



**Call 717-786-7118**

**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!

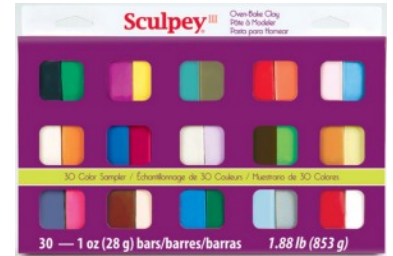
**FEATURED PRODUCT**



The all new redesigned MTN Poltergeist Glow in the Dark spray paint is now renamed MTN Colors Luminous Paint! Looking for something special? The Montana Colors Luminous Paint (Glow in the Dark spray paint) is a unique product that glows once charged by light. It Glows giving off a green glow that is perfect for many spooky projects or just illuminating any object or artwork at night! Sprays on almost clear.



**Sculpey® III Sampler**



When you're beginning and becoming familiar with all of the possibilities of polymer clay, the brand of clay you use is important for both building your skills and allowing you to make the shapes and projects you're interested in - and Sculpey® III is the perfect place to start. You can buy individual colors or choose from sampler packs like the 30 piece Sculpey® III Sampler pack pictured above.

Sculpey® III is great for beginners, kids and moms due to its soft easy to use texture. The clay will stay soft until baked in your home oven. Extra clay can be stored and reused and won't dry out for a very long time! Once cured (baked) clay can be painted, sanded, drilled and carved.

This sampler includes the following 30 colors - 1 oz bars of clay in the following colors: Black, Emerald, Violet, Yellow, Teal Pearl, Camouflage, Red Hot Red, Just Orange, Ballerina, Lt. Blue Pearl, Translucent, Sweet Potato, Blue, Deep Red Pearl, Pearl, Spring Lilac, Suede Brown, Granny Smith, Gold, Lemonade, Gentle Plum, Hot Pink, Chocolate, Beige, Turquoise, Leaf Green, Sky Blue, Silver, Red, White.

Whether it is one color or many remember SGMC is your Sculpey® III source.

**LePen Pastel Colors Writing Pen Set**



The LePen has a smooth writing micro-fine plastic point and a sleek barrel design. The ink is acid free and non-toxic. LePen is good for business forms, notebooks, diaries, memo pads, letters, journals, yearbooks, and scrapbooks.

This brand new set of colors contains: pastel coral pink, pastel blue, pastel peach, pastel peppermint, pastel wisteria & pastel yellow.



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 **Kid's Relief Homeopathic Remedies for Children.**

If you have kids and are looking for solutions that are truly safe and effective without all the side effects that can come with main stream solutions you should really consider Kid's Relief products.



**Pebeo Drawing Gum**

Pebeo Drawing Gum is a peelable rubber solution used to keep areas color free when using ink, watercolor or gouache. It is easily rubbed off when the color is dry to reveal the plain paper beneath.

**Studio 71 Stainless Steel Rulers**

Studio 71 Stainless Steel Rulers are cork backed, stainless steel, rulers that lie flat for accurate line drawing and cutting. They are calibrated in inches down to the 1/16 of an inch. The opposite edge of the ruler is calibrated in millimeters and centimeters and they are available in 12", 18" and 24" lengths. Pick a size or sizes that will work best for you and your projects.



Kids Relief® has been trusted by mothers across Canada since 1993. 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 options 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.



Life doesn't have to stink! Happiness is just seconds away... or as close as SGMC. These are the same great Fresh Wave products that we have carried for years, but with a new look. Hey, what can we say? Everyone needs a makeover once in a while. All of our Fresh

Wave® products remove odors using natural ingredients. No harsh chemicals. No harmful ingredients. No kidding. With Fresh Wave, odors go away. Happiness stays.



**MEDICINES MOMS CAN TRUST**



"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**

## Fastings too Much Trouble?

One of the challenges of clean eating (or eating well) is you may suffer even more than others when you fall off the wagon which is what can happen for only a few days during the holidays. The result is you can tell. A quick two day fast can help you recover. Some say that fasting is the fastest way to recover from overindulgence as well as many maladies.

The 2 day fast is best done on a weekend when you can relax and maybe have nice walks. Fasting for 2-days will kickstart your immune system to help with just about anything that may be going on..

Start on a Friday evening after a very light meal such as a salad.

If you drink coffee or tea then don't stop these as you may have worse withdrawal symptoms. Only drink black coffee or tea (3-4 cups over the day is fine). Drink 6 x 16 oz. glasses of water over the day with a 1/3rd teaspoon of sodium bicarbonate in each glass. Do this during and after the fast.

When you stop the fast follow a light food plan, lots of vegetables and salads is best, if possible.

So you think that fasting is too much trouble? It's not as much trouble as the end result of not dealing with your current health issues that can turn into a crisis later.

Fasting is just one of the many things that you can do to improve your health in the coming year.

Make a commitment now to make 2019 the year when you make healthy changes. Most chronic health issues have the potential to be solved outside of the allopathic medical paradigm if you take the time and initiative to find the expertise and the specific foods, supplements, alternative medicines etc. that work for you and your body.

We at SGMC can help you take charge of your health by providing information and incite on different therapies and products that can be implemented to make 2019 your healthiest year yet.

This article is loosely based on an article by Robert Redfern on [naturallyhealthynews.com](http://naturallyhealthynews.com) week 52 of 2018

*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.*



## VerMints®

The name VerMints comes from the Latin word "Ver". It means "true". VerMints are True Mints.

They are honest. They are clean. They are truly the very best. VerMints are organic, gluten-free, non-GMO, nut-free, AND kosher mints. Vermint ditched all the gross, health-harming, chemically-modified stuff that you usually find in mints and made super tasty (some even say super-powered) mints from nature and nature only.

Each of the flavors is mouth-watering, breath-freshening, and taste bud-arousing. Pop one in your mouth guilt-free. It's good for you, nice to nature, and will probably help you land more kisses.\* Assuming, of course, that you're worthy of more kisses and that your moves aren't typically kiss-repellant.

We digress... VerMints mints are the best on the earth and for the earth. We stand behind that. Come in to SGMC and get in on the fun.



### Signal Amplifier UHF/VHF/FM 25dB

Get better over-the-air TV reception of VHF/UHF/FM signals by 25 dB. This signal amplifier compensates for signal loss/weak signal that occurs during long cable runs or multiple TV/VCR connections and uses both RG-6 and RG-59 coaxial cables.

### Handy, Compact Box Cutter

These awesome box cutters are quick, inexpensive and convenient and fit in any pocket with ease. This compact, durable metal design utility knife offers a fully retractable blade design for safety. This knife provides virtually unlimited trimming, cutting and scoring applications. It's ambidextrous design allows use in either hand. It uses any standard single edge razor blade and comes with one blade.



### Milan Capsule Ceramic Sharp Blade Cutter

This cutter with ceramic blade offers cutting solutions for all your art and craft project needs. The cutter features a new generation ceramic blade with safe lock system.

These cutters are safer to hold and use in comparison to traditional metallic cutters and require far fewer blade changes & less down-time. And they offer approximately 100,000 uses when used correctly. They make a great gift too!



We are so excited to be able to offer you the great products from Quantum Nutrition Labs (QNL). QNL was founded to deliver uncompromising quality and effectiveness by providing 100% non-toxic and effective products. In fact, QNL has achieved an industry first in offering quantum state products based on quantum cellular resonance technology. QNL products are free of undesirable chemical tagalongs through the entire process, from conception to consumption: growing, harvesting, encapsulation, bottling and delivery to you.

When quantum-state nutrients, which are exquisitely well-grown and free of toxic tagalongs, are combined together, their effect is far greater than the sum of their individual benefits. This is the "Quantum Nutrition Effect."™ Quantum-state products are the result of the relentless search to find not only the best grown phytonutrients worldwide, but also those with quantum energetic properties.

Let's take a look at the awesome **Quantum Daily Multi**.

*The Quantum Daily Multi is the perfect daily nutritional formula with live-source multi-nutrients. This is an all-in-one supplement that provides broad spectrum, natural nutrition delivering a quantum shift in energy, health and vitality and is great for daily use by you and all your family members.*

*What are the RDAs for this product? Since RDAs (Recommended Daily Allowances) are based on synthetic, isolated nutrients that are recommended in relatively high amounts, it is inaccurate to compare them with a live-source, whole nutrients formula such as Quantum Daily Multi that performs so elegantly well.*

*Quantum believes that a whole nutrient formula and its entire biocompatible nutritional symphony is priceless in terms of supporting overall health. Thus attempting to measure a live-source formula on the same scale as synthetics is really meaning less.*

*So as you see if you are looking for a multi vitamin for the whole family Quantum's Daily Multi is the one to choose.*

We will share more information on all the great Quantum products that we stock in future editions of the SGMC News. Stay Tuned!



#### QUANTUM PRODUCT ICON LEGEND

- Meets our bioresonance criteria
- No Added Stearates
- Pure Vegan
- Vegetarian Caps
- Solid or Powder
- Organic Ingredient (1 or more)
- Liquid
- Probiotic Fermented Nutrients
- Volite™ Bottle
- Hexane-Free Botanical Extract (1 or more)

## CUSTOM PICTURE FRAMING EXPERTS

Over 40 Years Experience  
Expertise • Price • Selection