

# SGMC News

"an eclectic emporium"

[www.solanco.com](http://www.solanco.com)

October 2007



Call 717-786-7118

## Store Hours

Monday thru Friday  
9:00 AM 'til 5:00 PM  
Saturday  
9:00 AM 'til Noon



We are excited to offer the JUMP-START YOUR HEALTH kit from Newton Homeopathics. If you have issues with your health there is not better place to start.

Over the past few generations, changes in the environment have resulted in many new diseases and symptoms among the general population. Most modern disease symptoms can be traced to three very simple, yet important causes: problems with elimination, digestion (assimilation), and free radicals (often uric acid).

Because our bodies are exposed to increased pollutants through our modern lifestyles, our organs of elimination (kidneys/liver) cannot get rid of the toxins (including free radicals) fast enough. This build-up of toxins results in poor digestion, which in turn leads to deficiency diseases causing a confusing diagnostic picture and leading to many chronic diseases.

Using his many years of experience, Dr. Chaltin has formulated a selection of complexes to address these most common modern day health problems. NEWTON has made it simple for you by combining the most appropriate remedies together for you. NEWTON's Detoxifier, Bowel Discomfort, and Rheumatic Pain are packaged together for your convenience as the Jump-Start kit.

Your first priority is to remove toxins from your body. Six drops or pellets every evening of the Detoxifier will assist with this process. People who suffer from environmental sensitivity should start with one drop or pellet and slowly increase to six over time. Homeopathy used in this way works to normalize the function of the excretory (elimination) system.

Your next priority is to restore health to the pancreas & intestinal tract. This restoration is assisted by use of the Bowel Discomfort 15 minutes before each meal (or after, if you forget). Good digestive health is vital for proper assimilation of nutrients and to keep the intestinal flora in balance. Homeopathy used in this way works to normalize the function of the digestive system and overcome deficiencies.

Your third priority is to remove free radicals, (including uric acid, a byproduct of protein digestion which can be potentially harmful). Excess uric acid in the body is linked to many types of rheumatic pain and inflammatory diseases, from simple gout to severe arthritis and even fibromyalgia. In some people, uric acid may cause inflammation within the circulatory system resulting in more serious heart-related diseases. Removal of uric acid from the affected areas of the body is assisted by use of the Rheumatic Pain complex. Take once daily, or as often as needed to relieve pain symptoms. Homeopathy used in this way works to normalize the elimination of free radicals, including uric acid.

## Listen UP!



We've always had a lot of interest in devices like the Listen Up personal sound amplifier but for sometime nothing was available. Now the Listen Up personal sound amplifier allows you to turn the volume up for yourself without bothering others! Turns ordinary hearing into extraordinary hearing. Great for late night TV, church, lectures, movies - discreetly listen in to conversations up to 100 feet. Outdoors men will love it for wildlife. Size of a credit card with adjustable volume. Includes ear bud headphones and battery.

At just \$19.99 the Listen Up amplifier offers an inexpensive solution to hearing all there is to hear and SGMC has them.



Farkel is the most popular dice game in the world and it's now available in a pocket version at just \$5.99. Makes a great gift for everyone including yourself. We have it at SGMC.



We are excited about this new way to give your lips sheer satisfaction with Eco Tints naturally glistening lip moisturizer. Made with organic plant oils, beeswax and aloe vera that nourish your lips while working in harmony with natural earth minerals to provide a beautiful shimmering glow. There are three shades that contain 90% Organic Ingredients: Choose from the following three shades Rose Quartz, Plush Red, Mocha Velvet all of which are Gluten, Carmine and Lanolin Free and contain No Hydrogenated Oils and do contain the following ingredients: Organic Sunflower Oil, Organic Beeswax, Organic Castor Oil, Organic Coconut Oil, Organic Vanilla, Organic Aloe Vera, Tocopherol, Iron Oxides, Mica, Titanium Dioxide, Candelilla Wax (a plant based wax). Stop by today and get one of each at just \$3.99

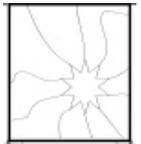
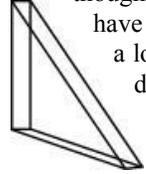
## Winter is Coming!

30 years ago we started as a glass shop and even though we have added a lot of departments and different merchandise and services over the years we still provide glass replacement and repair for a myriad of purposes in and around your home or business.

With the cold weather coming now is the time to think about replacing those broken or failed insulated units and storm windows that if left go not only don't look so good but also let the more costly than ever heat escape from your home.

It's also time to give that wood, coal, pellet stove or fireplace a once over to make sure that things are ready to go when the weather really starts bearing down. We are your one source for glass for all types of stoves and fireplaces.

In our shop or at your location. Call us for all your glass needs!



Verizon Wireless Service Provider

Remember it's not only "the network", it's also our over 25 years of experience & expertise in selling cellular! SGMC is your smart cellular source.



**It's Your Health**

## Five Tips for a Kid-Friendly Home

Lower your child's exposure to toxic chemicals at home with these tips from [www.healthychild.org](http://www.healthychild.org), the website for Healthy Child Healthy World, a Los Angeles-based non-profit organization.

- Do away with garden pests using natural insecticide and weed killer. Use natural fertilizer on lawns. And always have kids wash their hands after playing outside.
- Use natural cleaners and personal care items labeled chlorine-free, phosphate-free, biodegradable, paraben-free, petroleum-free, and organic. (We can help you with a lot of these!)
- Open windows, change heat and air-conditioning filters, and buy indoor plants or air purifiers.
- Periodically empty or change your vacuum's bag or dustbin.
- Choose as many organic foods as possible. And pass up highly processed and fast food.
- Replace toys made from plastic, certain types of which can leach toxic chemicals after repeated use, with ones made of wood, metal or cloth.

This information is neither a recommendation nor diagnosis for disease. We make no health claims regarding the information presented here. This information is a starting point in your interest to be a better informed consumer of natural health products. We look forward to being a resource for you.



## BerrySplash

If you're looking for a great tasting way to supplement your healthy lifestyle with an antioxidant, energizing drink we have just the thing. We recently added BerrySplash drink mix from Garden Greens to our offerings. When we tasted this at

a trade show recently we knew immediately it's a winner not only in the taste department but also it provides a ton of antioxidant power from a variety of powerful food including Acai Berry, Green Tea, Grape Skin, Raspberry, Elderberry, Pomegranate, Cherry, Blackberry and Cranberry Extracts.

Each serving provides 100mg of Anthocyanins and 3800 ORAC\* per serving. We will be sampling this wonderful energizing mixed berry drink mix in the store, so stop by and get a taste and a canister which lasts a full 30 days for yourself.

\*The Oxygen Radical Absorbance Capacity (ORAC) tests how well a food or nutritional supplement helps protect against cell damage. The higher the ORAC value, the greater the antioxidant power.



6"-8" diameter



16"-18" diameter



When we introduced these handmade one-of-a-kind baskets last year they flew off the shelf. Now in addition to the large round basket we had last year we have a large oval and a mini round basket as well.

These baskets not only appeal to the eye they are made to be used as well and because of the variety of sizes and shapes lend themselves to many applications.

We should point out as well that these baskets are Fair Trade which

means that the artisans are treated fairly from the standpoint of wages and working conditions.

These baskets make perfect gifts for young and old and since no two are the same you don't have to worry about duplicating a gift.

Stop in today to see and select several of these wonderful baskets.

## 30 yrs of Custom Framing Experience

Go get a price on your Custom Framing from one of the Big GUYS who offer 1/2 OFF!

Then bring your framing project to us and you'll usually find that our **REGULAR** price is less than their 1/2 OFF price!

"Quality, Pricing & Integrity for 30 years!"

**We don't play games with pricing!**

All work done in house!

All work done in house!

## 30<sup>TH</sup> ANNIVERSARY

November officially marks our 30th Anniversary and this is just a heads up to a lot of savings that will be coming your way on a wide variety of things throughout the store.

Our sale flier will be available in the store or on our website beginning November 1st.

## What's New

Chopper



Little Apatosaurus



Large Tyrannosaurus

Check out these new 3D wood puzzles! The Tyrannosaurus is a huge 30" @ just \$19.99.

Look for more new puzzles in the weeks to come.

WINDUP TOYS

Just \$1.99



Inch Worm

Wind it up & it inches along.



Monkey

Wind it up & it does back flips



Lady Bug

Wind it up & it scoots along & flips over backwards



14" - 18" long

