



Spring Store Hours
 Mon thru Fri 9:00 AM 'til 5:00 PM
 Saturday Hours during the Spring & Summer are by chance & are normally 9 to noon. Please call ahead on Saturdays to make sure we're here.

Poison Ivy Pills

Poison Ivy Pills are used for the relief of conditions caused by Poison Ivy, Oak, and Sumac, such as itching and redness of the skin followed by blisters, vesicular eruptions with intense itching and burning, aggravated swelling, heat and pain. The symptoms generally appear on the face and arms but can affect any part of the epidermal (skin) surface.



Rhus tox. 4X is made from poison ivy leaves. Through a special FDA-regulated manufacturing process, the plant material is diluted many times in order to eliminate any negative effects. Only the immune-stimulating power of Rhus tox. is left intact. The body quickly recognizes the Rhus tox. and responds by ceasing the itching sensation and healing the rash within a few days. Due to the safety rendered by this manufacturing process, Rhus tox. 4X causes no side-effects or drug interactions.

Rhus tox. was introduced into medical practice in 1816 by German physician Dr. Samuel Hahnemann. It has since been used to effectively treat symptoms similar to Poison Ivy, Oak, and Sumac poisoning. Get your Poison Ivy Pills today at SGMC.

Ginger Candy

We are now stocking the 5.3 oz packages of Prince of Peace Ginger Candy which are great for the whole family. The sweet ginger taste is warming to the senses. Ginger is also known for bringing comfort to the stomach and is a comfort in nausea and motion sickness. Stop in and try a sample today.



Green Tip

Some Habits That Matter More Than Recycling

As most of you know we have been refilling your Charlie's Laundry Soap containers for a while now not only letting you reuse (remember REUSE is the BEST recycling) your original container but also saving you \$3.00 when you refill. So it's a win-win-win...you don't put unnecessary plastic in the environment and you save money in the process and you're using a natural product that is made in the USA and works like it says it works, getting your clothes clean and not leaving nasty, unknown stuff behind which irritates your skin. You'll be glad to hear that we are expanding the reuse philosophy to include the other Charlie's product that we sell, Charlie's All Purpose Cleaner.

And we are initiating refilling to another popular product line, Dr. Bronner's Magic Soap.

With Charlie's All Purpose Cleaner we will be refilling all the sizes, i.e. 4 oz, 16.9 oz, 32 oz and the gallon. There is significant savings with all refills just like the laundry powder.

With Dr. Bronner's we will be refilling the 4, 8, 16 and 32 ounce bottles for a savings of 15%.

With all refilling we will only refill the original manufacturer's container with the product that it originally contained.

We strongly believe that there is no better recycling than REUSE and we will continue to maintain and implement programs to back this up. If we all REUSE we can make a difference.

Printed on 100% recycled



Clock Movements

SGMC's mini-quartz movements are the standard in the industry. Whether you are a hobbyist or serious clock maker, these movements

will fit your needs. It runs on one "AA" battery and is accurate to within two minutes a year. They come in six different shaft lengths to accommodate most any thickness clock face that you may encounter and include basic mounting hardware – open nut, cap nut, metal washer and hex nut. Hands and second hands are not included since a good portion of the time you can reuse the hands that you have. However if you do need hands or second hands we have a nice selection.

To decide which movement to use you must choose the proper shaft length. Carefully measure the thickness of the material the movement shaft will go through. We have movements to accommodated thicknesses from 1/8" to 3/4" If you are using a glass or plastic cover over the movement, make sure you have at least 1/8 inch extra clearance as you will need room for a second hand or cap nut.

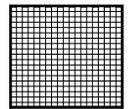
Don't want to mess with installing a new clock movement yourself. Bring in your clock and we will do it for you at a reasonable cost. Replacing a clock movement makes a clock like new again and we have them.



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- Acrylic • Laminated & Tempered Safety Glass •

Go back in time for future health with organic apple cider vinegar
by Alex Malinsky aka RawGuru

(NaturalNews) Have you ever wanted to quell a nagging craving or just wanted to shed a few pounds without using pills or that tea that makes you plan your outings by the nearest bathrooms? Or, maybe you need to get rid of some skin tags? You know those annoying little raises on your skin that make you look like your own grandmother? Perhaps you simply want to live longer? Well, there is evidence that apple cider vinegar can do all these things for you and more. It has been praised as the wonder ferment of the world. Whether you drink it alone or diluted (two tablespoons in a glass of water) it is reported to do wonders for you. Apparently, if you sweeten its acidic taste with a quality honey the sky is the limit.

According to researchers, apple cider vinegar is a natural bounty of goodness that works to cleanse you on contact and has been used as far back as 5000 BC by the Babylonians as a pickling agent. The Egyptians show evidence of its use since 3000 BC and the Chinese have been writing about it for over three thousand years. It has been shown to have antiseptic and antibiotic processes. For instance, if you pour it onto raw meat it begins instantly to get rid of the bad bacteria. You did know there was good bacteria, didn't you? Well, now you know. Apple cider vinegar has also been used as a natural pH balancer when you rinse your face with it. This, when used in its diluted state.

The magic ingredient appears to be the fermentation process produced by using whole, fresh apples. It produces a stringy, magic seahorse looking, cloud formation that settles to the bottom of the completed mixture. Strange looking, yes. However, this is where all the healthful enzymes live. Acetic acid is formed in this settlement. So, along with apples' naturally occurring benefits, such as high fiber pectin, vitamins A, B1, B2, B6, folic acid, niacin, carbohydrates and minerals like calcium, magnesium and zinc, it all combines to create a multi-tasking healthy fortifier. Appropriately enough, this wholesome settlement is called the "mother." But take note, this healthy cocktail is only found in organic apple cider vinegar, not the one you buy in the salad dressing aisle at your local supermarket. Are you paying attention?

Come to SGMC, buy a bottle of apple cider vinegar, shake it up and begin using it in various ways. Believe it or not, there are entire cookbooks centered around the myriad ways that this natural wonder liquid can be used. Add organic apple cider vinegar to your cooked vegetables for firmness, to your bread dough for added sturdiness, and yes, even to your salads as dressing. A teaspoon in your pets' water will keep them strong. A tablespoon added to a glass of water and honey starts your circulation and digestion off just right in the morning. Then, you can use it to clean your breakfast fruits and your sink! There are so many wonderful uses for this ancient food; all one must do is explore to find out how else it can be used.

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.

New Stuff

It seems we are always talking about new things that have come into the store. In fact finding new things that are in keeping with our product mix is what we are continually trying to do. And when we find new things we like to share them with you. You can be assured that when you come into the store even just to look around you will see 'new' things that you haven't seen before. As a help to you most things that are new you will see adorned with a starburst that looks like this one. We also of course include a lot of new items in this newsletter. So without further introduction here are some brand new things that have just arrived in addition to the other things described elsewhere in this newsletter. We continue to expand our great selection of Puzzeled™ 3D wooden puzzles. We have 7 great new puzzles that have

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Say "Yes" to a Colorful Mess!

Remember splashing through puddles and making mud pies? Crayola Washable Colored Bubbles remind us of a time when outdoor messy play was just part of being a kid. Go from black-tops to green fields. If you'd rather not colorize your driveway or sidewalk, Colored Bubbles work great in the backyard or in other grassy areas. Washable Colored Bubbles are the perfect gift for any child and are a totally unique gift for any kid to play with where they should be playing... outside. Five great colors and a spill resistant bottle at just \$4.99 can't be beat. Get yours today.



Zebra

just arrived and we are working on getting samples together for you to see.

Stop in to see all the puzzles that we have in stock and remember they



Ambulance



Octopus

are great for kids of all ages and they are very inexpensive as well.

Perler beads are still hot with several new kits in stock. We also have some great new magnetic bracelets, necklaces and rings along with a new selection of ready-made frames. We encourage you to come into the store to see all that's new.



Lady Bug



School Bus



Leaning Tower Of Pisa



Butterfly Feeder

Let the Kids have Fun Learning About the Bugs

Bugs can be a nuisance but they can also be fun and educational too! We have a number of great fun and educational kits for kids that will kindle that learning 'bug' in all of us. Help attract butterflies to your backyard with a delightful butterfly feeder. And then admire the butterflies in your very own Live Butterfly Garden. Explore ants with the ant farm or catch and examine random bugs with the bug cage and its assortment

of great accessories. All these kits make great gifts and encourage kids natural inquisitiveness.



Bug Cage



Butterfly Garden



Ant Farm