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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

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 Influenzinum.

Influenzinum is an alternative therapy to conventional therapies for the flu. Influenzinum is made from the actual flu vaccine diluted Homeopathically 30 times to make a 30C remedy. This remedy is used to help prevent and/or reduce the symptoms or the duration of the symptoms or help treat flu symptoms.

For prevention it is recommended that you take one dose once a month during flu season.

For treatment of flu symptoms once you have the flu it is recommended that you take one dose three or four times a day until symptoms subside. [Most people with the flu find that the head symptoms (pain congestion, and vertigo) can be relieved within one hour] The nausea, vomiting or diarrhea and muscle pain with fatigue may take a day or so to leave.)

We currently are stocking Influenzinum from both Washington Homeopathics and Boiron.



HDMI Adapter

HDMI to Composite (RCA) Ideal for television or display which



needs conversion from digital HDMI video terminal into analog composite terminal. Has an HDMI 1.4 female input, RCA output (red/white/yellow) and no external power source is required. This is just one of the many solutions that we have to your connectivity issues.

Need to see close up? We have the solution with one of 4 sizes of these ergonomic magnifiers. Choose 2" 2.5", 3" or 4" whatever works best. A great solution at a great price!



The Armor All 3-in-1 Car Charger that has a 1,000 mAh Battery Power Bank also acts as a glass breaker in an emergency. It allows you to easily charge the battery bank by plugging it in to any vehicle DC (Cigarette Lighter) port. And in emergencies can be used to shatter glass.

Charge any USB device in your car. Battery Can also be charged by Micro USB cable (Not Included).

Marabu Fashion Spray Tie Dye Kit

Fashion Spray is a light-fast, permanent, high quality, water-based transparent spray color for fabric that leaves a soft finish. The paint is delivered in a 100ml cosmetic grade German manufactured pump. The non-aerosol pump delivers a fine consistent mist and the colors blend easily. Fashion Spray is permanent after fixing on light colored natural fabric or fabric that contains up to 20% man-made fibers.

- Waterbased
 - Vibrant and highly pigmented
 - Transparent color
 - Non-aerosol pump spray
 - Lightfast
 - Simple fixing in the oven or by ironing
- Kit Contains: (3) 100ml Sprays (Raspberry, Lemon, Marine Blue)



SPINPOP

Keep a secure grip on your smart phone at all times with the SpinPop™ Universal Cell Phone Holder. This easy-to-attach accessory lets you add a convenient and a safe grip to your phone by simply peeling off the plastic film and attaching the adhesive base to the phone. Pop-out design also allows you to use this grip as a cable organizer for your ear buds or charging cord. Versatile design can also serve as a horizontal or vertical stand for watching videos or movies and playing music hands-free.

- Lightweight and versatile cell phone grip.
- Easy to use - simply peel film and apply adhesive base to phone.
- Versatile design offers convenient cord management.
- Also serves as a horizontal or vertical phone stand for hands-free video viewing.
- Available in a variety of designs and colors to suit any taste.



POWERFUL 180 LUMEN POCKET LIGHT THE SIZE OF A PEN

The INSPECTOR is an innovative, powerful pocket light that outputs 180 lumens, with 3 light modes and 3x adjustable zoom that provide the perfect amount of light for any situation. The INSPECTOR is also waterproof (IP67) and features a removable steel clip and Soft-Touch Technology, which provides momentary operation when the light is off, with the slight touch of the button.



MINI ELECTRONIC SAFE

This mini electronic safe has a programmable keypad for 3 to 8 digit passcodes. Its size makes it ideal to be installed or recessed in hidden places so as not to be in plain view. It's made of low carbon hardened steel to protect its contents at home, in the office, or in hotels. It's a great solution for small operators like Bed & Breakfast or Airbnb owner's that want to provide their clients with extra security that may also set them apart from their competition. SGMC offers this safe at a great price too!



- Power Supply: 6 V (4 batteries type "AA")
- Electronic opening system, reliable and safe
- Includes security keys to be opened in case of emergencies
- Dimensions: 8.93" front x 6.69" high x 6.69" deep

NEW!



SILVER BIOTICS

Reach for Silver Biotics® Lozenges to quickly soothe a sore throat, with an added boost of support for your immune system. Each package contains 21 individually wrapped lozenges.

You can soothe your throat, while supporting your immune system. Silver Lozenges are a safe and effective alternative to products made with sugars and chemicals and are made with Cooling Organic Mint and Raw New Zealand Manuka Honey in addition to all natural and organic ingredients that are infused with SilverSol Technology® to support the immune system

Silver Lozenges are Gluten free, Soy free and Nut free and do not contain preservatives, dyes or artificial flavors.

Independent studies have shown SilverSol Technology to be up to 10x more effective than products containing up to 3,000ppm silver.

Ingredients: Organic Brown Rice Syrup Blend, Manuka Honey, Patented Nano-Silver Solution (60ppm), Organic Mint Flavoring.

Artificial Sweeteners Have Toxic Effects on Gut Microbes

U.S. Food and Drug Administration (FDA)-approved artificial sweeteners and sport supplements were found to be toxic to digestive gut microbes, according to a new paper published in *Molecules* by researchers at Ben-Gurion University of the Negev (BGU) in Israel and Nanyang Technological University in Singapore.

The collaborative study indicated relative toxicity of six artificial sweeteners (aspartame, sucralose, saccharine, neotame, advantame and acesulfame potassium-k) and 10 sport supplements containing these artificial sweeteners. The bacteria found in the digestive system became toxic when exposed to concentrations of only 1 mg/ml of the artificial sweeteners.

"We modified bioluminescent *E. coli* bacteria, which luminesce when they detect toxicants and act as a sensing model representative of the complex microbial system," said Professor Ariel Kushmaro, John A. Ungar Chair in Biotechnology in the Avram and Stella Goldstein-Goren Department of Biotechnology Engineering, and member of the Ilse Katz Institute for Nanoscale Science and Technology and the National Institute for Biotechnology in the Negev. "This is further evidence that consumption of artificial sweeteners adversely affects gut microbial activity which can cause a wide range of health issues."

Artificial sweeteners are used in countless food products and soft drinks with reduced sugar content. Many people consume this added ingredient without their knowledge. Moreover, artificial sweeteners have been identified as emerging environmental pollutants, and can be found in drinking and surface water, and groundwater aquifers.

"The results of this study might help in understanding the relative toxicity of artificial sweeteners and the potential of negative effects on the gut microbial community as well as the environment," said Kushmaro. "Furthermore, the tested bioluminescent bacterial panel can potentially be used for detecting artificial sweeteners in the environment."

For more information, visit <https://aabgu.org>.

Posted on the naturalpractionermag.com website on October 1, 2018 by Shari Barbanel in Top

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.



Bouncies from Bohemia

Bouncies are handcrafted wooden whimsical figures on a spring measuring from 6 to 8 inches tall which bounce up and down with the slightest touch. They have one mission in life – to make you smile. And, they have performed that mission since the early 1990s in Europe and since 2008 in North America and now at SGMC in 2018.

These delightful wooden creations will bounce their way into your heart and are great gifts for anyone on your list. Come in early for the best selection.

The LiteHawk Mini

LiteHawk Mini's are just the answer for enjoying R/C action and adventure - just in a scaled down size! Fast, durable, quick to charge and with extended run times - they are certain to impress. MINI CRUSHER MT is a smaller version of it's full-sized LiteHawk 1/12 scale brother. Do not be fooled by the small size! MINI CRUSHER MT comes equipped with soft rubber tires for impressive grip. Powerful rear mounted motor lets you easily hit speeds of 20 KMH (12 MPH)! Enjoy up to 12 minute run times after easily charging up with the included direct-connect USB.



- Fully assembled and ready for adventure!
- Indoor and Outdoor use
- 12 Minute Run Time!
- Rear 2 wheel drive
- Polycarbonate body shell.
- Powerful rear mounted motor
- Soft rubber tires provide excellent grip
- Adjustable mechanical front wheel trim
- 2.4Ghz Digital Controller
- Rechargeable battery included
- USB charger included
- Body colors Red and White.
- 4.4" Length



Lozenges with Menthol, Essential Oils of Medicinal Plants, Vitamin C & Honey

The original Alpinola recipe is based on Swiss traditions of making home candies with healing herbs. These lozenges combine the best traditions of making Swiss candies and modern scientific understanding of therapeutic effects of herbs on human health!

The unique Alpinola composition combines menthol lozenges with a bouquet of healing herbs and essential pine oil. This oil is a real fount of healing properties, primarily due to antiseptic effects of ingredients such as pinene and limonene. It is due to these ingredients the products with pine supplements have beneficial effects on respiratory system.

The wealth of the product composition amazes, in addition to the essential pine oil there are 20 healing herbs grown and gathered in Alpine meadows! This comprehensive approach allows the product to have different effects on the body. The healing herbs in the composition of Alpinola lozenges represent a thought-out formulation developed by phytotherapy experts. Each herb, root or fruit has its own function and therapeutic effect, but all together they have a positive effect on the body as a whole. Lozenges may serve in a wide variety of ailments, and also have general tonic and preventive action.



Eco-tizer™



Eco-tizer is the only USDA Certified 100% Organic on-the-go hand and surface cleaner. Cleans and nourishes hands. Cleans toilet seats, baby changing tables, shopping



carts, childrens toys, office surfaces, electronics, door handles, and gym equipment. Neutralizes odors. Hypoallergenic and lab-tested-safe on food contact surfaces. Two sizes for home & travel.

- Organic Hand & Surface Cleaner
- Quick Drying with no stick residues
- No Rinsing Required
- Ultra Portable for Travel, Car, House, & More
- Leaves skin soft
- Chemical Free & Alcohol Free
- Pleasant Orangy Fragrance
- Safe for use on hands and children
- Hypoallergenic

USB Mic



With this microphone you make recordings on your computer with professional sound quality. It's compact and includes a small tripod so you can place it on your desk or work space.

- USB connection
- Plug & Play: connects and uses
- Condenser type microphone
- Power: 5V (per USB port)
- Sensitivity: -47dB +/- 4dB
- Frequency response: 100 Hz-10 kHz
- Impedance: <= 2, 2Kohms
- USB cable length: 4.26 ft. (1.35 meters)



This taklon paint brush set features an assortment of shapes and sizes so painters always have the perfect brush on hand. Thanks to the synthetic bristle, these brushes are ideal for all media from watercolor to acrylic. And they are a welcome gift anytime but especially for the holiday.



You can create beautiful works of art with this artist brush set. Each pack contains 12 brushes in assorted sizes, so you can try out different painting techniques, and the durable bristles work well with all media types. Give alone or in tandem with other art materials.