



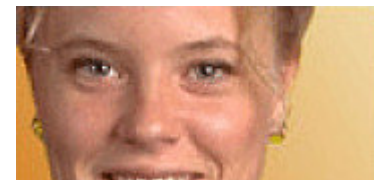
Greetings Tom,

Welcome to Alternatives newsletter, a monthly publication designed to empower readers with knowledge and resources to achieve physical, emotional, mental and spiritual healing.

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Sensational Faces: Natural Skin Care



Watch what you put in your mouth. How often have you heard that warning? Consumers grow accustomed to cautions about foods, beverages and medications that could produce adverse

reactions. But have you thought about what you put on your skin?

"You are literally eating what you put on your body since the skin and mucus membranes absorb the ingredients into your body," said Jamie Gibbs, a licensed practical nurse and esthetician for Sensational Faces, Inc., a natural skin care business that operates from Alternatives: A Center for Conscious Health.

Gibbs said research has shown that many commercial body care products contain toxic ingredients that are hazardous to health. "Chemicals contained in many common skin care products place toxic stress on your skin – not the way to have radiant good looks or health."

That's why Sensational Faces, Inc., carries the Éminence Organic Skin Care line. The company was founded by Ilcsi Molnar, a Hungarian woman whose family has generations of knowledge in herbs and natural remedies, according to Gibbs. The hand-picked ingredients that form the foundation for the products are mixed with thermal waters from a hot-spring lake containing minerals and trace elements. All of the products are handmade in Budapest, Hungary without heating or hydrogenating processes.

Alternatives sells much of the line including lotion for the body and skin care for the face such as cleansers, toners, moisturizers and masks for various skin types. Treatments, including facials, are available at Alternatives by appointment only. The Éminence line is carried in many high-end spas around the country and becoming popular with Hollywood stars, Gibbs said. Alternatives also carries Jane Iredale Mineral Make-up.

Call Alternatives at 827-9450 for more information or to schedule a facial.

Omaha Woman Experiences the Éminence Difference

Long-time Omaha resident Betsy Belmont made a surprising discovery from the blood work-up that Dr. Patricia Ryan of Alternatives had ordered for her. "I learned that I was allergic to several ingredients often found in commercial skin care products including red dye No. 40. Dr. Ryan told me that these allergens were affecting my immune system."



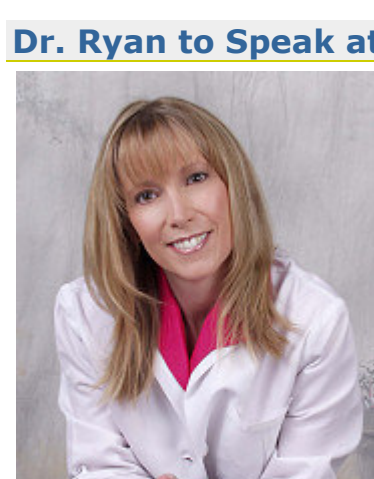
That's why Belmont, the mother of two boys who is active in many Omaha civic organizations, switched to the Éminence Organic Skin Care line. "It felt good to try skin care products I knew were natural. I have heard of and tried other products that made the claim to be natural, but I found out later they weren't."

For six months, Belmont has used the entire line of Éminence products including cleanser, toner, eye cream, body lotion and concentrate lotion for dry feet. "First of all I don't feel that my face is as dry as it once was," Belmont said. "It's made a difference with the puffiness and dark circles. And I have the peace of mind of knowing that it is pure. I don't have to worry about what I'm putting on my skin," she said.

"You notice right away that it doesn't sting," Belmont added. "The cleanser has a wonderful smell. It's not a chemical smell, but more refreshing. It just feels good on my face too. It lifts me up and makes me feel good. I just feel clean and good and ready to start my day."

For more information, contact Alternatives at 827-9450.

Dr. Ryan to Speak at Kohll's



Dr. Patricia Ryan, owner of Alternatives: A Center for Conscious Health, will be part of a discussion about bio-identical hormones on Thursday, July 6th. The event will be held from 7 to 9 p.m. at Kohll's Pharmacy, 617 No. 114th St., Omaha.

The presentation will be led by Jamie Stunkard, Kohll's marketing representative, and Teresa Freeman, hormone consultant for Kohll's. The two Kohll's representatives will

give a brief overview of bio-identical hormones and explain how they work with Dr. Ryan's office.

Reservations are requested by calling Jamie Stunkard at 408-0012. There is no charge to hear the evening's presentation. Wine and cheese will be served. For more information about the evening's events, contact Jamie Stunkard.

Support Group Meetings Scheduled

Alternatives currently is organizing support groups for patients to provide them with the opportunity to ask questions and hear more in-depth lifestyle and nutrition information to better manage their health.

These support groups will be held at the Alternatives clinic, 11036 Oak St., in Rockbrook Village on Monday, June 26, and Monday, July 31, beginning at 6:30 p.m. The sessions are free of charge.

For more information, contact Michelle at 827-9450.

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Featured Product: Éminence Organic Sun Defense Minerals (SPF 30)



Éminence sun defense is a natural sun screen line without chemicals, perfumes or dyes. The product is ideal for both men and women, and performs well during swimming and exercise.

The natural ingredients in the product, including zinc oxide, give the skin a weightless, physical layer of non-chemical SPF 30 sun protection. Organic fruits and herbs provide natural sources of color, while vitamins and nutrients fight signs of aging.

Éminence Organic Sun Screen Defense is available at Alternatives in many shades to complement any skin tone.

Currently Éminence Organic Sun Screen Defense is being offered by Alternatives at a 10 percent discount.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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