



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 system 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 our homeopathic products. Homeopathy has been around for over 200 years and is a wonderful FDA approved alternative or adjunct to allopathic Western Medicine. Worldwide, over 200 million people use homeopathy on a regular basis. Homeopathy is included in the national health systems of a number of countries e.g. Brazil, Chile, India, Mexico, Pakistan, Switzerland, United Kingdom. India leads in terms of number of people using homeopathy, with 100 million people depending solely on homeopathy for their medical care.

There are over 200,000 registered homeopathic doctors currently in India, with approximately 12,000 more being added every year.

Homeopathy works by stimulating the body's own natural defense mechanism to promote health and to resist infection and susceptibility to disease. Although gentle, the results can be powerful and long lasting. Homeopathy offers a gentle and non-invasive approach to health, producing no toxic side effects, no dependency or addiction, and no withdrawal.

We offer both individual remedies and combination remedies from King Bio, Washington Homeopathics, Boiron, Ollois and more. Basic use of homeopathy for home care is easy to learn for acute and chronic conditions and most of all it's safe and effective solution to your health care. For long term chronic conditions it is always advisable to seek the care of a Homeopathic Physician.

Products like Influenzinum for the flu and the Poison Ivy pills obviously for poison ivy are two very popular products and offer safe effective resolutions to the problem.

There are homeopathic remedies to address most acute and chronic health conditions and SGMC can provide those remedies for you.



Milan offers colorful, practical & economical mechanical pencils available in 3 lead sizes with extra erasers in the package at just \$3.99. We also stock the replacement lead. Remember we have a complete selection of drawing supplies. You don't have to go anywhere else.

Spray fixatives and finishes are used to coat and protect artwork, and are especially useful in keeping pastels from smudging and for a variety of other uses and effects. This fixative works well with pastels, charcoal & pencil drawings. Grumbacher is one of several great choices in fixatives that we stock.



Moisturize and soften dry cracked skin. Starts working immediately! Perfect for rough and sore heels, elbows, hands and knees. Even helps sore noses after a cold. Truly a miracle in a jar- helps heal cracked and bleeding hands overnight guaranteed!!! NO mineral oil. Paraben and alcohol free. Super concentrated- A little goes a long way! Get 2oz for just \$14.99. Get some for yourself and we bet you know someone who could use a jar of heavy Duty Hand Therapy too!



These newly introduced ATT Corded Trimline® Phones with Lighted Keypad (Black) provide reliable, corded operation, eliminating the search for a misplaced cordless handset, while its sturdy construction ensures long-lasting performance. Clean design makes it an easy fit on any counter or wall. And there's no need to recharge or plug into an AC outlet.

- Lighted keypad
- Hearing aid compatible
- Three 1-touch memory buttons
- Black or White
- Just \$16.99

1/8" Plywood

Wondering where to get 1/8" smooth two sides plywood for your craft or woodworking projects? Look no further. These 12" x 24" sheets are a great value at just \$5.49.



Precision Knife Set

We have always carried a large selection of xacto type knives but we recently added this great 16 piece kit which offers 3 handles and 11 blades of assorted shapes and sizes and of course a case to keep them in. At just \$9.99 it's a great way to get started with precision knives.



The #1 Reason You're Not Getting Results With Your Health (And How to Fix That)
 By Brandi Black, RHN

Learn about the No.1 reason you're not getting the results you want with your health—and how to fix it.

Sometimes getting results with your health and wellness can feel like a guessing game. Perhaps you've worked extra hard in the gym but saw no change in your definition, or added superfoods to your diet and felt no improvement in your energy levels. Regardless of what you've set out to achieve with your health, failing to get results leaves you feeling disappointed, discouraged and unmotivated. The truth is, there's a simple, foolproof way to get the results you want with your health that isn't emphasized nearly enough. It's not about which nutritional supplement you take, or what type of exercise you do. Instead, the key to your success is consistency.

You Are What You Repeatedly Do

"You are what you repeatedly do" are 6 words to live by when it comes to improving your health and wellness. In other words, amazing results only happen through repeated action. Your body is extraordinarily complex, and just as Rome wasn't built in a day, it can take time for your body to adjust to new habits and nutrients, and show signs of change. This is why taking a nutritional supplement for body detoxification a few times each week isn't nearly as effective as taking it at the same time, every single day.

Remembering "you are what you repeatedly do" can also keep you on track with your health goals by taking off some of the pressure. By this, I mean hitting a bump in the road or falling off track isn't going to undo your efforts if you're already in the habit of being consistent.

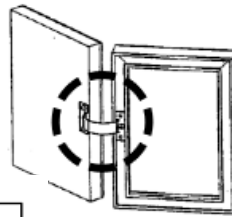
For example, let's say you've shifted your lifestyle to eating whole, unprocessed foods 80% of the time, and adding the amazing green superfood, chlorella, to your smoothie recipes to promote natural weight loss. If you go out with friends and eat a few slices of pizza, the occasional refined food isn't likely to sabotage your health goals. This is because you consistently receive quality nutrients from your diet, and have cultivated eating habits that will put you on track for your next meal. On the other hand, it's easier to fall into patterns that sabotage your health goals (such as having a "treat meal" which turns into a week-long junk food binge) when you're only working towards your desires occasionally.

Why Consistency is Crucial for Improving Your Health

Not only does consistency force you to create positive habits, but it also allows you to measure your results. Is the nutritional supplement you've been taking for 90 days boosting your energy levels, or do you still feel tired and sluggish? Make small changes consistent with your goals.

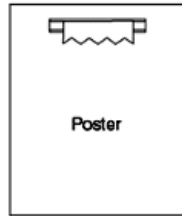
Above article edited for space. Read the full Article here - <https://goo.gl/JZiupY>

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.



Frame Connector

This hardware is a great solution where you need to fasten 2 frames so that they stand up at an angle to each other. This device allows you to connect wood to wood, metal to metal, and/or metal to wood picture frames without the complications of a hinge. Frames can be adjusted forward or backward at any angle.



If you need a way to hang a mounted poster without framing, here's your answer. Peel off the adhesive cover, place in center of the back of the poster, insert tack into wall, then hang. It's couldn't be simpler.



Feel better, lighter, and more energized with Rapid Cleanse, an advanced, 3-part herbal cleansing program powerfully formulated to help you get rid of digestive toxins and restore regularity, all in a fast, one-week program.* Part 1 supports detoxification; Part 2 uses acacia fiber to help with the removal of digestive toxins; and Part 3 promotes healthy bowel elimination.* This is an Advanced Total Body Cleansing

Program. It's a 7-day, 3-part program that helps eliminate waste and toxins and promotes regularity. It provides targeted support for the body's elimination pathways and includes an easy-mixing acacia fiber. This cleanse is Gluten free and quality, purity, and potency are guaranteed through expiration.

Swap paper and plastic for an eco-friendly alternative that can be customized to your liking. This reusable grocery bag from Wear'm™ is crafted from natural colored canvas and features a convenient pouch that's ideal for holding small items like a wallet or grocery card. If the plain look isn't for you, use paints, stencils, and dimensional embellishments to bring this bag to life.

Bag measures 16 x 16 x 5 inches



If you need a bright (and we mean blindingly bright) 200 lumen light that can go anywhere AlltroLite is your answer. It's powered by 3 AAA batteries that are included and can easily be switched on or off. It hangs with the included velcro or magnets and includes the latest COB LED technology at just \$8.99



Enjoy a simple and easy to use phone with the VTech Trimstyle Telephone. This basic phone requires no AC power but features last number redial and allows you to control the volume of the ringer and incoming calls. With its slim, compact design, this phone is easy to store on a wall or countertop, making it ideal for a home or business. This Trimstyle phone requires no AC power and provides last number redial and incoming calls & ringer volume control and is available in white only.



For all of you wood Puzzled fans or soon to be fans out there we have two new puzzles that we have added to our already extensive collection. Stop in soon to see the eagle and space shuttle. These wood puzzles make great gifts for young and old starting at less than \$6.00.

This Quick-Fix Epoxy Putty Stick from The Original Super Glue Corporation is as easy to use as it is durable. Just knead, apply and let dry. After it cures it can be drilled, tapped, sanded and painted. The user simply kneads, applies & lets dry. It dries in 5 min and cures in 1 hour. After it's cured it can be drilled, tapped, sanded & painted. It's waterproof and works on metal, glass, masonry, ceramics, fiberglass, vinyl, aluminum & many plastics and comes in a 2 oz package.



"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**