



FEATURED PRODUCT

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. Cleansing products are considered by many as one of the essential things that needs to be done to maintain a healthy lifestyle.



Many people understand that a huge part of your immune system is contained in your gut. Thus it stands to reason if your gut isn't healthy you won't be either. And since this is the time of year where you want a strong immune system, it's a good time to revisit cleansing.

If you have never used a cleanse before then we along with Renew Life would recommend First Cleanse. First Cleanse is a complete 2-week Internal Cleanse for First-time Cleaners. It has an organic, whole-herb formula to support healthy elimination which in turn promotes vibrant health and energy.



First Cleanse was formulated using organic whole herbs which are gentler than deep-cleansing herbal extracts found in our advanced cleanses and organ detox products. Both formulas contain Phytosorb, a blend of 10 herbs that helps stimulate digestion and breaks down the cell wall of the whole herbs in the formulation.

If you've never cleansed now is the time to give it a try with First Cleanse. Renew Life also has more advanced cleanses if the need arises. If you have questions we are always glad to help.

Lots of New Frames from which to Choose

2013 was a year of change for us in our custom framing department. If you haven't been in lately you will be impressed at all the wonderful new picture frame mouldings that we have in stock to make your art look the best it can be. We want to remind you too that we have provided Custom Picture

Framing for more than 36 years so we have the expertise and selection and the price.

A word about our pricing – don't be fooled by the chain stores that advertise 50% Off or more on custom framing. We have people tell us all the time after they got a shocking price at one of the chain stores, that our regular pricing is less than the so called discount at the chain store.

We are your LOCAL source for quality custom picture framing at an everyday competitive price. You won't be disappointed.

Helping Seniors Live Connected Lives At Home

SGMC is excited to tell you that now there's a new way to stay in touch and independent at home: CareLine™ phones for seniors. Ideal for everyday conversations and emergency situations, the CareLine system was co-developed with leading experts in aging and technology. There are no monthly monitoring fees, installation costs or contracts. In fact, there's nothing else like it.

If you have a family member that needs to stay in touch this is the phone for them and at just \$149.99 and no monthly fees it's very affordable for anyone.



SN6197 CORDLESS HANDSET + CORDED PHONE + SAFETY PENDANT

Call 717-786-7118
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.



For all of you current and/or soon to be Charlie's Soap fans out there we want to let you know about Charlie's Oxygen Bleach. It is brand new and it's in stock.



If incense is your thing you will love the new Japanese incense from Shoyeido.



And their new ceramic incense holders are awesome as well and make great gifts.



Keys Care designs, develops and manufactures natural healing therapy products. The quality and quantity of their ingredients are what differentiate their products from everyone else. Keys uses Pharmaceutical grade whole ingredients in therapeutic proportions in all their products. Keys uses ancient remedies, natural medicines, whole natural ingredients, aromatherapy and aboriginal homeopathy combined with modern technology to provide safe and effective products for people and pets with skin disorders, sensitive skin, post cancer recovery or those wanting to avoid chemicals in their lives.

You will not find a better skin care line anywhere. SGMC is proud to offer this quality skin care line to you. Keep in mind Keys products are much appreciated gifts as well.



It's Your Health NEWS YOU CAN USE Too Many Americans on Prescription Drugs

A recent report by the Mayo Clinic states that almost 70 percent of Americans are on at least one prescription drug. Seventy percent. That number is astounding to me.

The number-one most common prescription drug is antibiotics. The over-prescription of antibiotics is a problem that I have covered many times. This study confirms the gravity of the situation.

Number two on the list is antidepressants, another concerning statistic not only because the mental health care in this country is poor, but also because many chronic conditions are treated with antidepressants because the doctor concludes the symptoms are, "all in your head."

Does this sound familiar to you?

Fibromyalgia, chronic fatigue syndrome, and irritable bowel syndrome (IBS) all come to mind. Number three on the list is opioids, or opiate pain pills—yet more bad news considering the highly-addictive nature of these drugs.

Prescription drug use has been increasing for the past decade. Yet are we, as a nation, getting healthier? Not quite. We are getting sicker, and the pharmaceutical industry is making more money. Something does not add up.

I promote healthy living habits as an approach to achieve and maintain vibrant health. I have seen the renewal of health come for many people who first addressed their digestion as a way to bring about total-body health. I have seen the detrimental effects of unnecessary antibiotic use, inappropriately prescribed antidepressants, and the addictive effects of opioids, not to mention a host of other complications that resulted from inappropriate prescription drug use.

I urge people to become their own health advocates through education and positive lifestyle changes. Navigating the medical care system can be intimidating, but if you take control of your health by learning about your options and making healthy choices, you, too, can renew your health.

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.



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Kanberra Gel® & Kanberra Spray® are all natural products that clean air and surfaces and attack mold and mildew and neutralize odors. The gel and spray features the antiseptic and antifungal properties of Tea Tree Oil (TTO) to provide protection against bacteria and viruses. Versatile Kanberra products are chemical-free and safe around kids and pets and can be used virtually anywhere mold, mildew and odors are a problem.

Kanberra gel or spray can be used in homes, automobiles, boats, sports equipment bags and lots more to get rid of odor at its source. You won't believe how well Kenberra gel works!



How come my sensitive skin can tolerate handmade bar soaps but regular bar soaps dry me out?

Soap is fascinating stuff and the same ingredients can take bar, liquid, gel, paste or foamer forms. But of all the forms soap can take, properly made and formulated handmade bar soaps are always the mildest soap that can be made. Here are three reasons why: Handmade soap has no measurable free caustic. Excess caustic in mass market soap insures an extra long shelf life and helps the bar foam more. Downside: your sensitive skin will get dried up and irritated!

Handmade soap has extra oils in it. These help to moisturize tender skin. However the more moisturizing a bar soap is the less it foams. It is the art of the soap maker to find that balance. Soap Crystals Forming Soap is a crystal and soap makers are crystal growers. Properly made handmade soap takes a month before it is ready to use. Crystals that grow slowly are more uniform instead of being large and jagged.



Check out the all natural, gentle and mild Vermont Soap bar soaps.

Custom Vinyl & Sign Shop

We are constantly looking for new unique products and services that we can provide to you. We want to be your problem solver, the place you come to when you need a product or solution. We realize that cookie cutter off the shelf products often do not give you what you're looking for. Since we are already involved extensively in graphic arts with our many and varied art materials options and our custom framing we decided to expand our graphics art options by adding a Sign Shop to the mix. Having the capability to offer custom signage and graphics opens many possibilities.

So we have yet another area in which SGMC's custom possibilities can provide you with the solutions you need all in one place. Whether it is a custom wall word to adorn your newly decorated bathroom or a bandit sign or banner to advertise a bake sale or welcome someone home or to advertise your business, SGMC can provide 1 or more signs on your schedule at a competitive price. We have the capability to provide your custom sign and advertising



needs on many different surfaces whether it's printed or using custom vinyl.

Think mailboxes, boats, trailers, yard & magnetic signs, wall words, table throws and covers, flutter and tear drop flags, custom flags & banners, trade show backdrops & décor and lots more. Large or small sign orders welcome.

Custom signs & vinyl, just another custom service provided to you by SGMC.

