



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



Aleene's jewelry and metal glue. This .70 ounce tube of glue is an instant adhesive perfect for metals, stones, glass and beads! Make your creative ideas stick with this specialized glue.



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 NOW@ Solutions ESSENTIAL OILS.

The use of natural essential oils for aromatherapy is an ancient and time-honored tradition that's been enhancing moods and lifting spirits for thousands of years.

Essential oils are liquid plant essences that are genuine reflections of the botanicals from which they're born.

We stock what we consider the Best Natural Aromatherapy Essential Oils on the market, NOW@ Solutions Essential Oils. Not only are they of the highest quality but they also offer the best value for the price.

Essential oils are pure reflections of the botanicals from which they're derived, but their production is an extremely complicated process with a multitude of variables, each of which has a significant impact on the quality of the final product.

Raw material supply is one of the most important of these variables. NOW@ Solutions confirms identity and purity of each essential oil in their own in-house lab through a wide variety of methods which includes but is not limited to confirming a supplier/grower track record of providing high



Our 1oz Display



Our 2 & 4oz Display

quality materials, aroma comparisons and review of essential oil processing to ensure that appropriate extraction methods are used for each oil.

Testing is the difference - The combination of gas chromatography-mass spectrometry, infrared spectroscopy, refractive index, and specific gravity, and the ability to perform these sophisticated tests in-house and on-demand, provides NOW@ Solutions and their customers with powerful assurance of the identity and purity of their essential oils. These tests are performed on all of NOW@ Solutions essential oils. You will find SGMC's selection of NOW@ Solutions essential oils to be comprehensive and it also includes larger 2oz and 4oz sizes of the more popular oils.

If you are looking for the highest quality oils at the best price SGMC is the place.

These three NEW topical homeopathic formulas from Dr. King's (KingBio) offer relief for the three most common skin conditions from which people suffer. If you have the itching, rash, redness, thickening of skin, exfoliation of scales and crusts, allergic skin eruptions of psoriasis or the facial redness, burning, stinging, allergic skin eruptions, itching, dermatitis, pimples, swelling, thickening of skin of rosacea or the redness, intense itching, allergic skin eruptions, dry or moist eruptions thickened, crusty, scaly skin, inflamed skin, general unhealthy skin of eczema there is a topical option for you or your loved ones from Dr. King's and SGMC.



Earth Circle Organics Coconut Cream Powder is produced from the meat of mature coconuts and has a mild coconut flavor. Organic Coconut Cream Powder is a delicious plant based option for all non-dairy solutions.

This Superfood is a cabinet must! 100% organic, Paleo Friendly, Vegan, Soy-Free and Gluten Free. It's free of Sodium and it's Vegan, Dairy Free & Gluten Free.

Use it in coconut Cream Curries, Ice Creams, Sauces, Puddings, Smoothies, a substitute for Creamer, in Baked Goods & Cakes that call for milk.



PINES Beet Juice Powder is simply a tasty and convenient way to get some of the nutritional benefits of whole beets.

The beautiful red-purple color of beet root is evidence of the amazing plant pigments known as carotenoids. While it is believed that there are at least 500 of these natural compounds, only a handful have been analyzed, with betacarotene being the best known.

Research on other carotenoids such as lycopene and lutein (both of which are present in PINES Wheat Grass, as well) suggests they do a lot to support optimum health. The more we know, the more the common refrain "eat your vegetables" is proven correct. Certified Organic | non-GMO project verified



Revered as the "father of all foods," alfalfa has been eaten for centuries by people seeking a rich source of essential minerals and vitamins. PINES Alfalfa is the most nutritious alfalfa available, having been grown and packaged with the same exquisite care as our other healthy products. Just one look at its dark green color sets it apart from any other alfalfa. Certified

Organic | non-GMO project verified. Pines Alfalfa is the FIRST alfalfa to be non-GMO project verified. This is the Only Non-GMO Project Verified Alfalfa Leaf.

Excel Wood Burning Pen Set



Perfect beginners tool for burning designs into wood, cork, leather and more. Includes 5 different tips for a multitude of style and designs. This wood burning set also includes a knife stand to protect your workspace. Heats up to 180 Degrees.

CUSTOM PICTURE FRAMING

EXPERTS

40 Years Experience

Expertise • Price • Selection

Curcumin: The One-Stop Solution for Good Health & General Wellness

Excerpted & edited (slightly) from an e-book provided by Wholefoods Magazine

Fitness, wellness, energy and nutrition—these terms are all related to good health and a long hale-and-hearty life. However, with the rise of lifestyle- and age-related disorders, stress, poor eating habits, side effects from medications and all of these issues combined, the heavy cost of managing health problems has spurred shoppers to choose natural healthcare options that offer a holistic approach to optimal wellness.

Increased use of natural or nature-based supplements and drugs for the management of chronic ailments is a trend that is backed by extensive scientific research validating traditional applications. This has led researchers and many medical practitioners to acknowledge the utility of traditional herbs and their benefits, which date back millennia.

It is well-known that more than 99% of synthetic drugs **fail** (emphasis added) in the clinic, either because of their toxic nature in humans or their lack of efficacy. Natural or nature-based remedies, however, are unique in that they have a long history for benefiting a variety of ailments. Therefore, researchers are working to identify their active components and their mechanisms of action.

Turmeric is undoubtedly one of the most important and precious gifts to mankind from nature and is one of the most popular traditionally used herbs. Mentioned in ancient scriptures and held sacred since ancient times, the "golden spice" is grown in various parts of India and other Asian countries for its many benefits. With over 800 publications supporting its use, Curcumin is the major and the active ingredient in turmeric (*Curcuma longa*); it is also responsible for the herb's yellow color. With a strong connection to socio-cultural life on the Indian subcontinent dating back to the Vedic period, people often called it "herb of the sun" As documented in Ayurveda (i.e., the traditional Indian herbal system of medicine), the therapeutic roles of turmeric have been researched for many diverse applications including healthy weight management, supporting skin health and even serving as an antivenom. Turmeric has traditionally been used in those with various health problems such as asthma, cough, allergic rhinitis, urinary ailments, jaundice, diarrhea, biliary disorders, diabetic wounds and swelling caused by injury, though the herb cannot cure any diseases. Typically, dried turmeric powder has traditionally found use for insect stings, chickenpox and smallpox.

Scientific advancements and an increased understanding of turmeric's importance in the modern world have made Curcumin the subject of extensive research into its mechanisms of action and therapeutic uses in managing several diseases. Research studies across the globe have found it to offer antioxidant, antiinflammatory, antibacterial, antifungal, antiparasitic, antimutagenic, anticancer and detox properties. Moreover, Curcumin is deserving of the name "the spice of life" because its antioxidant activity is not degraded even when heated to higher temperatures (unlike most vitamins), thus its increased usage as a spice in cooking.

To read the entire e-book including the science and references please go to this link - <https://goo.gl/CkiV2U> Please consider using turmeric in your food preparation and as part of a natural health regime.

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.



There's no other floss quite like Smart Floss! It is clinically proven to remove up to 55% MORE

plaque than regular flosses. It stretches and expands into interdental spaces to clean better. This high-performance floss is suitable for everyone - people with tight spaces, wider spaces...even braces. This revolutionary floss is also gentler on gums because it is cushion-soft and can stretch. Unlike those other flosses with no spring that can often hurt gums and fingers! Smart Floss dental floss is clinically proven to be more effective than regular floss. It has been shown to remove up to 55% more plaque than some of the most popular flosses, i.e. regular waxed and unwaxed flosses and PTFE monofilament floss (compare to Glide). Even electric or manual flossers which claim to be as effective as regular floss are no match for Smart Floss. Smart Floss can clean around the teeth and reach deeper into the interdental spaces, leaving teeth cleaner and you smiling longer!

Now there's no excuse to use a less effective floss.

- Natural cardamom flavor for a vibrant fresh feeling!
- Lightly waxed with a natural blend of vegetable and bees wax (no petrochemical wax)
- Gluten-free. PTFE-free. BPA-free
- BIODEGRADABLE container, made with EcoPure, will biodegrade faster in a landfill than regular plastic (which can take up to 100 years)



For nearly 30 years, O'Glue® has been one of the best selling all-purpose glues in the country. A mandatory item on many school supply lists, the non-toxic O'Glue is now better than ever with its improved archival-safe, acid-free certification. Great for use on photos, paper, cloth, cellophane, cardboard and many other surfaces. Ideal for general use and arts and crafts projects around the office, school or home. Non-toxic, non-flammable and water soluble.

The Firming Detox Creams deeply moisturize and detoxify

for smoother, firmer-looking skin. This cream contains a Lemongrass essential oil blend and is best for those who want an emollient body cream that helps to improve skin appearance and feel. It contains organic, sustainably-harvested bladderwrack seaweed with 65+ vitamins and minerals naturally detoxifies and promotes skin elasticity. The antioxidant-rich green coffee bean extract helps to detoxify and protect the skin against damaging free radicals. The detoxifying green tea extract, rich in potent antioxidants, protects and moisturizes while hyaluronic acid locks in moisture while strengthening the skin's natural barrier. And Hawaiian kukui oil and aloe vera hydrate and nourish skin. It's Vegan, Cruelty Free, Gluten Free and Paraben Free.



Out of nowhere, you feel the dreaded tingle. COLD SORE! And like always, at the worst possible time. In a panic, you try to think of creative ways to hide it. Crime scene tape. Wax lips. Groucho glasses with the fake nose and moustache. To the rescue, Cold Sores Begone Stick.

Cold Sores Begone Stick is all Natural and is safe for all ages. It tastes minty fresh, and is a darned good lip moisturizer for daily use, if desired.

How To Use: At the first "tingle". Immediately apply the soothing, moisturizing balm stick. Blue skies, you're good to go, confidence intact. If cold sore has already surfaced, apply Cold Sores Begone Stick a few times a day. It may help.

Ingredients: Coconut Oil, Vegetable Glycerin, Beeswax, Essential Oil of Peppermint, Lemon Balm, L-Lysine; Grapefruit Seed Extract, Menthol, Echinacea, Certified Organic Ingredients.



Perio Sticks™



Perio Sticks™ (available thin and x-thin) totally exceed expectations for a dental stick! They fit comfortably between teeth, stimulate gums, and remove plaque and food particles like no other dental stick.

You may not be a 'toothpick person' but once you try Perio Sticks™ you'll never again want to use a round cocktail stick to clean between your teeth!

The flattened, tapered profile fits comfortably between teeth to stimulate gums and remove seeds and food particles like no other dental stick. Feels so good! Professionally designed for efficacy and comfort.

And the slim container fits neatly into your purse or pocket - the perfect 'after-dinner' companion.

- Double-sided
- Eco-certified Nordic birch
- Tapered, anatomical profile
- Naturally biodegradable
- No added dyes or flavor
- Thin or Extra thin, for tight spaces

This My Helper Tape Gun is easy to load and dispenses tape smoothly. The easy grip helps you effortlessly tape packages using only one hand.



Easy-grip, 1-hand use
Easy loading
Includes 2 rolls of 2" clear packaging tape (50 yards each)