

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 Essential Oils [EO]. We have one of the largest selections of Essential Oils in the area and stock oils that may not be commonly available elsewhere. And if you need an oil that we don't normally stock we will be glad to order it for you.

In addition to the large selection of oils in the 1 oz size we also stock the most requested oils in 2 oz and 4 oz sizes. If you're just getting started we have several different kits that have four different 1/3 oz bottles of EOs.

One of the favorite ways of dispensing EOs is using a diffuser. SGMC stocks 10 different diffusers in a wide variety of

prices so that you can diffuse EOs in any location you choose. EOs can be used on the skin but not without first diluting them with a carrier oil which we also stock. A lot of times EOs are often used in combinations or in recipes, if you will. We have a free handout which will get you started.

We also stock different sizes of small glass bottles that are perfect for your EO recipes including bottles with spray, dropper and rollers tops.

The take away here is that if you need anything relating to essential oils SGMC is the place.



We really don't even want to mention it but that big day in December is growing ever closer and the rush is on to get the best, most unique gifts for everyone on your list. We have a suggestion... why don't you have that special

something whether it be art work, concert tickets, that special jersey, violin, baseball and more or whatever custom framed. Custom Framing not only

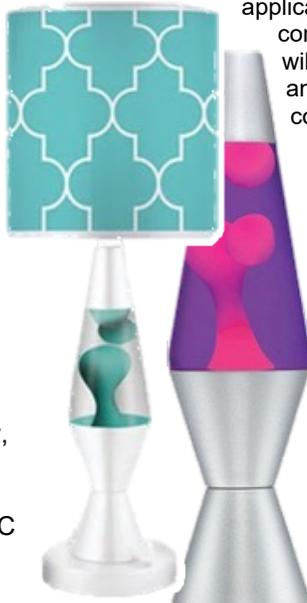
will allow the person to enjoy that special item for years to come but will also protect and preserve it. Plus when they see their custom framed item they will think of you. We have been custom framing for almost 40 years. We provide not only tons of options when it comes to frames and mats but we offer unparalleled expertise and experience. We use the latest conservation framing methods and most importantly we are competitively priced. Some people think that just because we are small we can't offer competitive pricing. Just the opposite is true because we are small we don't play pricing games. We have

customers tell us constantly that our regular price is often below the 50-60% OFF "sale" price of the big guys. So avoid the inevitable rush and stress and bring your items in now to have them Professionally Custom Framed.



My Magic Mud® Tooth Powder is a natural way to whiten your teeth. You simply brush for two minutes at night, just before bed, and the whitening follows from the deep cleaning. This is also a natural way to effectively remove plaque and extrinsic stains caused from coffee, tea, wine, and yellowing from different foods and beverages. The amount of time it takes depends on what is currently yellowing your teeth. On average, people notice whitening occur after fourteen

applications. However, stay committed, and your smile will continue to get brighter and your oral health will continue to improve.



Yes we have lava lamps and a lava lamp light combination. Wait to you see these they will transport you back to the 70s. They are so cool!

The Studebaker Portable AM/FM Radio (Red) [left] is the perfect addition to your bedroom, living room or kitchen. Tune into your favorite AM or FM station or hook up your MP3 player or iPod with the auxiliary input to play anything from your personal music library. Plus, with 4 C batteries, you can take this radio anywhere.

6 Tips For An Easy Detox Daily Part 5

By: Brandi Black, RHN

4. Go Green With Sun Chlorella Granules

Chlorella is a powerful natural detoxifier for many reasons. First, it has the natural ability to bind to toxins such as heavy metals that get stuck and stored in the body to safely eliminate them. This is a natural process called chelation. Second, it has tons of plant-based nutrition from antioxidant vitamins and minerals, essential fatty acids and fiber.

Fiber is a key detoxification nutrient, as it helps "sweep" out your intestinal tract just as a broom would sweep debris from your home. Fiber is found in most plant based foods, especially chlorella. I recommend Sun Chlorella granules because of their remarkable health benefits, but also because they come in convenient grab'n'go packages that make detoxification easy in busy schedules.

Sun Chlorella granules are also one of the best supplements for energy, and work especially well to maintain the body's energy levels during a natural body detox.

5. Chow Down on Chia Seeds

Now that you understand how important fiber is to help your body detoxify from toxic waste, you'll be happy to know that you can get plenty of fiber by eating chia seeds.

Chia seeds are a versatile ingredient that can be added to any dish, and they also contain other natural body detox-supportive nutrients such as omega 3 essential fatty acids.

I recommend eating chia seeds by adding them to a cold beverage or making chia seed pudding, such as a Strawberry Banana Chia Seed Pudding. Wherever possible, avoid adding them to hot foods such as steaming-hot oatmeal as it can oxidize their delicate fats and nutrients.

6. Prioritize Probiotics

Probiotics, also known as "friendly" or beneficial gut bacteria, are one of the most important nutrients you can get in your diet.

Probiotics help keep your digestive system clean and free of toxic waste, and allow your body to function optimally. Since it's estimated that 80% of your immune system exists in your gut, it's important to make sure your gut is an optimal environment for health and you can do this by adding more probiotics to your diet.

[End of Part 5]

"This information is proudly provided by Sun Chlorella. For more information visit <https://www.sunchlorellausa.com/>."

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.



Acrylics are fast-drying paints containing pigments suspended in an acrylic polymer emulsion. These acrylic paint sets make a great choice available in 6 or 12 colors depending upon your project.



We just wanted to let you know that we are now stocking certified organically grown Olive Leaf Extract from Herb Pharm. The reported benefits of olive leaf extract range from promoting increased energy and healthy blood pressure, to supporting the cardiovascular system and the immune system.



White Flower Analgesic Balm is a unique combination of essential oils derived from menthol, wintergreen, camphor, eucalyptus, lavender and peppermint which can temporarily alleviate the minor aches and pains of muscles and joints in association with arthritis, simple backache and strains. We are stocking White Flower Analgesic Balm in 3 sizes and you can use the sampler to try it for yourself.

Fight dragon breath like a samurai warrior! Japanese green tea inhibits the growth of oral bacteria helping you conquer bad breath naturally. Four great flavors packed in eco-tubes. Stop in for a sample and stock up.



Sencha believes that nutrition should come from whole food ingredients, not synthetic vitamins. Whole leaf green tea, acerola cherry, coconut water, and supporting herbs to help you stay well.

Their original blend imparts rich, vegetal notes with a touch of sweetness. And it doesn't include the 130 grams of sugar that the mainstream alternative contains and it's vitamin C comes from Acerola Cherry not ascorbic acid. A great healthy choice.

Sencha Green Tea Latte is a true original; the classic green tea vegan latte goes nuts for coconut! Perfectly creamy, yet bright and vegetal-



a decadent treat for matcha lovers and green tea novices alike. Simply add to hot or cold water (no milk needed or required) and stir. Choose Original or Bombay Chi. You never knew a latte could be so easy to make at home.

We have added 10ml bottles in both amber and blue with roll-on tops which make them perfect for essentials oils to our line of empty bottles. So now you have another choice in addition to the spray & dropper tops.



If have a girl you need to buy a present for you are in luck with these new kits from Kiss Naturals. These DIY Canadian-made kits offer an all-natural alternative to skincare/esthetic products for children, including safe all-natural ingredients with no fillers, dyes or additives. Any girl would love one or more of these kits.



Take your music everywhere with this portable MP3 and CD Player with AM/FM Radio from Naxa. It plays from CDs, USB drives or SD Cards. You can also plug your MP3 player into the auxiliary input for even more listening options, or listen to the radio. Highlights:

- CD, CD-R/RW & MP3 disc compatible
- Digital FM radio
- Aux input
- Headphone output
- USB & SD™ Card readers