



Call 717-786-7118

Store Hours

Tues. thru Fri.
9:00 AM - 5:00 PM
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!
CLOSED Saturdays May Thru August!

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 **Pit Paste**.

If you're looking for an all natural deodorant that doesn't have things in it you don't want and works too, come to SGMC Quarryville for **Pit Paste**.



WHY PRIMAL PIT PASTE?

Primal Pit Paste™ is a natural deodorant that actually works!

- Handcrafted in Austin, Texas, so you get their guarantee of only fresh and pure products.
- Absolutely no harsh chemicals so your skin stays soft
- Absolutely no aluminum
- Absolutely no parabens or propylene glycol

WHAT'S IN IT?

- Non-aluminum baking soda neutralizes the bacteria that causes body odor.
- Arrowroot powder helps you to feel dry while allowing your skin to breathe
- Organic coconut oil and organic shea butter soothes your skin.
- Essential oils

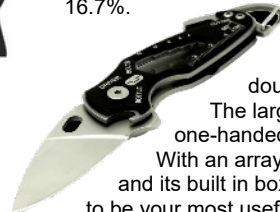


Wild Woods Baking Soda Primal Pit Paste smell is reminiscent of an afternoon stroll through the forest with notes of sandal, cedar and cypress woods with hints of bergamot and cardamom, keeping you fresh and feeling a tad wild.



If you're looking to keep insects away try Now's Bug Ban Essential Oil Blend. By combining essential oil extracts from citronella,

lemongrass, rosemary and thyme, NOW® Bug Ban™ essential oil blend naturally repels some of today's most annoying winged intruders. Check out the ingredients: Citronella Oil (Cymbopogon winterianus) 33.3%, Lemongrass Oil (Cymbopogon flexuosus) 33.3%, Rosemary Oil (Rosmarinus officinalis) 16.7%, Thyme Oil (Thymus vulgaris/zygis) 16.7%.



With its quick release clip that doubles as a bottle opener.

The large flat screwdriver aids one-handed opening of the blade.

With an array of useful wrenches, and its built in box cutter, this tool is sure to be your most useful companion. Smartknife is the knife that thinks it's a multi tool! With its quick release clip that doubles as a bottle opener. The large flat screwdriver aids one-handed opening of the blade. With an array of useful wrenches, and its built in box cutter, this tool is sure to be your most useful companion.

Smartknife is built from 420 grade stainless steel with anodized aluminum handles, and as always True Utility products are supplied in a reusable weatherproof hard case.

When you're juggling work, kids and home responsibilities, sometimes the last thing you think to do is charge your device. That's a great reason to have an instaCHARGE on hand. This power bank is fantastic for the times your smartphone battery could run empty while you're away from a power source. It reawakens your gadgets so you can send a few more emails or texts or charge the kids gaming devices! Sometimes life won't wait until you can recharge, so make sure you're ready! It features:

- Built-In LED Emergency Flashlight
- Provides Up To 7 Charges To Most Devices
- Dual USB Ports Allow You To Charge 2 Devices Simultaneously
- Power Indicator Lets You Know How Much Charging Power Is Remaining
- Stylish Design With An Anodized Aluminum Finish
- Can Be Used To Charge Smartphones, Tablets, laptops & Other USB Devices
- Product Dimensions - 6.12" x 3.25" X 8.75"
- Product Weight: 1lb

Versatile in use, cut, tie & knot this natural jute to suit all your craft needs. The jute cord measures 1.5 mm thick, making it great for adding embellishments to scrapbook pages, cards, gifts and labels as well as hanging banners and other decorations. 30 yards of jute cord per package. We have a variety of different jute options up to an 810' 4 ply spool.



Arnica is one of the best known herbal and homeopathic treatments NELSONS® ARNICA* is a cream that contain Arnica montana, an alpine plant they source from the Scottish Highlands. One of the best known homeopathic and herbal treatments, Arnica montana has been recognized for its many beneficial natural properties since the 16th century. If there's Bruising, Aches, Stiffness think Arnica. SGMC Quarryville quite a few different options when it comes to Arnica from creams, gels, sprays and pellets.



Gamma Ray COB LED Keylight

Shaped like a slightly oversized key, the Gamma Ray is an ideal night time companion. The Gamma Ray is an attractive and unobtrusive keychain fob that doubles as an ultra-bright micro flashlight. The



Gamma Ray's 40 lumen COB LED can illuminate up to 20 feet and is perfect for lighting entryways, car doors and stairs. They feature:

- Three Illumination Modes – High Beam, Low Beam & Flashing
- Made From Durable ABS Plastic
- 40 Lumen COB LED
- Water & Weather Resistant
- High Beam Visible Up To 20'
- Requires 2 X CR2032 Batteries (Included)
- Approximate Measures 1 1/2" x 1/2" 1/16"
- Available in Blue, Red, Green & Orange

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Travel Health: How To Stay Healthy While Traveling

Did you know?

Almost everyone tends to get sick from traveling. A 2016 study found 79% of participants reported illness upon arrival, during travel, or following their trip. out natural skin supplements.

Here are some things to do while traveling to stay healthy -

Traveling is an amazing thing, but it can also be quite detrimental to your health when you're constantly on the move and in a new environment. Stay healthy on your trip using the following natural health tips while traveling:

- Drink plenty of water before, during, or after air travel.
- When flying, you should also wash your hands frequently and avoid touching your face too much.
- Maintain a balanced diet. Meals high in omega-3s that can help reduce inflammation and boost your immune system.
- If you exercise regularly, continue to do so while traveling.
- Probiotics can be taken to help relieve the symptoms of diarrhea.
- Pack zinc supplements to acutely combat a common cold if you start coming down with something.
- If you are traveling to a different time zone, bring melatonin to combat jet lag symptoms.
- Magnesium helps combat constipation.
- If you are prone to sinus infections or sore throats, nasal saline can make a huge difference.
- To avoid bad bug bites and heavy chemicals, opt for natural citronella products.
- Stay hydrated and drink at least 8 glasses of water daily.
- Drinking alcohol depletes your body of B-vitamins. Ask your practitioner about taking an activated B complex supplement.
- Remember to sleep. Try to allow yourself at least seven hours of sleep each night.
- Avoid ice if you're traveling to an area where the water quality is a concern, be sure to order drinks without ice. Canned or bottled beverages are preferable.

This article was excerpted and edited for space from an article on FullScript titled *Travel Health: How To Stay Healthy Before, During, & After Traveling* Be sure to check out the entire article here - <https://tinyurl.com/y63os2vr>

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.



Enjoy entertainment wherever you are this Summer with this Panasonic RF-2400 battery powered AM/FM AC/DC Portable Radio! It features a large, easy-to-read radio dial with a separate scale for AM and FM tuning and a built-in



LED indicator for low-light tuning. This portable radio is equipped with a ferrite rod AM antenna, a telescoping FM antenna and a 4 in. dynamic speaker for delivering crisp, high-quality sound. A 3.5 mm. port accepts mono

earphones. The RF-2400 can be powered using the included AC cable or 4 AA batteries, so you can use it at home, on the go or when the power goes out. Ideal for on-the-go listening to music, sports & weather. It features a station display & tuner dial is large & easier to tune, a 4" speaker, a ferrite rod AM antenna, a telescoping FM antenna and a mono earphone/headphone output. It operates on 120V AC or 4 AA batteries and measures 4.75"H x 9.25"W x 3.25"D

Westcott Carbo Titanium Narrow Trimmer, 12"

The new CarboTitanium trimmer from Westcott is the perfect combination of design and performance. They feature brand new CarboTitanium cutting technology and the contemporary design that Westcott is famous for, this trimmer will deliver unparalleled performance. Take a look at the features -

- 12" CarboTitanium Narrow Body Trimmer
- CarboTitanium blades are 8x harder than steel
- Spring Loaded Blade System allows cutting pressure to accommodate different paper thickness
- Swing-Out Ruler for easy paper placement and extension of measuring deck to 14.5"
- Cuts up to ten sheets of 20lb paper great for thick cardstock, plastic, photographs and more
- Easy-to-Read Measuring Grid for perfect alignment and accurate cuts

Get this and many other cutting supplies at SGMC Quarryville.



Gelly Roll, the gel ink pen that was invented to make writing and self expression effortless. The creamy ink and incredible array of colors provide plenty of favorite "flavors" for letting your thoughts flow onto paper. The Gelly Roll Fine and Medium Point gel ink pens feature:

- A roller ball pen that is easy and comfortable to write with Archival quality ink, chemically stable, waterproof, and fade resistant
- No smears, feathers, or bleed-



As mentioned in previous editions of SGMC News we are excited to be carrying the great products from Quantum Nutrition Labs (QNL). We've taken a look at the awesome Quantum Daily Multi, Quantum Vitamin D3 + K2 and Quantum Melatonin Drops. Let's take a look at **Quantum Green Tree Extract**.

Green tea: the most popular beverage in the world today, second only to water.

Contains EGCG, a compound with potent antioxidant support/free radical neutralizing properties.

Supports weight management benefits through promotion of fat metabolism (when coupled with healthy diet & exercise).

Promotes cardiovascular health (due to EGCG's powerful antioxidant activity).

Scientifically shown to support healthy tissues during normal metabolic stress.

WHAT'S IN GREEN TEA THAT MAKES IT SO SPECIAL?

Green tea's timeless health benefits can be traced to its naturally occurring bioactive compounds called polyphenols. One abundant type of polyphenol in green tea is called catechins. Catechins are known to exhibit potent free radical neutralizing properties. The major catechin in green tea leaves is called EGCG (epigallocatechin gallate) and is considered to be green tea's key active component. It is also valued for its active antioxidant properties.

WHAT ARE THE BENEFITS OF EGCG?

EGCG offers many benefits for overall health and well-being. It has been studied extensively for its benefits in weight maintenance through promotion of fat metabolism. Thus, it plays an important role in supporting overall health and wellness. EGCG has also been scientifically shown to assist in maintaining healthy tissues during normal metabolic stress. In summary, the little superstar component of green tea, EGCG, supports weight management benefits when coupled with a healthy diet and regular exercise routine. It works to help optimize metabolic wellness and also promotes cardiovascular health due to its abundant supply of antioxidant activity. Overall, green tea with its superb EGCG content, supports foundational health and wellness.

Welcome to the scientifically studied superstar of the plant kingdom: Green Tea.

Now available in a convenient, easy-to-swallow capsule form in scientifically demonstrated concentrations. One capsule of Premier Green Tea Extract (98% polyphenols) contains green tea standardized to 45% EGCG (epigallocatechin gallate), scientifically demonstrated to exhibit potent free radical neutralizing properties. Taking four capsules daily supplies 320 mg of EGCG. Please enjoy the significant benefits of this high quality green tea concentrate. Now you can join millions of people around the planet who partake in green tea's illustrious health secrets every day. We will share more information on all the great Quantum products that we stock in future editions of the SGMC News. Stay Tuned!

