



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 No Bite Me. No Bite Me Cream is one of our BEST SELLING all natural (really) insect repellent products, because it really WORKS,



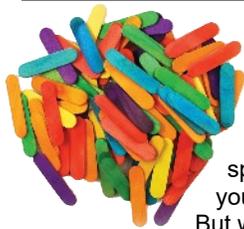
"No-Bite-Me"

and was originally formulated in 1982. It is made with all edible ingredients (that right you can actually safely eat all the ingredients although they may not taste that great) and does not have any DEET or harmful chemicals (none, nada).

Just dab a little bit on exposed skin and the bugs will leave you alone. Safe to use on newborn skin. Effective on black flies, mosquitoes, ticks, ants, sand-fleas, fleas, and spiders! Also works as an after-bite if you forget to use it! One jar will last a family of four 2 summers.

If you are looking for effective, safe insect protection look no further than "No Bite Me" Bug Repellent available at SGMC.

And if "No-Bite-Me" is not your cup-of-tea we have a number of great choices to keep the bugs away.



If you thought that we have a large selection of wooden shapes like popsicle sticks, wooden spoons etc. for crafting you'd be right.

But we have recently expanded that selection with these very useful and cool Colored Mini Craft Sticks. Use these colorful craft sticks for school projects or at home for some fun learning. No matter the project these colorful wooden sticks will make it pop! The package contains 120 1-1/4" x 3/8" craft sticks in red, orange, yellow, green, blue, and purple. For ages 8 and up.

You will be sure to find the wooden components that you are looking for for your next project right here at SGMC. Be sure to check everything out the next time you're in the store.



Nanak's Skin Repair

Nanak's Skin Repair is one of those simple things

that solves a lot of problems, that's why they call it "The everything salve".

Nanak works wonders on:
* lips • chapped skin • eye lines • dry cracks • cuticles • diaper rash and more.

This list should give you a good idea that Nanak Skin Repair is something that you should have around or maybe carry with you. Check out the ingredients too!

INGREDIENTS: pure vegetable oils (canola, almond, apricot & jojoba) beeswax, lecithin, comfrey, spearmint leaves, chamomile, vitamin E, aloe vera.

This wood-burning pen features a comfortable handle, a heat shield to keep fingers cool and a 950 degree temperature tip perfect for softer woods suited for wood-burning. This package contains an all-purpose Universal Point, plus Flow, Shading and Cone points. This tool accepts other Walnut Hollow Special Technique Points as well. Packaging includes directions and explains uses for each of the tips. The UL list cord features an on/off switch and a stand is also included.

And if you want more functionality consider purchasing the Creative Woodburning Special Technique Points (pictured above in the box). More tips make woodburning designs easier to create! They are specifically designed for use with all of Walnut Hollows woodburning tools. The package contains five technique points (one universal point, one mini universal point, one flow point, one shading point and one cone point).

ArtBin Solutions Series Boxes

These clear acid-free shatterproof boxes have no-spill latches and sturdy hinges. Their high-impact plastic is resistant to oils, solvents and most common chemicals. They include dividers for additional compartment capabilities and they store just about everything. How many could you use to store all of your supplies?



If you are looking for a cool way to keep your favorite essential oil scent with you, choose a Diffuser Bracelet. These unique Lava bracelets are made from all natural Lava Rocks for Grounding and Agate Gemstones for Miracles. Lava is a good essential oil diffuser. Instructions are included. A great gift.

VIEWTAINER
THE ONLY SPILL-PROOF CONTAINER

Viewtainers are the only Spill Proof Storage Containers. This container is perfect for storing crafting materials, household items, hardware, and more.

Simply squeeze the container and the top opens making inserting and removing things a breeze. We carry two sizes of Viewtainers that will make small parts a cinch to store and easy to access one at a time. Get at least one of each size to start. Made in USA.



An ART BIN Pencil/Utility Box is perfect for organizing pencils, pens, brushes, knitting and crochet tools and much more at home, school and even the office! This box features three long narrow channels with dense foam pads at one end to protect pencil leads from breaking and the box from chips and cracks by sharp objects. This package contains one molded box in tinted translucent polypropylene with secure snap closures and three 1 1/4" x 12" channels. The box measures 4 5/8" x 12 1/4" x 1 1/4".



What the heck should we be eating?

By Katherine Rushlau

The majority of Americans are confused about how to eat, said Mark Hyman, MD, at the 2018 Integrative Healthcare Symposium annual conference in New York City.

With numerous contradictory claims, and more coming out every day, it's easy to see why we're confused, said Hyman.

What's driving our confusion is money, Hyman said, and in particular money from the food industry. Food injustice affects everything that matters in the world, from chronic disease, skyrocketing healthcare costs, poverty, violence, education, national security, and the environment. Processed foods, that are cheap to produce and readily available, make big money for the companies that create them, but are detrimental to the physical, mental, and emotional health of those who consume them.

Government agencies, the cost of food and label health claims all lend to the confusion. "We are in desperate need of a food revolution," said Hyman. "We need to create the change."

The bottom line is the system is confusing. And it's made even more challenging when the experts can't seem to agree on which "diet" is the best for humans. However, there are a few basic principles that we can all agree on, and it starts with eating real food, Hyman said. They are:

- Avoid processed foods, refined sugar, refined carbohydrates, and refined oils
- Avoid factory farmed animals
- Avoid food that contributes to climate change and environmental degradation
- Avoid foods that affect kids ability to learn, threatens national security or promotes violence and poverty
- Avoid additives, artificial ingredients, hormones, pesticides, antibiotics, and genetically modified organisms (GMOs)

To achieve this, Hyman recommends a few easy-to-follow steps:

- Eat whole real foods, mostly plants
- Follow a low glycemic load diet
- Consume healthy fats (extra virgin olive oil, avocado, nuts, seeds, fish, etc.)
- Stick with sustainably and humanly raised or harvested animal foods (fish, poultry, meat, etc.) (if you are going to eat animals)
- Support regenerative agriculture, soil health, and water resources
- Support farm worker's rights

This article was published 02/28/2018 as Featured, Integrative Healthcare Symposium 2018 Coverage and has been edited for space. To see the article in its entirety please go to this link - <https://goo.gl/2cayCm>

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.



Inexpensive Security Options

If you are looking for a quick and easy additional security one of these authentic looking dummy cameras. Choose the simulated (dummy) bullet type camera (above) for closed circuit television (CCTV). The camera looks very realistic and has simulated infrared LEDs, which allows you to easily use it as a "security camera" to easily protect key locations in your home, office or business without the need for complicated installations or equipment recording

It includes an adjustable arm for accurate positioning
Fictitious cable of 20 cm
With LED simulating night vision function
Gun Metal Color
Or you can choose the CCTV dome type (dummy) camera (at right) to enhance security at your location with a quick and easy installation.



American Biotech Labs Silver Biotics Silver Lozenges w/60ppm SilverSol and Manuka Honey SUPPORT YOUR IMMUNE SYSTEM. They soothe a sore irritated throat with Silver Biotics patented nano-silver technology, raw New Zealand manuka honey, and cooling mint.

Honey and silver provide a soothing action and neutralize harmful agents while mint cools the affected area, helping you feel energized and refreshed. FEEL THE DIFFERENCE WITH SILVER! Silver lozenges help reduce the length and severity of sore throats. Silver works as a natural disinfectant. Silver helps improve immunity and speed wound healing. Get some today!

If you are looking for a great way to hold your cell phone in your car while traveling we have a solution that fits all iOS™, Android™ & Windows® smartphones. It includes a Mobile Grip 2 Universal Smartphone Holder and the Sticky Suction Deluxe Windshield or Dashboard Car Mount with 1-touch lever & optional 3M™ mounting disk.



This phone holder expands to accommodate all smartphones up to 3.6" wide while the arm of the suction mount adjusts vertically & provides 360° rotation, providing flexibility in viewing the smartphone from any angle. Be sure to check out this mount and others we have to offer.

Need Bee's Wax?

If it's bee's wax you need SGMC is the place to find it. These natural 1 pound blocks are the perfect choice for your candlemaking projects. Beeswax does not drip or smoke and has a longer burn time. Also, since it is odorless, it won't interfere with your candles' fragrances. Of course it is suitable for any other use you may have for bee's wax as well.



These small pellets of Pure Bees wax in a jar are perfect to use in making lip balms, lotions, cosmetics, polishes and candles! It contains no additives or inert ingredients. This package contains one 4 oz jar of honey scented bees wax. Made in USA.



The Dry Skin Treatment: Skin MD Natural shields your skin all day!

What's the best lotion for dry skin? The beauty and softness of your skin is constantly attacked by both natural and artificial factors in the environment which inevitably leads to lots of questions. Shielding Lotion™ duplicates and enhances your skin's natural and protective barrier. Just a small application of Skin MD Natural daily protects your skin from damage and delivers hours of soothing moisture, and for those of you who have excessive dry skin can help in relieving itching. In fact, the ingredients in Skin MD Natural are 6 times more effective than those typically used. You can replace all your old moisturizers with Skin MD, simply because it is the best lotion for dry skin. Stop in today and try some for yourself. Makes a great gift, too!



Keep old books and paperwork in decent condition with Scotch® 3M document repair tape that bonds to paper. This permanent single-sided tape comes on an easy-pull roll for fuss-free tearing and application, and the roll measures 0.75 inches x 11.1 yards, giving you a ready supply for projects. Use this acid-free, photo-safe document repair tape to affix photos to scrapbook pages or mend cherished memorabilia. Check out the other great 3M tapes that we have in stock.

