



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 the door, on our website & are also on our answering machine if you call when we are closed. In if doubt check first.

FEATURED PRODUCT

What is the Healthy Harvest Freshness Extender?



This is the column where we re-introduce you to those great products that we have carried for a long time that you may have forgotten about.

The Healthy Harvest Freshness Extender is a safe, organic, and completely recyclable product that extends the shelf-life of your produce by two to three times. It reduces spoilage, and saves you money!

Many fruits and vegetables, especially if they have been damaged, give off ethylene gas as they ripen. Much of the produce in your refrigerator is sensitive to the presence of even very low levels of ethylene gas, and the presence of ethylene compounds hasten the ripening – and wilting - of produce.

The easiest way to save the costs of prematurely aged produce is to declare your refrigerator an ethylene free zone.

By keeping the Healthy Harvest Freshness Extender in your produce bin, you are assured a very low presence of ethylene regardless of what produce you are storing, and you will double or triple the shelf-life of your produce! Just place the Extender into the refrigerator produce drawer and the contents are protected from ethylene gas. The Extender will last for three months, and refill cartridges are available.

The organic and commercial produce industries have been using this technology for 20 years! Finally, the Healthy Harvest Freshness Extender brings this proven, reliable, all-natural solution to the retail market.

Make your produce last! Get Fresh Extenders today. They make a great gift, too!



We are excited to introduce you to a brand new line of paint that we have recently added to the store. This addition gives you access to a superior acrylic satin finish paint.

This technically advanced formula from Decoart provides the best adhesion, best finish, and best pigments to create the ultimate multi-surface paint at the best price. With superior flow and leveling, this do-it-all paint can be used on wood, metal, glass, terra cotta, ceramics, papier mâché, most plastics, fabric, canvas, and even Styrofoam. It is self-sealing, requiring no primers or varnishes. Usable both indoors and out, and resistant to moisture and rust Americana multi-surface satin contains permanent, lightfast pigments and is water-based and non-toxic with low VOC's.

Come in and check out the awesome 39 color selection of 2 oz. bottles and the 20 colors available in economical 8 oz. bottles. Consider choosing Americana paints for your next project.



The latest addition to our Moso Natural Air purifying bags is the Moso Refrigerator Bag. This bamboo charcoal filled bag is more powerful than baking soda in eliminating odors in the refrigerator. And naturally and effectively absorbs unpleasant and/or strong food odors while keeping food fresh longer. With the corner grommet and included suction cup it's a snap to keep refrigerators/freezers odor free.



Buzz Bags are mini conversation pillows (2 1/4" square) that let you literally throw your thoughts around at parties, family gatherings or business meetings.

Each Buzz Bag has a playful party, sassy, nice or holiday message that can be tossed, handed or thrown to get your point across without saying a word.



Additionally the holiday Buzz Bags are printed on the diagonal and have an elasticized band

that's great for attaching them to all your gifts this holiday season.

\$2.99 ea. Or \$2.00 ea. for 2 or more



Waxelene® is the petroleum jelly alternative. NO petroleum. Only natural & organic ingredients. Moisturize, protect, and soothe skin all in one!

Waxelene® is revolutionizing skin care. It creates the same waterproof barrier that doctors recommend petroleum jelly for but contains no petroleum or hydrogenated oil. Instead because of a patented aeration process and its four natural ingredients Waxelene® won't clog pores and makes it highly effective for any kind of dry skin. Not only that, it can be used for hundreds of other things just like petroleum jelly without the potential danger of using petroleum on the largest organ in your body, your skin. Stock up now with the .75 oz. flip tube or the 2 oz. Or 9 oz. Jar.

Start Off Fall With A Total-Body Cleanse

Our bodies know that seasonal change is coming. The coming season is one of renewal, which is why it's the perfect time of year for a total-body cleanse.

Every day, our bodies are exposed to more harmful toxins than ever before in history. We breathe them in, chew them up, and carry them around without even realizing it. Many times we can't see or smell toxins. Plastics, household cleaners, pesticides, non-stick cookware. Over time, they build up in our cells and tissues, often leading to poor health, premature aging, decreased immunity and chronic disease. Okay, I'll stop. I don't want to depress you. In fact, please continue reading. There is hope! Our bodies are naturally equipped with an elegant cleansing system. There are actually seven channels of elimination. In other words, seven ways your body can dispose of waste materials. They are the lungs, liver, lymphatic system, kidneys, skin, blood and bowel (or colon). They all work together to get the garbage out.

Due to continuous exposure to toxins however, the channels of elimination can become overwhelmed. That's where herbal cleansing formulas (total-body cleanses) come in. These formulas provide the added support your body needs to cleanse, eliminate, and repair. Regularly noticed benefits of cleansing include weight loss, increased energy, better mental clarity and improved overall health.

If you are a first-time cleanser, consider beginning with a gentle, total-body cleanse containing whole herbs, which are milder than deep-cleansing herbal extracts. These formulas will also contain a blend of enzymes and nutrients to enhance digestion and absorption and often will include a gentle colon cleanse, supporting healthy elimination.

Following a total-body cleanse, a more targeted cleanse may be recommended to provide support to specific organs or areas of the body.

Brenda Watson
Owner & Founder of RenewLife

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.

Dark Chocolate No Sugar

"What could be more wonderful than enjoying healthy, delicious dark chocolate? How about a collection sweetened with a healthy extract of the Stevia plant instead of sugar?"

The Stevia extract found in chocolates from Coco Polo has a uniquely appealing flavor profile. The taste offers an exquisite sensation that rolls across your taste buds, you get only the smooth, silky cocoa taste you expect from a high-quality chocolate without the usual added sugar.

The new "Cadenza" line from Coco Polo is one of the finest, most luscious chocolate tastes you can find anywhere, and it's available from SGMC in three marvelous dark chocolate bars, one with dry-roasted almonds, one with tart cherries and plain dark chocolate for the purist.

If you've been looking for a way to avoid sugar-added chocolates, you will love discovering Coco Polo bars. A terrific choice in low carb, diabetic friendly chocolates, these gluten-free delights also have no cholesterol, trans fats or lactose. Now there's no excuse to resist your occasional urge to splurge.

This is a delicious premium chocolate that makes a delectable, afternoon snack and a great gift, too! Ask to taste a sample yourself the next time you're in the store.

The SpaVapor ultrasonic oil diffuser offers advanced wellness via instant healthful mist therapy. To use

simply lift open the top of the diffuser and pour in tap water to the fill line.

Put on the lid and press the on button. The ultrasonic pulsating sound creates an instant soothing vapor mist.

Enjoy six rotating color LED lights that are controlled by a separate on/off switch. To diffuse essential oils for aromatherapy benefits, just add a few drops into the water to turn your room into a relaxing spa. There is no easier or faster way to take advantage of the natural healing effects of essential oil for you and your family or anyone on your gift list as well.



Meet the most versatile grocery bag, backpack, and multi-functional tote that you have ever seen.

If you are looking for an innovative way to transport groceries and just about anything



else, this is it and SGMC has it. Inspired by a 150 year old design, ADK Packworks™ has created a new category for the pack and bag industry by developing a patent pending 4-sided internal structural folding frame. It has incorporated this design into a range of grocery & shopping bags/totes and recreational backpacks that offer functional features targeting multiple product categories and lifestyle markets.



We have the bags in 4 colors, grey, red, green and cranberry. And in addition we carry the cooler liner (which makes it into an insulated bag), padded shoulder strap and topper.

Stop using single use bags and start using these great grocery bag style packs. They also make a great gift bag. Get some today.



Mohdoh is a powerful remedy for treating everyday ailments from insomnia, travel sickness, worry and anxiety to colds and flu, lack of focus, hyperactivity, headaches and tension, **mohdoh** can even help those trying to lose weight or quit smoking. But more than that it's a fun, colorful, play doughy mixture that is hard to put down. The person playing with it won't even know that there are healthy benefits to playing with it unless you tell them. How cool is that? By harnessing the benefits of aromatherapy, play therapy and color therapy **mohdoh** has created an extremely effective yet fun way of helping both adults and children.

Slim
Quit
Unwind
Travel
Breathe
Think
Calm
Sleep
Headeez