



Call 717-786-7118
 Winter 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.

FEATURED PRODUCT

We've decided to feature some truly awesome products that have been here on the shelf waiting to benefit you. So here it goes.

Topricin® Junior Children's Pain Relief and (homeopathic) Healing Cream specially formulated for kids.

Pediatrician recommended, this paraben free, patent pending formula treats pain associated with a wide range of common children's injuries. It is perfect for muscle sprains and strains, eczema, back, heel and knee pain, and overall growing pains.

Formulated for easy absorption, Topricin® Junior is also a multi-purpose healing cream for all the everyday bruising, scrapes, scratches, minor burns and insect bites that children are prone to.

Safe and effective, Topricin® Junior uses no volatile oils such as camphor or menthol or irritating chemicals. Rather, it stimulates the body's desire to heal the damage that is causing the pain by draining the toxins that build up in an injured area.

Safe to use for diabetics, children 2 to 12, for children under 2 years of age consult your doctor.

It will not interfere with any medication your child may be taking. It is fragrance free, paraben free, no petroleum, no mineral oil, no lanolin, no capsaicin, no menthol or irritating chemicals, it is non-greasy and moisturizing. For more information on all the uses for Topricin® Junior go to <http://www.topricin.com/product/topricinjr/topricin-junior> and click on the application and uses tab.



It's Distressing

Usually something that is distressing is not a good thing, but in this case distressing is a great, easy way to get a new finish that looks old. We have two great products to choose from.

Get *Decades of Distress* in one simple step! Tim Holtz® Distress Crackle Paint Clear Rock Candy is a unique one-step



paint that cracks as it dries. With a convenient, built-in applicator brush, add instant aging to cardstock, chipboard, paper mache projects and more.

- Easy-to-use, one-step crackle paint
- Convenient built-in brush
- Varied look based on application
- Clear Rock Candy available in 4 fl. oz. Jar



Or, you can age your painted surfaces with Folk Art Crackle Medium from Plaid paints. If you like the weathered look you will love the crackled, aged look this crackle medium gives immediately to a variety of projects.

After initially applying one layer of acrylic paint and allowing it to dry, apply the crackle medium. It will instantly craze the surface. Once this crackled layer is dry, apply a top contrasting color of acrylic paint. When this top coat is applied watch the magic crackling occur! Your surface will now take on the appearance of a weathered and time worn piece. This non toxic crackle finish is water based for easy soap and water clean up.

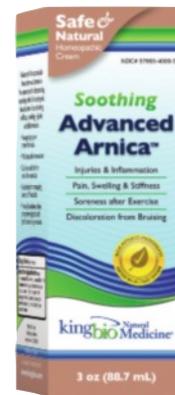
No matter which crackle finish you choose you will enjoy a great looking finish that looks old.

Remember we also have a great selection of paints to get the exact colors you are looking for.

Topical Pain Relief From King Bio

In response to growing customer demand, King Bio has created two powerful new topical creams for pain relief. Utilizing time-tested homeopathic ingredients such as *Arnica montana*, King Bio researchers have developed advanced, multiple potency formulas to promote healing and relieve pain. The ingredients in our topical pain creams have been carefully selected to address a broad spectrum of pain.

Advanced Arnica™ incorporates two forms of homeopathic *Arnica montana*,



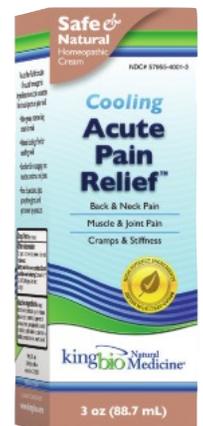
in five potencies, 6X, 30X, 6C, 30C, LM1, and *Arnica chamissonis* flower extract, making it one of the most powerful pain relieving formulas in the marketplace. It provides natural relief for pain from injuries, strains, sprains, bruising, and inflammation.

Acute Pain Relief™ is

the most comprehensive homeopathic cream of its kind. It naturally and safely addresses the relief of back, neck, and muscular pains, muscle cramps, and joint Pain. Acute Pain Relief™ has 18 (HPUS)* ingredients in 10X, 30X, and LM1 potencies, creating 54 individual remedies.

This advanced formulation process allows the body to select the exact combination of ingredients and potencies it needs to relieve pain and achieve balance.

Choose either of these great homeopathic pain relievers at just \$19.99.



Save \$2.00

on a tube of Topricin® Junior with this coupon

Coupon has no cash value and expires 01/31/13

10 Reasons to Eat More Carrots
By Alisa Rutherford-Fortunati

Editor's Note: We all know that vegetables are good for us but we often don't think about how the choices that we make affect our health; positively if we make good choices and negatively if we don't. If you choose carrots your body is getting much more than you probably knew. Take a look!

Carrots are more than a tasty addition to almost any dish. They are also good for your body's overall health, especially that of the skin, eyes, digestive system and teeth! So if the sweet flavor isn't enough, enjoy these 10 reasons to eat more carrots:

- Beta carotene:** Carrots are a rich source of this powerful antioxidant, which, among other vital uses, can be converted into vitamin A in the body to help maintain healthy skin.
- Digestion:** Carrots increase saliva and supply essential minerals, vitamins and enzymes that aid in digestion. Eating carrots regularly may help prevent gastric ulcers and other digestive disorders.
- Alkaline elements:** Carrots are rich in alkaline elements, which purify and revitalize the blood while balancing the acid/alkaline ratio of the body.
- Potassium:** Carrots are a good source of potassium, which can help maintain healthy sodium levels in the body, thereby helping to reduce elevated blood pressure levels.
- Dental Health:** Carrots kill harmful germs in the mouth and help prevent tooth decay.
- Wounds:** Raw or grated carrots can be used to help heal wounds, cuts and inflammation.
- Phytonutrients:** Among the many beneficial phytochemicals that carrots contain is a phytonutrient called falcarinol, which may reduce the risk of colon cancer and help promote overall colon health.
- Carotenoids:** Carrots are rich in carotenoids, which our bodies can use to help regulate blood sugar.
- Fiber:** Carrots are high in soluble fiber, which may reduce cholesterol by binding the LDL form (the kind we don't want) and increasing the HDL form (the kind our body needs) to help reduce blood clots and prevent heart disease.
- Eyes, hair, nails and more!** The nutrients in carrots can improve the health of your eyes, skin, hair, nails and more through helping to detoxify your system and build new cells!

There are plenty more reasons to enjoy these crunchy, sweet root vegetables, so reserve a spot in your garden plot next spring for planting some, or pop down to the local market to pick up a bunch!

This information was originally published on Care2.com, September 15, 2012. To read more go the following URL: <http://www.care2.com/greenliving/10-reasons-to-eat-more-carrots.html#ixzz2ExjbpH4Z>

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.

**HISTORICAL
REMEDIES™**

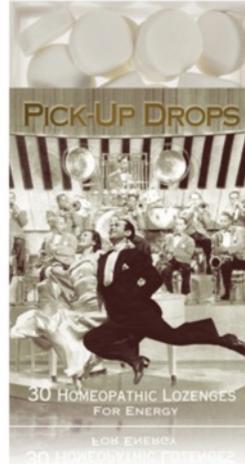
We have carried Stress Mints and Calm Drops for many years and people that have used them have found that they work for all ages while doing no harm. Because of their success we have decided to bring in two more of Historical Remedies lozenge type remedies.

Pick Up Drops
Energy and Immunity

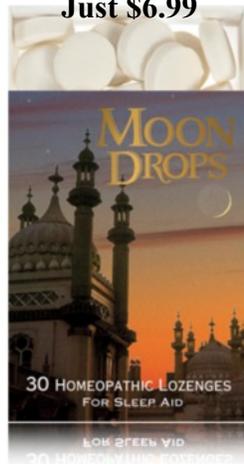
Pick Up Drops re-energize the immune system when the body is fatigued from coping with stress or susceptible to the first signs of a cold. Aconite is a key ingredient in this homeopathic formulation which generates heat to protect the body from colds and loss of energy. Pick-Up Drops provide effective immune support when feeling run-down, chilled, over-worked, or cold prone during seasonal changes and travel. These tangerine lozenges are vegan and gluten free.

Moon Drops
Sleep Aid

Moon Drops promote a restful sleep by responding to the complexities of sleeplessness. Our homeopathic sleep formulation quiets persistent thoughts, eases emotional stress, tones digestion, lessens sensitivity to noise and light, and soothes over-stimulated nerves. Moon Drops help you adapt to changes in sleep schedules due to travel or when going through life transitions. This natural sleep aid is non-habit forming and has no side effects. These vanilla lozenges are vegan and gluten free.



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Just \$6.99

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LED
Flashlight,
Compass &
Emergency
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Bulb
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Approved Red
Laser Pointer
Magnetic Base
Pocket Clip on
Body, Silver



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.
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To see the unit, arrange an interview, or get an application, see us or go to www.solanco.com & click on the FOR RENT sign for an apartment info sheet, application & pictures.

SGMC, 21 E State St, Quarryville PA 17566

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8 Pin Lightning Connector

Need a charging cable for your new Apple device? We have them!

We are stocking ProLinks 8-pin lightning to USB sync & charge cable for iPad mini, iPhone 5 and many of the new iPod devices. This is a premium, double-shielded, durable connector and cord. Remember to check SGMC first for all your cable, connector and charger needs.

