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November/December 2012

Printed on 100% recycled paper

SGMC is celebrating its 35th Anniversary now through November 24th with many items at 35% OFF, a raffle for great gifts, tastings, samples and other fun activities.



Back in November of 1977 Solanco Glass and Mirror Co was born in our home garage specifically to fill the need to service and supply glass and related products to the southern end of Lancaster county. The home garage was quickly outgrown and SGMC moved to a small white warehouse building beside what was then Snyder's Texaco and is now Squire's Pantry/Subway. That location is where we added Custom Picture Framing. After two years it was time to move again into a building on Bank Avenue that had been a Ferguson & Hassler warehouse building when they were located downtown and that is now the PNC bank drive-through building.

The Bank Avenue location is where we first started selling electronics. That location also saw more arts and crafts added to our product selections and more custom framing options as well.

After 8 1/2 years at Bank Avenue an opportunity came to move to the brand new shopping center that was being built on the edge of town and in March of 1988 we were the second tenant to open in the brand new TownsEdge Shopping Village in the location that is now occupied by Wiley's Pharmacy and right behind our first location at Snyder's Texaco. This spacious new location allowed us to expand all our product lines and to continue to focus on customer service.

Although TownsEdge allowed us to continue to grow it was not to be our final location since on July 27, 1993 SGMC moved to our current home of over 19 years at 21 E State St.

We are privileged to continue to have the support of the community which has allowed us to endure to this point in time and hopefully a lot longer.

We don't very often offer deep discounts but on the occasion of this anniversary we've decided to do just that as a way of saying THANK YOU to everyone for 35 great years.

We have a list of items that are discounted 35% which is available in the store or on the website. As always we have a lot of new, unique items, many of which are described elsewhere in this newsletter, ready for the holiday shopping season.

Thank you for 35 wonderful years!!!!

### omyst HONORING HEALTH

Omyst® is an herbal first aid spray which provides soothing relief to rashes, cuts, scrapes, burns, bug bites, eczema, and many other skin irritations. The fully patented over the counter organic healing spray is essentially your whole first aid kit all in one bottle. The unique plant-based formula contains all certified organic, hand picked ingredients for the most natural healing process that is safe to use for children and even pets!

Look at these ingredients -

**Calendula** is a plant in the daisy family, Asteraceae, which has anti-viral, anti-genotoxic and anti-inflammatory properties. It is used to topically treat acne, reduce inflammation, control bleeding, and soothe irritations.

**Plantain** is a fruit in the Musa genus, which also includes bananas. Plantains are an effective agent in keeping your skin healthy. They are able to treat ailments such as rashes, cuts, wounds, ulcerations, swelling, sprains, bruises, burns, eczema, poison ivy, mosquito bites, blisters, cracked lips, and even more.

**Yarrow** is a flowering plant also in the Asteraceae family with a history in the medical world. Yarrow is able to treat inflammations such as hemorrhoids, headaches, and quicken the healing process of bruising. It also intensifies the medicinal effectiveness of other herbs taken with it, stops bleeding, and has been used for centuries as a pain reliever.

**Wild Roses** have been used medically for thousands of years. Wild Roses are a well-established treatment for inflammation of the skin and also used as an effective astringent.

Omyst® is a must have for your home medicine cabinet and also for in the car. Anecdotally Omyst® has been used successfully on skin issues like poison ivy or one customer was quoted as saying that "Omyst® is the only product that cured my painful rash". One customer had good success with Omyst® on a shingles rash and said, "I couldn't believe that as soon as I sprayed it on the pain subsided and a scab began to form within two days. I no longer needed Motrin and the shingles cleared up in two weeks". Bites, burns and scratches and really anything to do with the skin respond really well to Omyst®.

You can get Omyst® now while it's reduced for our 35th Anniversary sale. Give it a try Omyst® to heal your skin.



**Call 717-786-7118**

Fall Store Hours

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

There are occasionally exceptions to these hours which are listed on our website or are also on our answering machine. If in doubt check first.



If you're looking for a way to naturally remove odors, bacteria, harmful pollutants and allergens plus a way to dehumidify to help prevent mold, mildew and excess moisture we have the solution.

**How they work-** Bamboo charcoal is known throughout the Far East as having a healing property and is renowned for its ecologically friendly purification properties.

The carbon in each Moso Bag is self-activated to absorb and filter out harmful pollutants and odors.

Once a month, the Moso Bag requires one hour or more in the sun to release and disintegrate the pollutants, thus naturally rejuvenating the Moso Bag for a fresh use.

**What they do-** Naturally Helps Remove:

**Odors:** The Moso Bag works naturally to absorb unpleasant odors. In just a few days you will begin to sense the changes, after a month, odors such as smoke, pet, and mildew will be completely neutralized.

**Harmful Pollutants:** The Moso Bag has been scientifically proven to reduce the amount of formaldehyde, ammonia, benzene, and chloroform gases emitted from everyday items such as paint, carpeting, furniture, air fresheners, chemical cleaners, rubber, and plastics.

**Bacteria & Allergens:** The porous structure of bamboo charcoal helps remove microscopic airborne bacteria and allergens by trapping the impurities inside each pore.

**Dehumidifies to help prevent:** Mold, Mildew and Moisture: The Moso Bag contains a high density bamboo charcoal that absorbs excessive moisture. The porous density prevents mil-

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# It's Your Health

NEWS YOU CAN USE

## Your Probiotics Primer

By Brenda Watson (edited for space)

I meet a lot of people who don't really understand what probiotics (gut flora) actually do in their bodies, so I thought I would offer here a short "did you know?" list so we can all appreciate our "good" microflora together!

Did you know?

You are the "host" to trillions (yes, with a "t") of microorganisms that line your digestive tract that are made up of mostly bacteria, but also yeasts and parasites.

The official name for all those microorganisms is "gut microbiota" or "gut microflora", or in short, "gut flora".

In a healthy person, a small concentration can be found in the mouth and esophagus, with even less found in the stomach (due to stomach acid), then gradually increasing numbers in the small intestine and then the large intestine actually contains the majority of gut flora, but it's absolutely essential all along the way.

The gut flora actually weighs, if added together, approximately four pounds!

New research shows the gut flora actually acts as an organ of its own, rivaling the important functions of your liver.

And here's a fact for you: Gut flora have more than 100 times the number of genes as a human (you), and researchers are finding that they may have even more control over your health than your own genes! (There's a good reason to understand and take good care of them.)

Healthy people have a population of mostly beneficial (probiotic) flora, with some neutral (commensal), and a minority of possibly harmful (pathogenic) flora. You guessed it – an unhealthy person has that reversed! When pathogenic flora flourish, it's called "dysbiosis" (which by the way, often shows up with unpleasant gas and bloating amongst many other symptoms). Gut flora protect your intestinal lining so that harmful microorganisms aren't allowed to pass. Remember, probiotics are your GPS, your "Gut Protection System".

Fiber is a favorite food of probiotics! As they digest fiber foods, they create a healthy environment in your gut. That's one reason fiber is so critical to include in your diet – 35 grams a day is what I always recommend.

Probiotics also help balance how your immune system responds to the foods you eat. Yes, they play a role in how you experience "allergies" and "food sensitivities". They even play a role in regulating how you store fat (and that ain't all, folks!)

Since gut flora are forced to eat what you choose to eat, and research shows that pathogenic (bad) flora thrive on sugars, processed foods and simple carbs, it just makes sense to support your good guys with what they need and love: vegetables, healthy fats, lean proteins, nuts, and seeds.

And to further assist your own good gut flora to stay balanced and in control, remember to supplement with probiotics to support a healthy and happy GPS. As proves true day after day, "when you heal your gut, you heal your life!"

*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.*

Pg. 2



**GREEN SCREEN™**  
NATURAL SCREEN  
CLEANER 8 OZ  
No Streaks. No  
Fragrance. No Dye.  
No Scratching. No  
Static

**SURFACES:**  
Screens- smart  
phones, laptop,  
monitor, notebook,  
tablet  
TVs- LCD, LED,  
plasma, projection  
Lenses- eye glasses,  
camera, camcorder,  
telescope, projectors  
Also good for- glass,  
acrylic, copiers,  
binoculars, tinted  
windows

**DIRECTIONS:** Spray  
and wipe.

**SCENT:** No Scent

Don't forget to try  
Better Life's other  
great products -  
Einshine, Oaky  
Dokey, Even the  
Kitchen Sink, 2 AM  
Miracle, Whatever, I  
Can See Clearly  
WOW & Simply  
FLOORED. In our  
opinion there are no  
better or safer for you  
and the planet  
cleaning products on  
the market than these  
great products.

**Automatic  
Magic™**  
NATURAL  
DISHWASHER  
GEL 30 OZ  
NO WHITE FILM.  
NO RESIDUE.  
SPARKLING  
CLEAN

**FOR USE WITH:**  
Automatic Magic  
is an ultra  
concentrated gel  
designed for use  
in automatic  
dishwashers.

**DIRECTIONS:**  
Shake well before  
use. Squirt 1  
tablespoon into  
the detergent cup  
for regular loads  
(2 tbsp for heavy  
loads). For best  
results, rinse  
dishes before  
loading and do not  
overload.

**SCENT:** Breathe  
easy, this product  
is scent-free.

**Loads:** 60 loads

\* Our NEWEST  
product to the  
Better Life family  
and only available  
here or at select  
stores!

3 NEW  
Products

**NATURAL STAIN &  
ODOR  
ELIMINATOR™**  
16 OZ  
Removes Blood, Pet  
Messes, Food  
Stains and Sweat

**SURFACES:** Use on  
clothes, carpet,  
upholstery, hard  
surfaces, sporting  
gear.

**DIRECTIONS**

**Laundry:** Pre-treat  
clothes to remove  
tough sweaty odors  
and stains. Spray  
directly on clothing  
and then launder as  
usual. Also, use as a  
laundry booster for  
those really stinky  
workout clothes.  
Pour 1-2 oz in the  
washing machine in  
addition to your  
regular detergent.  
Color safe. Safe on  
all fabrics including  
cotton, nylon,  
polyester,  
microfiber, and  
synthetics.

**Hard Surfaces:**  
Simply spray and  
wipe to clean and  
deodorize fitness  
equipment, gym

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dew, mold growth, and other environmental factors that result from excess moisture in the air. In addition the Moso Bag will help remove airborne mold spores.

**Where to use the Moso Bag?**

Great places are; bedrooms, kitchen, basement, pet areas, living rooms, work area, computer rooms.

Three size of Moso Bags are available. The 2 pack 50g mini bags are ideal for shows, luggage, backpacks, gym bags, etc. The 200g will cover 90 square feet and is perfect for smaller areas in your home such as bathrooms, closets, hampers, laundry area The 500g Moso bag will cover 250 square feet and works in larger areas of your home.

**The afterlife of the Moso Bag**

After your Moso Bag has reached its life expectancy (up to two years), cut the bag open and spread the bamboo charcoal into your plants or garden. The bamboo charcoal will help your plants grow bigger and stronger.

*Cont'd Natural Stain..*

bags, shoes, floors, or anything that needs to be clean and fresh.

**Carpet/Upholstery:**  
Clean up excess mess. Spray directly on the spill or mess and blot with a damp cloth.

**SCENT:** Pure essential oils of lavender and lemongrass

**EP**  
**EARTH'S BOUNTY™**  
 QUALITY, SELECTION & VALUE SINCE 1991

All of us at one time or another have issues that can benefit from natural nutritional support. This is where the new products from Earth's Bounty come in. Take a look at these three new products and you may discover a helpful solution to issues that you or someone you know may be experiencing.



**Sleep well and wake refreshed. Sleep Perfect** - The only thing better than a good night's sleep is a perfect night's sleep. That was the goal as Dr. Center researched and formulated Sleep Perfect - an exclusive combination of herbal extracts, amino acids and minerals. Fast-acting and long-lasting, Sleep Perfect's all-natural, synergistic herbal sleep blend promotes falling asleep quickly, staying asleep soundly and waking up feeling refreshed, renewed and rejuvenated! Perfect.

**Stay cool, calm and collected. Stress Relief Plus** - You know reducing stress is essential for healthy living, And today, by applying many years of clinical research, we have arrived at the truly unique and effective formula that is Stress Relief Plus.

Utilizing patented Sensoril® which is clinically proven to reduce stress, plus a blend of natural, targeted ingredients, Stress Relief Plus lowers cortisol and helps reduce physical, emotional and mental stress & fatigue.

**Weight control to the power of 5. Diet Factor 5** - Diet Factor 5 is an effective and enduring formula. In addition to Konjac, Raspberry Ketones and African Mango, it uses two patented and clinically proven ingredients for weight management - Forslean® helps reduce body fat and promote lean body mass, while SensorilTrim stops stress-related weight gain & carbohydrate cravings, reduces cortisol and provides a natural boost of energy.

Give these great products from Earth's Bounty a try today.

We are accepting Custom Picture Framing NOW for holiday giving. While you think about it and while there is still plenty of time, bring your framing projects in NOW so that you can check them off your list.

**VERMONT SOAP**



Certified Organic Toothbrush Sanitizer is safe for you, yet deadly for germs and micro-organisms. This powerful organic formula kills germs and bacteria, leaving you with a clean brush.



So what DO we use to clean our teeth and gums safely and effectively? Try Tooth Salt; sodium bicarbonate (baking soda), sodium chloride (table salt), and essential oil.

GREEN GOLD Organic Herbal Moisturizer is safe and nontoxic for sensitive skin. Replaces petrochemical based lotions, salves, serums and balms with 100% organic plant based ingredients.



**Green beaver™**

Green Beaver is the largest natural, eco-friendly and organic certified (EcoCert) product line in Canada and now it's available in Quarryville, too!

If you are concerned about what goes on the largest organ in your body, your skin, without a doubt these are the products you should choose to use. We are stocking the Splendidious Lip Glosses that you see here along with body wash, lotions, deodorant, kid's bubble bath and hair detangler. Give them a try and they're a great gift, too!



**We Sell Replacement Glass!**



**Fireplace or Wood Stove**



*Fireplace or wood stove glass is broken?*

**WE CAN REPLACE IT!**

**ASK THE EXPERTS!**

**It's not too early, call today!!**

# The Natural Way to Better Health



We have always been a big advocate of natural health and homeopathy the more than 200 year old natural medicine developed by Samuel Hahnemann and approved by the FDA. Homeopathic medicine addresses illness in a whole different way than allopathic medicine. It sees symptoms as a way the body communicates what the problem is and then based on the entire symptom picture selects a remedy that helps your body eliminate the cause of the symptom unlike allopathic medicine where suppressing the symptom while not addressing cause seems to be the method of choice. If you suppress a symptom without curing the cause you will most likely experience a reoccurrence and haven't really achieved a cure. We have carried and continue to carry a number of lines of homeopathy - single and combination remedies from Washington Homeopathics and the wonderful King Bio pure energized water combinations in the pump sprayer that is taken internally and can be applied topically if appropriate. One thing that we lacked until now was a comprehensive collection of single remedies. Ollois, the manufacturer of these homeopathic remedies, has done its homework. The 45 remedies chosen for this assortment are used 80% of the time. Which means that it's more than likely that you will find what you need for what is ailing you in this selection. All the remedies are packaged in a self dispensing tube about the size of a lip balm and are all available in the 30C potency only except for arnica which is

available in 6C, 12C & 200CK Potencies as well. All the remedies are



the same price and sell for just \$6.99 except the 200CK arnica that sells for \$7.99. All the remedies are listed in alphabetical order by name which makes them easy to find. There is a very brief list of symptoms that the remedy acts upon and



each remedy is identified not only by name but displays one of six color coded symbols which indicates either the part of the body or the symptomology that the remedy acts upon. The six categories are Digestive, Pain, Skin, Stress/Sleep, Ear-nose-Throat/Respiratory & Women.



To make choosing the correct remedy even easier there is the Ollochart both a Medicine & Symptom index which lists com-



We have to chuckle when we see the big guys making a big deal about having NO Fee Layaway during the holidays. We have always had layaway available and SGMC's Layaway has never had a fee associated with it. Just choose your items put 20% down when you put them on layaway and make regular payments until you pick them up before Christmas. If you have any questions concerning our layaway program just ask. It's easy, quick and a great way to stay within your budget this holiday season.

*Cont'd from previous column*

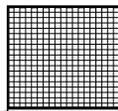
mon symptoms and then suggest remedies that may help. The Ollocharts are free and are great to have at home for reference. Additionally there is the Ollowheel which you will find attached to the display. It's divided into the six previously discussed categories and by moving the wheel to the symptoms that you are experiencing you can easily find the correct remedy. Since homeopathy has no side effects ever and it's been used successfully for more than 200 years you might want to consider giving it a try if you don't use it already.

If you need help or have questions we are always here to help.

## 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.



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

## APARTMENT FOR RENT

Very Large - Very Nice 2 bedroom apartment for rent. Lots of storage & includes all major appliances plus garbage disposal, dishwasher, stack washer/dryer & in-wall air conditioner.

- Off-Street Parking •

Rent includes Water/Sewer & Trash To see the unit, arrange an interview, or get an application, see us or go to [www.solanco.com](http://www.solanco.com) & click on the FOR RENT sign for an apartment info sheet, application & pictures.

SGMC, 21 E State St, Quarryville PA 17566

**717-786-7118**

E-mail: [phil@solanco.com](mailto:phil@solanco.com)

*Cont'd in next column*