

Store Hours

Tues. thru Fri.
9:00 AM - 5:00 PM
Sat. 9 AM - Noon
CLOSED Sun. & Mon.

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 and or services that we have provided for a long time that you may have forgotten about.

In this issue we'd like to remind you about Ear Candles. We have stocked Harmony Cone ear candles for many years. Ear Candles are a popular alternative therapy that are used by practitioners and individuals alike to relieve general symptoms of the ear. Folks find that ear candles are just another alternative that you can have in your personal healthcare tool box to take care of yourself and your family.

We sell the ear candles in bulk (buy as many as you want) or choose 2 packs or 4 packs. We feel Harmony Cone ear candles are one of the best on the market and we are proud to stock them and provide them to you and the community.



MILAN CONE TIPPED WATER-BASED MARKER 50 COUNT BRIEFCASE SET



These markers are Conic tipped (Ø5mm) fibrepens with a strong and resistant tip. The tip can be used to draw fine lines (0,75mm) or thicker lines up to 3mm, their tips make them ideal for both smaller drawings and larger works such as mural posters. The ink used is water-based and produces bright colors that are easy to apply and are mixable. These markers are just one of the many types markers that we carry.



Mountain Craft Shop Co.

Mountain Craft Shop Products that are manufactured in Proctor WV are collectively known as American Folk Toys and are reproductions of toys once made at home and handed down from one generation to another.

Most of these toys are made of native hardwoods, such as poplar, walnut, cherry, beech, or maple. The toy names may sound strange but they are the traditional names from years past. They also use local products such as the marbles in many of their items (Musical Marble Tree, Marble Chute, TicTacToe) are made in Paden City, WV at the Marble King factory. Marble King is one of the last remaining marble factories in North America.

If you are looking for great, fun, unique, no battery gifts these are most certainly a winner. Come in and give the demos a try before you buy.



Marble Tic Tac Toe

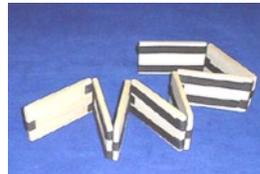


Ball on a rope trick

3#+ of Hardwood Blocks



Penny Pincher Coin Trick



Jacob's Ladder



Quick Pull Spindle Top



15" Musical Marble Tree

If you need it clean - just say 'Hogwash!' These BIG chunky bars last and last! Try it on your toughest clothes stains. It also works as an excellent hand scrub for mechanics, gardeners and kids! This soap is so unique, others try to copy it! Get two chunks - one for the laundry room and one for the sink. It's made from a blend of all our soaps and cornmeal, so there's nothing harsh to worry about! If it is washable, you can 'Hogwash! it! Rich in glycerin so it won't dry your skin nor harm clothing. Gets out: grass stains, food stains, bubble gum, blood, pitch, grease, grape juice, set-in mildew, printers ink, etc!



Here are some responses from actual customers, "Love this stuff...." "Have been using this for years and it REALLY works!!"

"Thank you, we love it and it will be part of our gift packages for the the holiday season."

"I use this for taking stains out. My son got smashed blueberries on his tan shorts. I wet the stain & rubbed over it.... The blueberry stain is gone, even a grease stain that was old and I thought set in. Time to order my little miracle stain buster bar!"

You can get your own "miracle stain buster bar" and experience what many people for years have been experiencing with this awesome natural soap and get one or more for family and friends too! Mention you saw this article in the newsletter and get 25% OFF on as many bars as you want.

6 Tips For An Easy Detox Daily
Part 1

By: Brandi Black, RHN

When you hear the word detox, do you instantly think of a restrictive, time consuming diet?

The mainstream perception of doing a detox is that it's difficult (and will make you starve), so you're probably thinking "no thanks" to detoxing daily. But the truth is, you can detox daily without going on a diet or making drastic changes to your lifestyle and routine. The smallest tweaks and changes (that can be as simple as replacing a granola bar with an apple) can help with an easy detox that can lead to better health and wellness so that you can feel your best.

What Does it Mean to Detox?

Detox is a term often used interchangeably with cleansing, and it means to help the body eliminate toxins that negatively impact our health and wellness by supporting the primary organs of elimination. The main organs that help your body eliminate toxins are your liver, kidneys and colon. Toxins come at us on a daily basis through our environment (pollution in the air we breathe), our food supply (refined sugar and additives and preservatives in processed foods) and chemicals in the water we drink. Our body even produces toxins while performing natural functions, such as metabolizing food. These toxins get absorbed into our bloodstream, where our liver is responsible for filtering them all out of our system.

And although your liver is a super-charged organ that can handle a very heavy workload, even it can get overburdened at times. If your toxic load is too high, your liver will have a difficult time keeping up with filtering all of the toxins out. Instead of being eliminated, these toxins can get re-absorbed and stored in adipose tissue, or fat cells. If you have a diet high in refined sugar, or have taken antibiotics for a long period of time, it's also possible (and quite common) to have an overgrowth of bad bacteria in your gut. When your natural balance of good and bad gut bacteria is disrupted, the "unfriendly" bacteria produce toxins of their own.

The toxins that are produced within your body are called endogenous toxins, and the toxins that come from outside sources, such as the environment, are called exogenous toxins. Both types of toxins can be harmful to health, so the body must work hard to eliminate them. [End of Part 1]

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[https://www.sunchlorellausa.com/.](https://www.sunchlorellausa.com/)"

Check the next issue for Part 2

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.



FERMENT'N

Home Fermentation Kit

Ferment'n is a two-part system for making home fermentation easy and fun. Using a ceramic weight and screw-on airlock, you can create delicious and quick recipes with your favorite vegetables and a little sea salt. And because it fits on any wide-mouth jar, you can try as many unique recipes as you have jars. Ferment'n is small-batch and simple, meaning that you can experiment and have fun with the whole family. Ferment'n is a great way to get the kids involved in food preparation. So what are you waiting for? Get one or more to get started yourself and remember Ferment'n as a great unique gift, too! Get Ferment'n!



Kit contains the ceramic weight & special air lock lid that is held in place by a wide mouth jar ring (not included)

Polymer clay is essentially PVC, polyvinyl chloride. It is plastic, but until it is cured, it is a very malleable plastic. It can be shaped and reshaped a multitude of times without deterioration. As long as it is stored away from excessive heat and direct sunlight, polymer clay can sit unused for years and still be workable. Unlike earthen clay, it doesn't have to be fired in a kiln, nor will it dry out at room temperature, like other clays will do. Unlike other clays Polymer Clay comes in a rainbow of colors which makes creating with it fun & easy.



The saying goes that "Reuse is the Best Recycling" and we wanted you to know, in case you don't know already, that we refill a number of products that we sell in the store. Here are the products that we currently refill.



- **Charlie's Soap Laundry Powder**
 - 100 Load Jars
 - 1250 Load Buckets
- **BetterLife Products**
 - Whatever (General Purpose Cleaner)
 - I Can See Clearly WOW (Awesome Glass Cleaner)
- **Dr. Bronner Liquid Soaps**

(We refill the following Dr. Bronner soaps from 2 oz up to 1/2 Gallon)

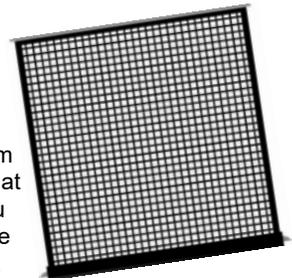
 - Sal Suds
 - Lavender
 - Baby Mild
 - Peppermint
 - Almond

So the message here is that instead of recycling empty containers from any of the products above bring your empty containers to us for a refill that will not only keep a container out of the landfill but there is also a discount of varying amounts for the refills.

So save money and the environment at the same time... what better deal could there be. Spread the WORD!!

It's Screen Time AGAIN!!

It's that time of year again where you want to throw open your windows to feel the fresh warm spring breeze but at the same time you want to keep those pesky bugs out. A broken or torn screen will NOT keep the bugs at bay.



The solution is to bring your Door or Window screens to SGMC to allow us to promptly and professionally fix them so that they will be as good as new. We use only quality charcoal aluminum screen wire and dense black foam screen spline giving you a screen repair that is better than new. If pets are a problem you can select Pet Screen which will not only keep the bugs out but will also keep your pets from damaging your screens as well. We strive in most cases to get your screens back to you in 24 to 48 hours. Bring in your screens today!