MLS#217043600.  
**\$499,900**



**Super Bokeelia 3/2** home features boat lift, pool and remodeled living area. Storm windows, tile floor and marvelous kitchen. Go to Realtor.com for video and full photos. MLS#218075626.  
**\$519,900**



**Take a look at this home!**  
Located on Jug Creek in Bokeelia, featuring 3 bedrooms, 3 baths, pool, cathedral ceiling, metal roof with boat lift and dock. Tastefully done with granite counters and wood flooring. Superior location, 200 yards from Shell Cut and Charlotte Harbor.  
MLS#217043604. **\$649,900**

### HOMESITES

<p><b>Direct Access</b>, 80' x 110' sea walled waterfront lot in St. Jude Harbor. <b>\$195,000</b></p> <p><b>Wonderful corner lot</b> in Tropical Homesites, cleared and mowed. <b>\$29,900</b></p>	<p><b>Charlotte Shores</b> ½ Acre <b>\$39,900</b></p> <p><b>Pair of lots</b> on Guava, in Pineland. <b>\$19,900 pair</b></p>
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**INFLAMMATION** Continued from Page 54

be lessened for the remainder of the day. Some healthy ways to start your day include: going for a walk, meditating, writing a gratitude list, watching a funny TV show, exercising, or anything else that brings you joy.

The next thing to do is modify your food intake, just as there are inflammatory foods there are anti-inflammatory foods that are going to help your body heal. My basic rule of thumb is if you bought a whole food and made it yourself, you are probably in great shape. You want to look for unprocessed foods like fruits and vegetables as well as grass fed, and free range meats. Your drink of choice? Water



of course, water is an overlooked anti-inflammatory item, but nothing flushes toxins out of your body better than good clean water.

There are also some anti-inflammatory super foods that you may want to include into your diet, some of these include: turmeric, walnuts, ginger, green tea, wild caught fish, broccoli, and tart cherry juice. These super foods are going to give your body a boost when it comes to decreasing inflammation.

Inflammation comes from stress and unnatural foods, and the best way to get rid of that chronic inflammation is by taking a step back from the fast pace and convenience of contemporary life; relax, eat natural foods, and the rest will fall into place.



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