



Store Hours Mon thru Fri 9:00 AM 'til 5:00 PM
Saturday 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. If in doubt check first.

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.



This month we'll re-introduce you to Eco Lips. We have carried Eco Lips products for years with one of the most popular items being the Eco Lips Medicinal. Even the scent of this special blend is soothing. The powerful effects of organic tea tree oil, camphor, lemon balm and calendula are known to aid in the healing of cold sores. Keep this all-purpose balm on hand to use at the first sign of a cold sore, and to help the appearance as it's healing.



Eco Tints by Eco Lips moisturize lips and provide a sheer tint in a choice of six shades.



Perfect for that switch from work to evening, or any time to freshen up. Fair Trade Certified™ Organic

Cocoa Butter, Fair Trade Certified™ Organic Coconut

Oil, Organic Argan Oil and Aloe Vera harmonize with natural earth minerals to provide a smooth glide and a beautiful shimmering glow. The new formula is more moisturizing, provides better color payout and is now Fair Trade Certified™!

Magnetics Hematite

The greatest Magnetic Toy and Stress reliever! Watch them magnetically impress your friends! Run, Opposite, Flip, 4x4, Jump, Dance, Reduce Stress & Tension, Increase Circulation, Alleviate Arthritis, Relieve Headaches, Boost Immune System, Bring Happiness into Your Life



3 Functions Stylus Pen for Capacitive Touch Screens with Black Ball Point Pen w/LED Light. • Slide Button Pen Click • Slide Button On/Off LED • Assorted Colors • Great for iPhone®, iPads®, Smart Phones, Tablets etc. Everyone who has a smart device should have one. Great gifts.

AROMAMIST

Take pampering to new heights with our premier diffuser! With just a half cup of tap or bottled water and your favorite essential oil, you'll be transported to a spa, wherever you are. This heavenly ultrasonic mister will fill the air with or without fragrance for up to 3 continuous hours. Add additional ambiance with optional light settings of blue, pink, or a revolving rainbow of colors.

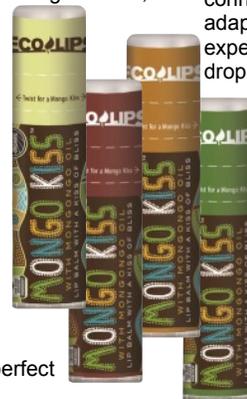


AROMAFIER

Compact and portable, the Aromafier operates with two AA batteries, a USB connection (included), or an optional AC adapter, allowing you to create a spa experience wherever you go! Add a few drops of essential oil to the replaceable fiber pad and the silent fan projects soothing, healthful aromatherapy.

Mongo Kiss Lip Balms

Lip balm with a kiss of bliss! Mongo Kiss™ lip balms feature certified organic ingredients and Fair Trade Certified™ Cocoa Butter infused with Mongongo Oil, a nutrient rich oil from Zambia, Africa in an extra large .25oz (7 gm) tube. Used for centuries by the Kung bushmen of the Kalahari to cleanse and moisturize their skin, Mongongo Oil is high in Vitamin E and other nutrients perfect for nourishing skin. A natural humectant (attracts and retains moisture), Mongo Kiss contains essential fatty acids necessary for your skin to create a flexible barrier that can prevent and repair skin damage.



New Banner Sign Papers

We have two new roll paper products that we are stocking. The first from Faber-Castell is recycled newsprint art paper and comes in an 18" x 75' roll. It's perfect for crayons, colored pencils, oil pastels and markers. The other is from 3M and is their Scotch™ Banner & Sign white kraft paper (30" x 15') which is ideal for making banners, signs, posters, art projects, table coverings and shelf lining.



Now Taking Custom Framing for Christmas. Bring your items in now to avoid the Rush!

We Have Your Sign

"Let us make your Custom Sign in our Sign Shop – Yard Sale Signs, Banners, Lettering for your business building or vehicle, registration numbers for boats and trailers and lots more."

CUSTOM SIGNS MADE TO ORDER

DIY PAIN RELIEF

by Dr. Frank King

I'm no stranger to acute and chronic pains. I attended a rough Youngstown, Ohio, middle-high school that thickened my skin as I learned what physical pain really felt like. Boxing became my hobby and survival technique for about five years. Early in my boxing experiences, an injury sent me crashing to the floor, my spine exploding in pain.

I could barely walk for weeks and several doctor's visits brought me no relief. Thankfully, my situation began to improve when my mother took me to a chiropractor. He treated my spine, muscles, acupuncture points, and even a valve in my intestine. Soon I was feeling better than ever. This experience heightened my interest in natural health.

Later, I became a chiropractor and homeopath. Helping people find pain relief has always been a priority. Here are a few of the techniques I have used successfully for many years:

Natural Remedies:** Homeopathic medicine is my first choice because it is easy and safe. I have developed both oral and topical homeopathics for pain, including Advanced Arnica. I also recommend aloe vera, which (when taken topically) soothes minor burns and (when taken orally) relieves arthritis pain; and curcumin, which helps relieve minor pain symptoms because it is a natural anti-inflammatory.

Drinking Plenty of Water: Dehydration causes pain by shrinking the cushioning cartilage and discs between joints and vertebrae. These healthy "pillows" shrink with age. Proper hydration can help maintain their youthful form and function and reduce musculoskeletal pain and headaches.

Hands On Techniques:** I am a huge believer in the healing power of touch. I practice "Muscle and Joint Massage" to relieve pain, improve performance and prevent injury to muscles and joints. I perform "Muscle Response Testing" (MRT) to identify necessary homeopathic remedies and "Tap Into Potential" (TIP) to uncover underlying mental and emotional contributors to pain and other ailments. For detailed technique instructions, read my book, *The Healing Revolution*.

**See your healthcare provider before using a new medication, supplement or regimen or if you have persistent pain.

Dr. Frank King is owner and founder of KingBio which manufactures SafeCare® homeopathic remedies.

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.



Cont'd



Frogs

Frogs is Rollup Fun! It's super light weight so you can take it anywhere and play it safely indoors and out. It's a tailgater and camper delight. Wacky rules for beginners and pros, consequences great and small for losing and game variations limited only by your imagination. Comes with the roll up 32" x 48" frog pad mat and four hand made pocket discs (2 regular & 2 sport). Frogs is a game anyone can play and a great gift too!



Homeopathic Children's Remedies

Kids Relief® has been trusted by mothers across Canada since 1993 and can now be found in a growing number of stores throughout the United States including SGMC. Because Kids Relief® products are 100% natural, they provide relief without the worry of harmful side effects. Homeopathic medicines are considered among the safest medicinal option in the world. There is no risk of overdose or potential negative interaction with other medicines. With Kids Relief® your child will receive fast-acting, effective relief without the addition of alcohol, dyes and sugars. Also, you will have no problems getting your kids

to take these easy-to-administer, great-tasting formulas.

Pocket Discs



The Pocket Disc story began back in 2005 when the crocheted doily a 9-year old had made for a 3rd grade school project initially took flight. The moment that original doily floated across the room and landed softly into founder Patrick's hand, Pocket Disc's mission to bringing simple fun anywhere was born and has grown to where they now support over 500 Maya artisans through Fair Trade in Guatemala!

So check out the great, versatile and colorful Sports Pocket Discs and get some the next time you are in to the store.

ASAP OTC Gel



ASAP OTC gel is the only silver product that we know of that can now say on the package that it kills MRSA and other not so pleasant bugs. Check out the new package and all the information on the insert.

ASAP OTC gel is something you need to know about and have in your medicine cabinet.



ALL-NATURAL DEODORANT THAT ACTUALLY WORKS!

We are excited to be able to offer this awesome line of skin care products for difficult skin conditions. Salcura offers 100% natural skin solutions for eczema, psoriasis, dermatitis and itchy and dry skin. If you or anyone in your family suffers from any of these conditions, please give Salcura products a try.

