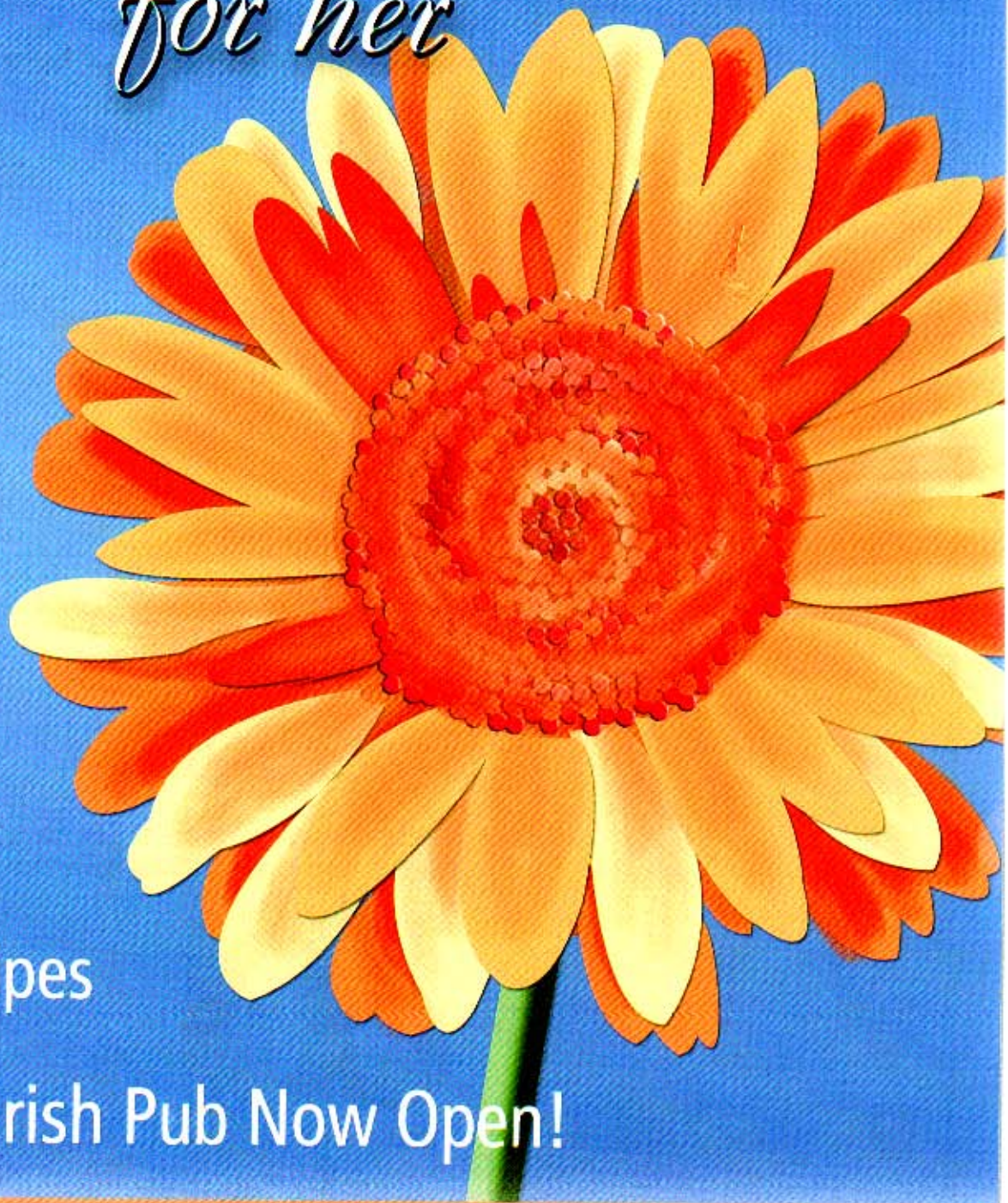


etc.

June 2006
Volume 5 • Issue 7

for her

FREE!



Summer
Sun Safety

Favorite
Cookie Recipes

McNally's Irish Pub Now Open!

HEALTH | STYLE | CONCIERGE | WINE | ARTS | HISTORY | RESTAURANTS AND MORE

Educate and Empower Yourself June is Cancer Awareness Month

We all make choices in a time of pain. We know what it's like to be stressed and dealing with anxiety.

My name is Nancy. I have been in a long term battle with cancer. At first it was ovarian cancer — then a year of remission. The cancer returned and I have been in chemotherapy treatments for the last five years. Recovery has not gone well after the last surgery and I am currently dealing with the side effects of chemotherapy.

Tom Luke and the Therapeutic Healing Institute were introduced to me during this difficult phase. He offers therapeutic healing services for people on the undergoing cancer treatments. With his consultation, evaluations and selected treatments, I received Therapeutic Touch, Reated Stone Therapy and Guided Imagery.

Something that I unexpected factored to me. My body reacted, was so relaxed, so unbelievably calm, that the tears flowed freely. I am grateful for the opportunity to receive services offered by Tom and his institute. Learning to relax and deal with the cancer has empowered me to help heal myself.

— Nancy Soule of Sioux Falls

The Therapeutic Healing Institute (THI) is a non profit organization that offers complementary alternative medicine (CAM) therapies to cancer patients undergoing chemotherapy and/or radiation.

They offer many healing therapies including Guided Imagery, Mind/body Therapy, Meditation/Prayer and Therapeutic Massage/Reated Stone Therapy.

In addition, THI offers support groups for patients dealing with Stress, Anxiety and Depression. Treating Cancer means treating the whole person. These services are not meant to replace medical treatment but enhance the healing of the Mind, Body and Soul.

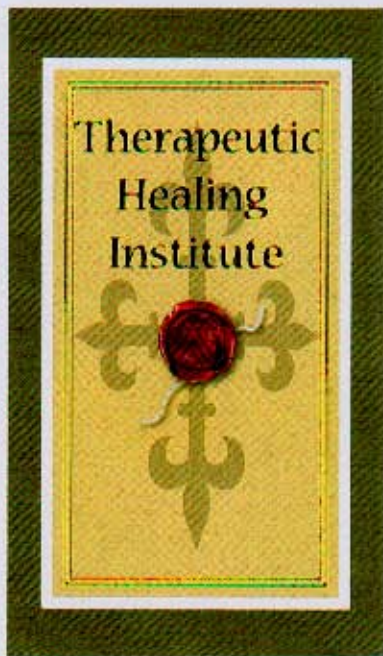
THI advocates the value of complementary alternative medicine (CAM) therapies in treating patients. To empower themselves in the healing process.

THI will be hosting awareness luncheons in the near future. For information and/or how you can help, please call them at 605-340-1644 or visit their website www.therapeutichealinginstitute.org.

"In a time of pain and uncertainty, we search for better healing."

— Tom Luke

Executive Director, Therapeutic Healing Institute, (THI)



indigo sky ltd. Since 2002

Directly from nature... to beautifully cut gems...
to stunning, one-of-a-kind creations.



Indigo sky ltd. was originated by two women who have a passion for colored gemstones and who love sharing this passion with others. They specialize in helping their customers create one-of-a-kind pieces of jewelry at a reasonable price. All of the gemstones are natural — not manufactured in a laboratory. They are hand selected from the inventory of one of the largest sapphire, sunstone and opal miners in the Americas. He is also one of only 1400 master cutters in the world who has a well-established reputation in the international gemstone marketplace. Through this relationship they are able to acquire top quality cut gemstones directly, enabling them to pass the savings on to their customers.

Indigo sky has an intriguing inventory of faceted stones and encourage their customers to embrace their uniqueness. They help the customer combine the stone "that speaks to their heart" with a traditional setting or assist them in developing a truly distinctive piece. They are currently the region's exclusive outlet for Fene-

Designer Jewelry. Indigo sky's wish is that the final product will captivate and give endless joy to all who purchase from them. They also spend time with the client helping them to understand the quality, cut and origin of gemstones.

Indigo sky hopes that you will decide to visit their studio, where you can touch, admire, and play in nature's sandbox. The setting is quiet and allows their customers the privacy of enjoying the beauty of the gemstones without interruption. They also invite small groups for a "night out with the girls" to simply enjoy each others company and have a great time together while they explore the world of gemstones. They also collaborate with non-profit organizations to help provide an unusual fund raising event. The studio is open by appointment only.

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