



Summer Store Hours
 Mon thru Fri 9:00 AM 'til 5:00 PM
 Saturday Hours are 9 - Noon
 During the Summer there are exceptions to the above hours. Call or check our website.

FACE PAINT

PALMER PAINT-Face Paint. - Paint yourself silly! This premium quality; cosmetic-grade face paint offers one-coat coverage in rich vibrant colors. Children can explore, experiment, and develop their creativity with Palmer's lively Face Paint colors. Non-toxic and washable.



This extensively tested formula washes easily from skin with soap and water and is an excellent choice for sporting events, parties, school fairs and Halloween. Dried out paint can



be reconstituted by simply adding water. Available in 12 colors. 2 oz bottles at \$1.69 each. Conforms to ASTM D4236. Made in USA. In addition to the 2 oz bottles of face paint we also carry the Palmer Face & Body paint pots that come with 12 colors in small plastic pots @ just \$3.99.

And we also carry the very popular Snazaroo Face Painting sticks that are very easy to use since it is like using a crayon on your face instead of having to use a brush when using paints. The Snazaroo Face Painting Sticks come with 6 colors at just \$5.49. No matter what supplies you need for face painting, SGMC has it.



Natural, Safe & Effective Ways To Handle Summer Skin Issues

Summer is the time we have a lot of skin exposed and consequently a time when we need to protect it mainly from the sun and also treat it mostly from poison oak & ivy and also from insect bites.

We can provide you very natural and effective ways to both protect and treat the largest organ in your body, your skin.

Badger Sunscreens are the epitome of natural. If



you are trying to choose natural products for your skin you shouldn't put anything on your skin that you wouldn't eat, since anything that is applied to your skin is absorbed into your body. Badger Sunscreens are a perfect choice. We offer 7 different formulas from SPF 15 to SPF 35 to meet any need including one that has DEET-Free bug protection built in.



If you forget to put your Badger Sunscreen on or don't apply it often enough Real Aloe which contains 100%



certified organically grown aloe vera works well to ease the burn as does ASAP365™ Silver Gel which promotes natural healing. Grandpa's Pine Tar soap is also great for easing sunburn along with Redmond First Aid Clay which



relieves all kinds of burns including sunburn. If you're prone to getting poison oak or ivy you might consider the King Bio Poison Oak & Ivy spray or the Washington Homeopathic Poison Ivy Pills taken prophylactically during the poison growing season to either eliminate



cont'd on page 2, column 3



GREEN CLEANING PRODUCTS

Installment #6

We are continuing our product by product introduction of the Better LIFE very Green, vegan cleaning products which we started in the December 2011 Newsletter where we gave you details about *Einshine*, their metal polish and cleaner. Then in January we talked about *what-EVER*, their great all purpose cleaner. Then in the February/March Issue we told you about *I Can See Clearly..WOW*, the amazing glass cleaner. And then in the April/May issue we featured *Simply FLOORED!* Last month we looked at *2am Miracle*. If you missed any of the preceding info you can always go to the newsletter archive on the website to get a copy of any issues that you missed.

The people at Better LIFE pose this question, *What if you didn't need a CHILDPROOF CABINET or CAP* and they whole-heartedly feel that people are our most valuable resource. Why would anybody make a product that isn't safe for us? Better Life blends highly specialized surfactants made from sugar, starch, and amino acids - all safe stuff. You'll never see sulfates, ethoxylates, fragrances, dyes, or volatile organic compounds (VOCs) such as glycol ethers and alcohols in their products. VOCs vaporize, entering the air we breathe. They're triggers for respiratory problems, nausea, headaches, and skin irritation, and contribute to many more ailments.

So in a nutshell that's the philosophy that is behind this fantastic cleaning product line. We are carrying 7 of the Better LIFE products and to give you a better feel for each have decided to feature them individually in successive issues of the newsletter. So here we go with #6.

OAK-Y-DOKEY™ Natural Wood Cleaner 16 oz Clean. Polish. Protect.



SURFACES: Safely cleans and polishes: wood furniture, cabinets, paneling, and other finished wood surfaces. Also great on antiques, engineered woods, and veneers.

DIRECTIONS: Shake, then spray onto cloth or directly on wood surface. Wipe. Polish to a shine with a clean dry cloth.

SCENT: Naturally scented using only essential oils of Cinnamon and Lavender.

Comments about better life OAK-Y-DOKEY:

"I used this on wood window sills that get a great deal of sunlight. I was very pleased with the performance as well as the scent. We have kitties that like to look out the windows, so the safety issue for pets was very important."

"Works great on all of my wood furniture! Not greasy like other products, doesn't leave a film. Actually cleans!"

Sugar Really Is Toxic!

By Brenda Watson

A recent 60 Minutes segment with Sanjay Gupta has hopefully opened the eyes of many people who might not otherwise be exposed to such important information on the toxic effects of sugar. They emphasized that sugar—in the way people consume it today—is a toxin and could be a driving force behind such diseases and heart disease, type 2 diabetes, and even cancer.

I have been talking about the consequences of sugar for a long time now, including the link between sugar and cancer (in my last book *The Road to Perfect Health*), and of course the link to diabetes and heart disease. I have also been recommending the removal of sugar, including refined carbohydrates, in the diets of people with gut imbalances because sugar only serves to worsen or maintain this imbalance.

My stance on sugar has continued as I've watched not only my own health, but the health of family members, friends, and many people with which I've worked over the years, improve after removing sugar from the diet. In fact, my next book and PBS show tie it all together by recommending a healthy eating plan that limits sugar (including the sugar that comes from certain carbohydrates like bread and pasta) and increases fat—you heard me, the healthy fats including omega-3s. In addition, I talk about the importance of a balanced gut, which can be the underlying source of silent inflammation, the main component of most, if not all, chronic disease. The 60 Minutes segment talks about some of the same topics I cover in my book. It was refreshing to see mainstream media finally coming around.

As the Diva of Digestion, I have always recognized the importance of a healthy diet as a main contributor to digestive health and to total-body health. One of the best ways to improve your diet is to remove sugar. As the 60 Minutes segment illustrates, sugar has the same addictive qualities as cocaine. In fact, they mentioned that people build a tolerance to sugar, always wanting more and more. The result has only been more and more heart disease, diabetes, and cancer. Please, pass this on. Everyone needs to know the harms of sugar.

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.

An Old Game and Some Great New Ones too!



Playing games indoors in the air conditioning, of course, is a great way to beat the Summer heat and we have some great fun suggestions. We have carried the original **Spot it!** for years. It's a game where there is always one, and only one, matching symbol between any 2 cards in this party game. **Spot it** and you win! A sharp eye and a little bit of speed is all it takes to become a **Spot it!** Master.



Just \$12.99



Spot it! meets Travel Bingo! **Spot it!** has officially hit the open road! Each colorful symbol is some-

thing you'd see on a typical road trip. This edition includes an additional game variation: players scan the scenery for objects that match the symbols from the cards.

Just \$12.99



Whether you're in the big city, cruising down the highway, or just around town, there is always something to spot. Be sure to pack **Spot it! On The Road** and you'll never be bored on a road trip again!



A **Spot it!** for little ones! Be on the lookout for creatures of the land, sky, and sea.

With adorable animals and only 6 symbols on each card, **Spot it Jr.!** is ideal for kids under 7. As always, there is one, and only one, matching animal between any 2 cards. But in this junior variation, each card has one big animal for easier spotting.

Just \$9.99



Spot it Jr.! is a fun way to sharpen kids' visual perception and cognitive skills. Little ones will love to spot these colorful animals and the variety of images will challenge all ages.



Slap yourself silly in this ridiculously fun party game. Players

Just \$12.99



answer "true" or "false" to statements as quickly as possible by slapping the target. Right Hand = "TRUE", Left Hand = "FALSE".

Sound easy? Here are some sample statements : ground-hogs have teeth, you are wearing a ring on your left hand, there are 6 Olympic rings, cows drink milk...

cont'd from page 1, Natural, Safe, Effective...

or greatly reduce your susceptibility to getting poison. If you do get it then you can take the pills or the spray frequently until it goes away.



They both work great but the one advantage of the spray is that you can use it topically as well.

If you are looking for something topical for poison oak or ivy try Grandpa's Pine Tar Soap which is great for anything skin related like eczema, psoriasis, rashes of all kinds and of course poison as well.



Redmond Clay First Aid should be a key component of your first aid kit. Use Redmond Clay First Aid on burns,



cuts, abrasions, insect bites, bruises, rashes, bee stings, blisters, poison oak, poison ivy, and dry, itchy skin.

The last thing to cover is stings. Redmond Clay First Aid is the go to topical for stings. The clay will immediately start to draw the toxin from the sting out of your body. You also might want to stock your first aid kit with some homeopathic apis which can be taken after you've been stung to help with speedy healing.

Do you have the fastest hand? You won't believe how many laughs are packed into such a tiny tin!

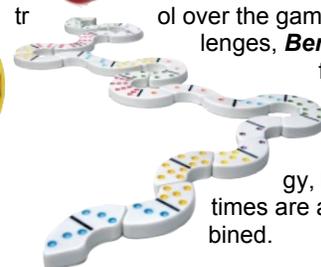


Just \$14.99

One twist of strategy, two twists of fun!



Bendomino plays just like regular dominoes but their innovative curved, design gives you much more control over the game. Full of challenges, **Bendomino** offers



passionate games in which strategy, luck and good times are always combined.