



# Green Tip



BugBand products are a proven, effective alternative to synthetic traditional pesticides, protecting children and adults from biting insects while avoiding the risks associated with irritating chemicals. BugBand is not only a safer choice, it's more effective. Geraniol, the plant-based active ingredient in BugBand, is a proven repellent.

A good choice for recreational and lighter-duty applications, the BugBand wristband comes in multiple colors, including dark green, light green, blue, yellow, red, pink, and glow-in-the-dark.

\* The vapors from the plastic BugBand wristband form a protective shield around the immediate area, keeping insects a safe distance away.

\* While many repellents are easily diluted or rinsed off with swimming or perspiration, the wristband just keeps working, up to 120 hours. It's packaged in an innovative reusable plastic "pod" which can be used to store the wristband and can be sealed between uses to preserve the active life of the product.

\* The plastic band is designed with a patented break-away strap that snaps if it becomes entangled. It can also be worn on belt loops, hatbands, pet collars, fastened in tents, attached to baby carriages or applied to other areas where insects could be a problem.

\* Several wristbands can be strung together to create a longer band.

**Don't Rinse** - Skip rinsing your plates before putting them into the dishwasher. On average you'll save 15 gallons of water per load. Plus, you will save time.

And when you rev up that dishwasher we recommend using the most eco-friendly automatic dishwasher detergent we can find. AlmaWin Automatic Dishwasher Powder from SGMC delivers: You get sparkling dishes although the product is earth-friendly. AlmaWin Automatic Dishwasher Powder is not only



humane but also earth friendly. The ECO GARANTIE label guarantees that AlmaWin Automatic Dishwasher Powder exceeds the highest worldwide criteria of sustainability and ecological responsibility. Give it a try... You'll love it.

# XYLICHEW



XylicheW gum is a sugar FREE chewing gum that is being recommended by dentists and it contains 100% xylitol which does not promote tooth decay and actually has some other beneficial health effects like stabilizing insulin and hormone levels and just generally promotes good health.

By choosing any of the various flavors that are available you will get a mouth-watering taste which also freshens your breath.

XylicheW gum is just naturally a better choice for your family.

Call 717-786-7118

Summer Store Hours

Mon thru Fri  
9:00 AM 'til 5:00 PM  
Saturday  
9 - Noon

## Natural Ways to Keep the Bugs at Bay

If the bugs bug you we want to make sure you know that there are completely natural solutions that work better than products with DEET. You say why wouldn't I want to use a product with DEET, here's a small snippet why not!



*"DEET is a toxic compound, partially absorbed into the bloodstream, and associated with dermal and neurological reactions. Several cases of toxic encephalopathy (brain damage) associated with the use of DEET in children have been reported in the medical literature. Generalized seizures have also been associated with the use of DEET."*

Take a look at some of the natural alternatives that we can provide you to keep the bugs away.



Buzz-Off is a DEET-FREE, 100% natural insect repellent clinically PROVEN to repel biting insects for up to 4 hours.

Created with a selected blend of essential oils and based on Native American herbal wisdom, Buzz-Off is a superior insect repellent and safe for children, animals and adults.

Unlike other insect repellents, Buzz-Off is safe for the earth because it's derived from herbs and plants. Buzz-Off's popularity comes from its effectiveness, but it also has a refreshing aroma and nourishes, protects and softens your skin. Buzz-Off keeps away: • Mosquitoes • Ticks • Fleas

:: \$9.99 4 oz. Roll-on

Sticky summer nights, forest treks, morning gardening. Itchy itchy. Arm yourself (naturally) with an abundant supply of time tested botanicals blended to repel annoyingly irritating biting bugs. Don't expose yourself to the elements without Swy Flotter. Works for you. Works for the environment. Safe for kids. DEET free. This product was created without animal ingredients, artificial colors, unnecessary chemicals, or animal testing.



:: \$8.99 4 fl oz spray



NOW® Bug Ban™ is a natural insect repellent that helps prevent insect bites without the harsh chemicals found in many of today's commercial formulas.

By combining essential oil extracts from Citronella, Lemongrass, Rosemary and Thyme, NOW® Bug Ban™ offers protection against some of today's most annoying winged intruders. Bug Ban™ contains natural ingredients that are effective in preventing insect bites and are safe for users of all ages. :: \$7.99 4 fl oz cream



Follow SGMC on Facebook and get fast updates on hot product arrivals, Facebook on discounts and lots more!

## Just Breathe to Relax!

Breathing as a form of relaxation is nothing new. How often have you heard something to this effect: "Stop and take a breath" or "Just take a breather for a moment"? There is wisdom in these words, for breathing is vital to our health and well-being in more than the most obvious way! Considering that the lungs are a primary organ of detoxification, deep breathing can be beneficial on many levels. Here are a few guidelines for using breathing as an easy and effective way to relax in virtually any situation:

Relaxed  
Well Being  
Balance Breathing

1. Sit or stand comfortably.
2. Inhale deeply through your nose to the count of seven, keeping your shoulders still and expanding your abdomen.
3. Exhale slowly through your lips to the count of seven, allowing as much of the air to exit your lungs as possible. You may hear a whispering sound as you release the last of the air.
4. Continue this several times at a slow pace and you will feel the relaxation move through your body.

This exercise will be relaxing and may assist your body with detoxifying through the lungs. So relax, breathe deep and be well!

*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.*



If you have a health challenge either acute (something that just occurred) or especially chronic (one that has been around awhile) and you are not satisfied with your current course of healing or are just looking for an effective alternative we would like to offer you Contemporary Natural Homeopathic medicines that are the first of all natural remedies to ascend to the level of credibility by being registered with the FDA as a pharmaceutical product.

**SafeCareRX** offers a safe, natural solution backed by science, clinical experience, FDA registration and most importantly the test of time. Throughout 200 years of clinical use homeopathic medicines have had NO recorded side effects and NO known negative reactions with other drugs. **SafeCareRX** is literally the safest health care product in the world.

**SafeCareRX** is pleasantly different and fun to take! King Bio's unique multi-potency process creates a revolutionary taste-free medicine. Our new Bio Energetically Enhanced™ pure water base creates a more stable and resistant homeopathic medicine. Additionally the Bio Energetically Enhanced™ pure water base provides a deeper acting delivery system that therapeutically enhances the products potential. There is no alcohol, no sugar, no swallowing and no taste to get tired of. Everyone from newborns to grandparents will enjoy the ease and simplicity of taking

**SafeCareRX** natural medicines. Our trained staff including our Certified Traditional Naturopath will consult with you to determine the best option for your condition. The most effective process is to engage our program of extensive

*cont'd in next column*



history, testing and follow up allows us and you to follow through to get you where you'd like to be. Please stop by the store or call to make an appointment. Yes there are alternatives that really work that don't include ingesting synthetic chemicals that have a whole range of debilitating side-effects.

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## New Stuff !!!

This pack of approximately 300 3/4" Mosaic Stones is a great addition to any stepping stone or other projects as well. Net weight 2.2 lbs. Just \$18.99



Keep making those stepping stones using your existing molds with this 8# pack of stepping stone mix which makes one 12" stepping stone or two 8" stones for just \$11.99.

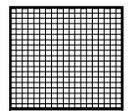
We are stocking a new Natural Organic 14-day Total-Body Herbal Cleansing Program from ReNew Life which supports the body's normal cleansing and detox functions, contains 100% organic herbs and fiber and is Vegetarian, soy-free, gluten-free, plus it's gentle, effective 3-part cleansing formula. At just \$34.99 this is a good product to add to your healthy lifestyle regimen.



## We are experts at screen, storm window & insulated glass repair

We can do things that others can't do. We can make new screen or storm window frames. We have the expertise & the resources to get the job done!

**Paw Proof Screen** is the SOLUTION to the problem with pets & screens.



- Vehicle Mirror Repair • Vanity Mirrors •
- Desk/Table Tops • Glass Shelves •
- Acrylic • Laminated & Tempered Safety Glass •