

SGMC News

"an eclectic emporium"

www.solanco.com

May/June 2009



May is National Photo month and what that means is take lots of photos and then show them off instead of letting them sit by the hundreds on your camera storage media, so that no one can see them.

Here are some ideas of what you can do with your best pictures. Most of the pictures that we take are of family members at family gatherings. Pick your favorites and get them printed and enlarged to an 8" x 10" or larger. Then have us custom frame those special pictures to adorn your walls or give them framed as a one-of-a-kind gift. There is no better gift than a memory in the form of a photo that you took.



So you have too many pictures to choose from to pick just one or two to have printed and enlarged? Pick a few of the best and either burn them to a CD or DVD or copy them to a media card and bring them to us or e-mail them to us to create a one-of-a-kind 'scrapbook' style page or pages combining your pictures with custom layouts, backgrounds, embellishments, materials, photo frames, and decorative letters and more. Just let us know the occasion or theme of the pictures and we'll do the rest. We'll supply as many prints as you want and can frame them to make them look even better. Remember to take lots of photos, it's easier than ever with digital cameras, but for gosh sakes let us help you do something with them that will mean memories for a life time for you and the subjects as well.



Eco Lips is another one of those



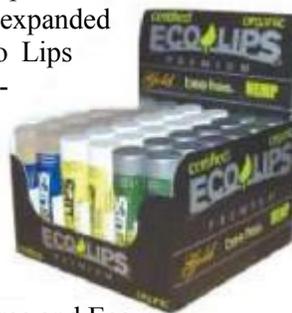
companies whose products we are proud to offer. Eco Lips offers a full line of natural lip care products created from the finest certified organic ingredients. From shimmery lip tints to their organic medicinal blend, Eco Lips and SGMC have your lips covered. Eco Lips is also committed to giving back. By buying Eco Lip products you help them give 1% of their profits to environmental non-profit organizations.



Eco Lips environmentally responsible products are non-GMO, free of hydrogenated oil, gluten and petrolatum.

We have carried Ecotints, the very popular, naturally glistening lip moisturizer in Rose Quartz, Plush Red and Mocha Velvet for quite a while along with Eco+Lips Medicinal the powerfully effective herbal blend on organic tea tree oil, lysine, organic calendula and organic lemon balm which are known as an aid to healing of cold sores. And you have seen The Eco Lips Classics with their SPF protection as well which continue to be very popular with their carabiner cap.

Our newly expanded line of Eco Lips products includes their premium lip balms, Eco Lips Gold, Eco Lips Bee Free and Eco



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It's Your Health

Pollen: It's What's in This Allergy Season

For some of us, Spring allergy season signals the beginning of hibernation. We close our doors and windows as tightly as we can, change our air conditioning filters to the allergen-reducing brands, hide under blankets, and yet still find little, if any, relief when the pollen and other allergen counts are high. Allergies are our body's natural reaction to histamines blowing around in the air, and unfortunately those reactions can be more than annoying – they can be debilitating. Thankfully, there are a number of different steps you can take to try to inhibit your allergic reaction, including:

- * Taking over-the-counter medications (*not your best choice*)
- * Avoiding outdoor activities
- * Using a facial steamer to clear the histamines out of your nasal passages
- * Washing your hands and face often
- * Purchasing an air purifier

Allergy specialists can help you determine what you are allergic to through a series of skin tests. By understanding your allergies, you may be able to figure out how to avoid coming into contact with those triggers. However, we all know that avoiding things you can't see blowing around in the air is next to impossible. By taking some precautionary steps before springtime allergies hit, you can have a distinct advantage over those nasty histamines. While over-the-counter allergy medications try to help after your immune system has gone into overdrive, there are natural things that work in harmony with your immune system by working to prevent an allergic reaction from ever happening in the first place. Ask us.

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.

Charlie's Soap



It's been several months since we started carrying Charlie's Soap and we've tried to remember whether we have ever had a product in the store that has been so well received and that we have gotten so many people telling us how great it is and how well it works.

Charlie's Soap has so many things going for it everyone should be using it. If you don't believe us check out all the testimonials on the Charlie's Soap website at www.charliesoap.com.

There are so many great things about Charlie's laundry Soap that it's hard to know where to start, so here's a brief list.

- o It's economical - just 18¢ a load.
- o It works - it gets the dirt out!
- o Ingredients are listed on the label.
- o You don't need to use fabric softener (so you save even more)
- o It doesn't contain artificial perfumes or brighteners.
- o It's hypo-allergenic, non-toxic and bio-degradable.
- o It's made in the US by a small company.
- o It comes in a re-usable cloth bag with measuring scoop included.
- o It works in top loading and front loading HE washers.

If you haven't tried it you should. Also try the Charlie's All Purpose Spray Cleaner that does a great job for heavy stains on fabric and as the label says it works on anything from "Dentures to Diesel Engines".



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Continued from Page 1, Column 2... Eco Lips

Lips Hemp. All of these products offer unique solutions to lip care with their blend of natural ingredients that follows the Eco Lips organic and environmentally responsible philosophy. Probably the most exciting new product from Eco Lips is Face Stick which offers an SPF 30 that not only blocks harmful UV rays, but also moisturizes and heals dry skin. This jumbo (.56 oz) tube offers smooth and even application, providing balanced protection. Also, 82% certified organic ingredients make this the most organic SPF 30 sunscreen on the market! Whether you are playing



sports, backpacking in the country, or just laying out, never feel unprotected from the sun - the Face Stick can be applied anywhere on your body!

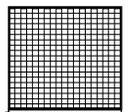


You can even keep your hands clean with the tube applicator! So there you have it, SGMC is your natural lip care source, you never have to put drying petrolatum on your skin or lips ever again.

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