



BEST ALTERNATIVE TO BACK SURGERY

Advance Spine & Wellness Center

Dr. Robert Stoltz offers chiropractic care, massage therapy and physical therapy. But if that doesn't get you back on your feet again, he also specializes in a non-invasive procedure to relieve your aching back. Computerized spinal compression restores discs with the fluid and nutrients they need to maintain their full height, decreasing pressure on nerve roots. No drugs or surgery are required and in most cases Medicare, along with a secondary insurance, will pay for the cost of a visit.

Details: 489-1000

BEST COMPANY FOR SERIOUS HOMEMAKERS

Kitchen Innovations

Kitchen Innovations is there when you're ready to do more than buy some new dishtowels and change the potpourri. They'll redesign your kitchen or bathroom cabinetry and even redo the ceiling to fit just about any taste or style. The 10-year-old Fort Myers firm is all about options, offering six types of wood as well as metals and synthetics. The company's designers will help you decide exactly how to best use your space and will give you a detailed rendering of what the results will look like, so there are no surprises it's all over.

Details: 437-9191 or www.kitcheninnovations.net



FLORIDA WEEKLY FILE PHOTO

Bayfront Bistro on Fort Myers Beach.

BEST RESTAURANT TO GET TO BY BOAT

Bayfront Bistro

When Joe Yerkes developed Snook Bight Yacht Club and Marina on Fort Myers Beach, the area lacked a distinct fine-dining location. Now it has one. Snook Bight's Bayfront Bistro boasts creative cuisine and spectacular views of Estero Bay and its wildlife. "Coming in by boat is

one of the great options because we have a beautiful spot on the back bay," Mr. Yerkes says. Guests who get there around 7 p.m. might see a flock of white ibis that fly by each evening — and there's a single scarlet bird among the flock, Mr. Yerkes says. Open from 11 a.m. to 11 p.m., the restaurant features dishes like bayfront gumbo, herb-roasted half chicken, fried oyster po-boys, gorgonzola tortellini and cracked black-pepper pork tenderloin.

Details: Snookbightmarina.com and bayfrontbistro.com

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