



NEW 3D Frames



These new frames at SGMC from the NIMBUS Series offer a completely new way of setting the stage for your collectible items. The special feature, of these frames, are two transparent, flexible silicone membranes which surround your exhibition items softly and which create the impression that they levitate inside the frame.

At the same time you have an unrestricted view of the back and front side of your favorite pieces. There is no limitation in your fantasy as to what kind of items you would like to present in these frames. The material is very flexible and adapts completely to the surface of the objects and keeps them in their place; From coins and stamps to writing utensils, watches, knives, decorations, photos, jewelry and other favorite pieces - with Nimbus you give your favorite objects a special frame. Handling: The frame can be opened completely. The collectible item can then be put on one of the silicone membranes and the frame can be closed. The object will be surrounded by the two silicone membranes and stays in that position. The two sides of the frame stay together thanks to a magnetic closure.

...here is how it works:

The frame can be opened completely. The collectible is placed on one of the two silicone membranes and the frame can be closed. The object will be held in place by the surrounding silicone membranes, keeping it in its position. A magnetic closure keeps the frame held together.

There are various size frames to choose from up to 10" x 10". Ask us to help you select the Nimbus frame that best suits your needs.



Finally, there's a clean, safe, and stylish bottle that is made from the practically inexhaustible resources of bamboo and glass. Bamboo gives these unique bottles style and strength. The glass guarantees safe, clean drinking at all temperatures, erasing the dangers of plastic water bottles.

Whether you're chugging ice-cold water or sipping on steaming-hot tea, this super-cool bottle is BPA-free, ensuring no chemicals leach into your drink. To clean your insulated bottle, simply unscrew the easy-to-tote cap and top ring to remove the dishwasher-safe glass. We recommended leaving the bottom cap attached to the glass for ease of handling. To help clean the planet, simply keep using your Bamboo Bottle to hydrate instead of bottled water. The Bamboo Bottle Company prides itself on making safe water bottles. The glass insert, plastic top, nut and bottom are all dishwasher safe. The bamboo sleeve is not. The bottle holds 17 oz and is 10.25" high by 3.125". They make great, unique, eco-friendly gifts at just \$24.99 ea.



Children's XyliWhite Toothpaste

Getting the kids to brush their teeth everyday just got easier. NOW has taken their popular adult XyliWhite™ formula and made a few subtle changes to

create the perfect toothpaste for kids.

• Delicious Strawberry Flavor

• SLS & Fluoride FREE

• With Xylitol & Stevia

And a \$4.19 price that's almost half of some of the other natural kid's toothpastes on the market. It's all good.

Get some for your kids today.

Call 717-786-7118

Fall Store Hours

Mon thru Fri
9:00 AM 'til 5:00 PM

Saturday
9:00 AM 'til Noon

Custom Framing for the Holidays

It's that time of year again where we need to talk to you about getting your custom framing items into us for holiday framing.

Custom framed items are truly unique gifts since each one is a one of a kind creation custom built especially for you.

Although we don't have an actual deadline for holiday custom framing (we will always do our best to get things to you by Christmas Eve no matter when you bring them in) it goes without saying that the sooner you get something in to us the sooner you can get it back and the less stress you create for yourself and for us too!

What we are finding with the economy is that we are having to wait longer for some of our frame and mat orders.

This is because distributors aren't ordering as often or can't order as often because of vendor minimums.

So it would be advisable to get things in here as early as you can. Early submission of your custom frame items means that you will get the exact frame and mat that you want without compromise.

And don't forget framed 3-D memorabilia is a great choice for Christmas framing and also remember that framing 3D items takes longer, so bring all your custom framing in **TODAY!**

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How to avoid being like the 11 percent of Americans who now take antidepressant drugs every day!

by Mike Adams

(Excerpted from NaturalNews - Oct. 20, 2011)
The admitted goal of the pharmaceutical industry is to have every man, woman and child in America taking at least two prescription medications every day of their lives (whether they're sick or not). Through Big Pharma's corruption of the FDA, medical journals, med schools and the mainstream media, it creeps ever closer to accomplishing that goal, and today it has been revealed that one in ten Americans are now on SSRI antidepressant drugs. This is the conclusion of a survey conducted by the CDC. It also revealed that antidepressant use jumped 400% from 2005 - 2008, while women are 2.5 times more likely to use antidepressants than men. (And whites are far more likely to use them than blacks, the CDC found.) (<http://www.reuters.com/article/2011...>) I could write thousands of words about the dangerous side effects of prolonged antidepressant use (diabetes, psychosis, detachment from reality, etc.), but for this article, I'd rather approach things from a solutions angle and share what I know about getting OFF antidepressant drugs using nutrition and holistic health principles.

How to get off the SSRI meds and save your brain -

First, realize that the fictions being sold you by the false advertising of the pharmaceutical industry must be abandoned. Depression is not caused by a "chemical imbalance in the brain" that can be resolved by paying monopoly prices for a patented synthetic chemical. That's just a fabrication which was engineered to sell you more overpriced pills. In reality, "depression" is the red flag warning that multiple areas of your life are out of balance and need to be brought back into balance before you'll really feel better. After talking with probably hundreds of people about their experiences with so-called "mental disorders" over the past eight years, I've come to the conclusion that there are at least four powerful strategies for permanently reversing depression without using any drugs whatsoever. They are:

- #1) Spend more time in nature.
- #2) Get some regular physical exercise
- #3) Eat more omega-3 oils and organic plants.
- #4) Find meaning in your work and in your life.

To read the entire article and get all the information on lifestyle solutions to depression, please us the link below.

Learn more:
http://www.naturalnews.com/033928_antidepressant_drugs_alternatives.html#ixzz1bKaNSxyp

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.

BULL DOG
NATURAL SKINCARE

SGMC is now stocking a recently launched line of men's skin care from a British company. Bulldog products

are all-natural to reduce the number of man-made chemicals in men's grooming products. The products are never tested on animals and do not include ingredients derived from animal sources. Bulldog's products are free of parabens, sodium laureth sulfate, artificial colors or synthetic fragrances. Instead, Bulldog's products include essential oils and other natural ingredients that deliver optimal grooming results.

The Bulldog products include:

Original Moisturizer—Contains eight essential oils, the antioxidant green tea and green algae as a natural skin moisturizer.

Original Face Scrub—Contains seven essential oils, coconut shell and pumice for exfoliation.

Original Shave Gel—Contains seven essential oils and a blend of natural ingredients that include Aloe vera, jojoba and konjac mannan.

Original Face Wash—Contains eight essential oils and the antioxidant green tea to refresh and clean the face.

Original Post Shave Balm—Contains eight essential oils and rosehip oil to nourish and soothe skin after shaving.

It's great to finally be able to stock a natural skin care line for men that is good for men's skin and is very reasonably priced as well. One or more of these great products from Bulldog make great gifts for birthdays and the holidays.



BETTER LIFE
GREEN CLEANING PRODUCTS

We are so excited to introduce you to this new line of cleaning products that's made in the USA and that combines unmatched safety for your family and the planet along with unbeatable performance and it's vegan and has 'wacky' names, too! How about Oak-y Dokey Wood Cleaner or Einshine Stainless Steel Polish. We'll tell you more about all their great products in the next newsletter but we wanted to make you aware of this brand new line here.



Lots of NEW Balloons

We wanted to let you know about all the new styles of balloons that have just come into the store and also to remind you that when you need balloons remember SGMC. We have both mylar and latex balloons to choose from and we have balloons for all occasions. Check us first for all your balloon needs.

Magnetic Expression Bracelets

Wait til you see these "designer" looking bracelets that are also magnetic. These awesome bracelets fit wrists up to about 7 3/4" and are a great choice when considering a gift for someone special and/or someone who may have some health challenges as well. Choose any of the 4 available designs at just \$14.99.



New Lamps



Choose from several colors of the tulip-like Veronica table lamps or the themed revolving table lamps that show a continuous motion screen while giving the room a soft glow. Both of these lamps make quite unique gifts and are in stock now. Come in



to see them for yourself today.