



DRAGONFLY NEWS

The Official Monthly Newsletter of *Song of Health.com*

APRIL 2010



ANNIVERSARY ISSUE - 3 Years

Welcome Subscribers, to *Dragonfly News*. We are excited about the opportunity to share interesting and helpful information with you in our monthly newsletter, which is available to Subscribers only. We first email the newsletter and food resource updates to you directly in .pdf form. Then, in a few days you will be able to access the newsletter on the website. The food resource updates will be incorporated into the existing Food Resource List and can be found by clicking the icon on the left side of most pages on the website. The recipes will be added to the Recipes section, including the Table of Contents and Index.

If you did not receive this issue at your email address and would like to, please notify us immediately at manager@songofhealth.com.

We may need you to remove a pop-up blocker on your computer or to update your current email address with us.

The information in *Dragonfly News* is brought to you by the *Song of Health Team*:

Sandra Strom, CEO of *Song of Health*

Dr. Letitia Dick, N.D., Staff Doctor

Dr. Jared Zeff, N.D., Staff Doctor

Dr. Caryn Potenza, N.D., Staff Supporting Doctor

Elizabeth Vedder, Manager of Food Resource Updates

Shawn Murphy, *Song of Health* Webmaster and Graphics Designer

Visit Sandra at [Twitter](#), [Facebook](#), [MySpace](#), and [Startup Nation](#).
You're invited to follow and share comments!

~ **IN THIS ISSUE:** ~

- ✧ **SUBSCRIBERS SPOTLIGHT:** Stories, Comments, Questions Asked and Answered
- ✧ **ARTICLE:** "APRIL 2010 DISCUSSIONS: 1) Celebrating Our 3rd Anniversary; 2) Natural Approaches to Emotional Issues,"
By Dr. Letitia Dick, N.D.
- ✧ **SHARING EXPERIENCES:** "The Value of Reflections and Visions,"
By Sandra Strom, CEO of Song of Health
- ✧ **RECIPES:**
BEANS: Easy Black Beans; Mexican Style Small Red Beans; Mexican Style Baked Red Beans; Simple Pink Beans
BISCUITS, BREADS, AND CRACKERS: Whole Grain Baking Powder Biscuits; Corn Meal Biscuits
Main Dishes: Dover Sole With Balsamic Vinegar and Cilantro
VEGETABLES: Brussels Sprouts and Mushrooms in Garlic Cheese Sauce
- ✧ **FOOD RESOURCE UPDATE:** April 2010

The Carroll Institute of Natural Healing, co-founded by our renowned Doctors Letitia "Tish" Dick, N.D. and Jared Zeff, N.D., is an educational opportunity for Naturopathic physicians and students to further their education in the traditional methods of Naturopathy, not otherwise taught in the Naturopathic colleges. This is where physicians and students learn how to perform the Carroll Food Intolerance Evaluation method, constitutional hydrotherapy and other important methods of traditional natural healing.

Song of Health and The Carroll Institute of Natural Healing work together to reach as many people as possible, to educate and help understand the importance of avoiding personal food intolerances, applying traditional Naturopathic methods of healing, and naturally restoring the body to health.

We invite everyone to contact us with any questions you may have regarding these methods at manager@songofhealth.com.

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WEBSITE CHANGES!

- ✧ See The Food Resource Updates Below for important changes.

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SUBSCRIBERS SPOTLIGHT
STORIES, COMMENTS
AND QUESTIONS

WHAT INFORMATION WOULD YOU LIKE TO HAVE IN YOUR NEWSLETTER?

Our goal is to serve you. Please help us by sharing what you would like to see in *Dragonfly News*. We will do our best to accommodate you. We also invite you to share other suggestions, comments and favorite recipes with us.

You may contact us at: newsletter@songofhealth.com.

SHARE YOUR STORY WITH OTHERS.

SUBSCRIBERS, PLEASE...help others by sharing your story. When you allow us to publish it in *Dragonfly News* and *Subscribers' Testimonials*, a dedicated section on the *Song of Health* website, you provide the opportunity to reach out to those who still suffer but are not confident that our dietary lifestyle will work for them. By hearing and reading about how our lives were dramatically changed we can help others to step through the door toward wellness. **WE WOULD BE HONORED TO INCLUDE YOUR STORY** about how you came to follow the Carroll Food Intolerance way of life. We reserve the right to edit for grammar and spelling correctness, however we will not change your story content.

IF YOU PREFER US TO HELP YOU WRITE YOUR STORY, WE WILL BE HAPPY TO.

JUST ASK!

Please email your contribution to manager@songofhealth.com. Thank you for helping us to achieve our goal of reaching out to as many people as possible in order to provide help, hope and answers. The more we give away, the more we receive!

A note of encouragement: A subscriber was concerned that her story was uninteresting. **There is no such thing as a boring, uninteresting story!** We are here to support each other and every contribution helps, no matter how small or large the content. Please don't let that stop you! We invite you to check out [Subscribers Testimonials](#) to read what subscribers have shared.

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REMINDER: IMPORTANT! We will continue to print this message in every newsletter from

now on. It is an important issue that we believe needs to always be addressed: On occasion, a subscriber will ask our doctors a food intolerance question and their responses will slightly differ. This has sometimes caused confusion and has been expressed directly to one of our doctors by several patients.

Per Dr. Zeff: "...most likely, we are not evaluating foods for, e.g., potato content. We are evaluating a food against a blood sample of a person with a known potato intolerance..." Test results for one patient to a food can vary from another patient, even though they are intolerant to the same food category. So, Dr. Dick may determine a different result than Dr. Zeff, or any of the other doctors who competently perform this "testing," because they are testing a patient's specific blood sample to a specific food sample. As Dr. Zeff puts it, "It is one of the peculiarities of the methodology."

For this reason, we constantly emphasize throughout the *Song of Health* website that the information found on the website is a guide only. If you have any personal issues with a product, in other words, an evaluation shows that a food should be OK for you to eat, yet you have a reaction to it anyway, we suggest you refrain from consuming it until you have it evaluated for you personally.

Always, always, always consult your physician with any medical issues you may be experiencing, any drugs you have questions about or your medical care. Our purpose is to help you to determine what foods are included in food intolerance categories. All other information, including articles, are for educational purposes, and is not meant to replace your doctor's care for you. We are set up as a support team for doctor, patient and subscriber. There are many questions *Song of Health* can answer for you, and we encourage you to ask us first, in regards to food and food intolerances. What we are not qualified to answer directly, we refer to our doctors and they, in return email their responses to us. You may consider *Song of Health* as your information center.

If you have any questions or comments, please contact us. We are here to support you and your efforts to claim and maintain great health by refraining from your food intolerances and learning about other natural health issues. *In Health, Sandra Strom*

QUESTIONS ASKED AND ANSWERED:

Questions emailed to us:

Song of Health has been given permission by our Subscribers to share the following communications with you. In so doing, we all reap the benefits of learning together.

From Marla: The whole time I was reading your article about your eyes I kept thinking, what if she is having an allergic reaction to the vitamin E (often derived from soy), or the aloe. Perhaps, if your immune system was freaking out from the exposure to the "drain-o", you are reacting to something that did not previously bother you. Just a thought. Regards, Marla

Reply from Sandra: Thank you Marla, for your thoughtfulness. Your input is greatly appreciated. I was wondering about the possibility of the vitamin E myself. Your timing is

perfect. I actually backed off using it, starting this afternoon! I am back to using aloe tonite, which I haven't used in a couple days. I'm getting creative with soup this week! Thanks again. In Health, *Sandra*

Further note from Sandra: Good morning Marla. Just want to share and update with you on your great intuition. You were absolutely right - it was the Vitamin E oil that caused the severe inflammatory allergic reaction to the surrounding area of my eyes! After refraining from using it for around 4 days and continuing to take dried Nettle Leaf capsules, Quercetin,

and Bromelain, as prescribed by Dr. Zeff, my eyes began to improve. Not truly believing it was the Vitamin E oil that was causing such disruption because I had been using it for years with no adverse effects, I applied it again one evening. The next morning I awoke with my eyes completely inflamed and swollen once again! Apparently, something in my system changed after fumigating myself by plunging Liquid Plumber, even after taking great efforts to detox. So, I applied fresh Aloe Vera gel from a

plant growing wild, which turned my eyes purple! I looked like I'd been beaten to a pulp, but the Aloe was helping to pull out the inflammation. It took a good 5 days to clear up completely, although my eyesight still has a little more healing to do.

Thank you again, Marla, for sharing your thoughts. You were a great help. In Health, *Sandra*

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### ***A Sample From The Forum:***

**Posted by Robin V Smith**, 6th April, 2010: Re: [Annatto in yellow cheese](#): I see Tillamook Sharp Cheddar on the food resource list as being tested for fruit. However, I am wondering has Annatto has been used to color this cheese yellow? Last week Dr. Potenza explained to me how yellow butters and cheeses are colored in this way and that it is a fruit derived thing. Since this cheese has been tested recently, can I assume it's "safe"?

**Reply from Sandra:** Hello Robin, this is a great question. I looked up Tillamook's Sharp Cheddar Cheese on their website, and they list Annatto as the last ingredient in their cheese. It doesn't have a date as to when this was posted, other than 2010. It is possible that the batch, from which the cheese that was evaluated, did not have Annatto added. I will forward this to our doctors at Windrose Clinic to verify their conclusions.

In the meantime, if you are eating this cheese without any side effects, I would say that you are ok. I would also suggest to stay aware of any symptoms, as it is possible the company may add Annatto in some of their other batches. In Health, *Sandra*

### **Further discussion with Windrose Clinic:**

**Dr. Tish:** I would assume all yellow

cheese is fruit. That is my experience in testing them. If Tillamook is listing this as an ingredient, then it will most likely test fruit by our means.

**Elizabeth:** Hi Sandy, I found the test slip for the Tillamook Sharp Cheese and it was tested for "All" and says positive for Dairy and Potato. I would imagine it is a white sharp cheddar cheese because it didn't test positive for Fruit, or it is without the annatto. I hope that helps. Another option is to have the patient bring in another sample to check to see what it is currently testing positive for. Everything changes so quickly it is hard to keep ahead of everything. I think you know what I mean. *Elizabeth*

**Posted by Robin V Smith**, 6th April, 2010: Re: [Endangered Species Chocolate](#): Have these chocolate bars been tested?

**Posted by Sandra, CEO of Song of Health:** Apparently, no one has sent a sample in to be evaluated, to date. The Food Resource List is current through February. The new updates will be coming out shortly in the April newsletter; however there are no entries for these products. Look for it in just a few days! In Health, *Sandra*

***REMEMBER TO ACCESS THE FORUM TO SHARE QUESTIONS AND COMMENTS!***

### **SUBSCRIBERS:**

**Would you like to have a cooperative service with *Song of Health* and the store you shop at** for groceries? Please tell them! We would be happy to help get them set up with access to the website information on their computers, in an effort to help all of you. If there is a store you would like me to contact, please email me at [manager@songofhealth.com](mailto:manager@songofhealth.com). I will do my best to present our position. *Sandra*

### **MAKE YOUR VOICE HEARD!**



**Each month we bring you articles on a myriad of topics regarding health and environmental issues. The main focus of *Song of Health* is to avail you of expert information on the Carroll Food Intolerance dietary methods. This**

**– DIET - is the first step to getting and staying well. We feel there are also many other interesting and important issues to be aware of. It is our goal to share our findings with you, on what may have a cause and effect on all of our healthy lives.** 

### **APRIL 2010 DISCUSSIONS**

*By Dr. Letitia Dick, N.D.*

Welcome Song of Health Subscribers,

It has been over three and a half years now, since Sandra Strom met me in Portland Oregon while I was attending a Naturopathic Medical conference in August 2006. She set up a business meeting with Dr. Jared Zeff and myself, to begin an Internet resource of food intolerance education, recipes, and support. Through Sandy's hard work, she developed this wonderful site, Song of Health.com. I love Sandy for her vision, dedication, and support she has given me, and also gives to you.

On this journey into the Internet world with Sandy, we have learned many things. We discovered some things

work, and of course, some things simply don't. The computer world is a different place. All of the hardships and trials land on Sandy's shoulders. So, please, support her in whatever way you can, for she is our connection to the Internet family. Through her vision and ideas, the Carroll Food Intolerance evaluation and dietary recommendations can reach those at great distances. We are able to share information and resources to other Naturopathic doctors and their patients. My father's goal was to have every school age child checked for a food intolerance, so that they may grow up healthier and live longer without the diseases which afflict most people as they age. Diabetes, heart disease, and cancers are preventable.

Let us make this a goal, to check all of our children for food intolerances; all of the children in your family, in your church or daycare, or home schooling network. We can make our children's futures happier and healthier than our own. Thank you, Sandy, for keeping this vision and helping for the good of us all.

For this month's newsletter I wanted to share information I have come across in our Naturopathic journals.

I know we have discussed the importance of iodine in healthy thyroids, as well as its importance in controlling cholesterol, dissolving fibroid tumors of the breast and uterus, and supporting normal immune function. I don't believe that I have stressed **the importance of iodine in mental acuity and cognition.**

Cretinism is a term defining a condition of children with mental retardation born to mothers who had iodine deficiency during their pregnancy, also described as *neonatal hypothyroidism*. In "Alternative Medicine Review: A Journal of Clinical Therapeutics," Volume 14, Number 4, December 2009, pg. 406, there appears an abstract of a research study: "Iodine supplementation improves cognition in mildly iodine-deficient children." This article was published in the "American Journal of Clinical Nutrition" in September 2009. The conclusion of this study was that:

"Iodine supplementation improved perceptual reasoning in mildly iodine deficient children and suggests that mild iodine deficiency could prevent children from attaining their full intellectual potential."

This was a study done on 184 children, ages 10 – 13, in New Zealand.

Iodine is a simple supplement to give children. There is a liquid form that can be put into a glass of water with breakfast each morning. (Be sure that

your child is not fish or iodine intolerant prior to using iodine supplementation. There are few sources of iodine that do not come from an ocean source and are safe for iodine intolerant people, so please contact Windrose Clinic if you need this information). Most people living in the Pacific Northwest are iodine deficient. We live in a "goiter belt," which means that the soil in our area is very deficient in iodine. The milk, meat, and vegetables coming from this area are therefore deficient. A goiter of the thyroid develops as the cells in the gland grow and divide in an attempt to be able to produce more thyroid hormone, yet fail because there is no iodine available to support the hormone production. Giving iodine results in normal thyroid hormone production and a shrinking of the enlarged gland.

Let's keep our children intellectually developing. Let us be sure they get iodine. Seaweeds or kelp are good sources. Mushrooms and seafood are also excellent sources. All pregnant women must have sufficient iodine.

**Another topic of concern** that is so common today is **anxiety, depression, and other emotional disturbances.** Many patients come to me on prescription medications that most don't need for the level of concern that they have. Please do not take these mood altering chemotherapy agents unless you absolutely need them. Anti-anxiety, anti-depressant, and anti-psychotic medications have their place in patient care. But there may be ways for you to manage your emotional imbalance without medicating your brain. 70% of the neurotransmitters in the brain are produced in the digestive tract (often termed – the second brain). Therefore, **if you are not digesting well, not assimilating and utilizing your nutrition properly, your brain will not function well.** You may

have insomnia, anxiety, depression, fatigue, etc.

I read a book review in the "Townsend Letter," Feb/March 2010, Issue #319/320, pg. 98 on "The Depression Cure: The 6-step Program to Beat Depression Without Drugs," by Stephen S. Ilardi, PhD. I liked the concept of this book and intend to read it soon. Perhaps you all will beat me to it. It appears to be a very common sense approach to healing depression in a step-by-step process involving diet, exercise, positive people and positive attitude in one's life.

Recently, there have also been research studies showing simple botanicals impact anxiety disorders and anxiety/depression syndromes. In "Alternative Medicine Review," Volume 14, number 3, 2009, pages 298 and 299, there are two abstracts published on these topics.

In the Journal of Clinical Psychopharmacol 2009, "A randomized, double-blind, placebo-controlled trial of oral *Matricaria recutita* (chamomile) extract therapy for generalized anxiety disorder" concluded that  
"chamomile may have... anxiolytic activity in patients with mild to moderate generalized anxiety disorder."

Drinking chamomile tea is very soothing, is considered an anti-inflammatory, and is stimulating to the immune system. Herbalists have used

chamomile for centuries to calm the nervous system.

Also in ...Psychopharmacol 2009, a study entitled, "The Kava Anxiety Depression Spectrum Study (KADSS): a randomized, placebo-controlled crossover trial using an aqueous extract of *Piper methysticum*," was published and the abstract printed in the "Alternative Medicine Review," Volume 14. The short version of this is that,

"Kava appears equally effective in cases where anxiety is accompanied by depression." "The aqueous Kava preparation produced significant anxiolytic (anti-anxiety), and antidepressant activity and raised no safety concerns at the dose and duration studied."

The study lasted 3 weeks, and individuals consumed 5 Kava tablets a day containing 250 mg. of kavalactones/day.

I leave you with some thoughts on this. Take care of yourselves and be gentle with yourselves. **There are often simple answers to your concerns, which are much safer and healthier in the long run.**

As we go into the promise of a beautiful spring and summer, be safe, be well and take care of one another, especially our children.

In Health,  
**Dr. Letitia Dick**

## SHARING EXPERIENCES:

Remember that eating our food intolerances can have a dramatic effect on our moods as well as other symptoms we discuss, *ad infinitum*.

## THE VALUE OF OUR REFLECTIONS AND VISIONS

*By Sandra Strom, CEO of Song of Health*

On March 23, 2007 our Webmaster, Shawn Murphy, made a live online test run of Song of Health.com for the first time, with intent to verify that everything was good to go. In that short window of time, however, our first Subscriber - Debbie D. – somehow managed to register. Then, because it wasn't fine tuned yet, the website crashed. Shawn, Master of Magic, scrambled to determine the issue, but it took working through to the next day, along with our website hosting company, to get the kinks worked out. During those crazy hours Debbie was caught in an infinite loop, unable to access Song of Health. Imagine how we felt for her!

The cost of the only available original subscription to Song of Health was \$10.00 for one month. We were able to offer a unique service, the first of its kind on line, with visions of building a profound resource by providing updated information on many related subjects, and by utilizing constructive feedback from our Song of Health Subscribers. We knew we were testing an uncharted market and, hoping to encourage interest, charged next-to-nothing for the monthly subscription, thus, pretty much working for free.

One of my initial duties was to contact doctors from across the U.S. and Canada who were applying the Carroll Food Intolerance methods as a segment of treatment with their patients. Together, we would build a powerful support group and educative medium, working to help make Dr. Harold Dick's vision become a reality -

-- that every child would be "tested" for their food intolerances prior to starting school.

Just 3 years ago, when Song of Health became a reality, the number of [Naturopathic] physicians that we knew of who were willing to utilize the successful results of applying the Carroll methods was, at best, minimal. Every year though, as our Doctors "Tish" and "Jared" educate more and more Naturopathic students and physicians through their school, *The Carroll Institute of Natural Healing*, the numbers of doctors making the Carroll Food Intolerance Evaluations available to their patients increase. This is heartwarming, as the synergistic circle develops!

Today, we have Naturopaths from New York to Washington, and Canada to Arizona who have their patients evaluated, and they are referring their patients to Song of Health as the recognized professional, reliable information and interactive resource. But the work is never finished, as we continue to work toward having all Naturopaths understand the value of having their patients evaluated for food intolerance. This is no little feat, as the Carroll methods, in concurrence with other Traditional Naturopathic methods, is not currently part of the curriculum in the Naturopathic colleges (see the May 2009 article "Green Allopaths versus Traditional Naturopaths - What is The Controversy Among Naturopathic Physicians?"). Thanks to the untiring efforts of Dr. Tish Dick and Dr. Jared Zeff, they are making this education a reality for other Naturopaths.

***How has Song of Health changed throughout the past three years?***

- ✦ As our work continues the Archive of Articles bulges with even more exclusive informative pieces, boasting exclusive articles by our renowned Naturopaths.
- ✦ The Forum continues to grow with questions and comments submitted by you, the Subscribers.
- ✦ The Recipes section has greatly improved, with ingredients now categorized for food intolerances, a complete linked index available, recipes continually being added, and pictures of some recipes included.
- ✦ The Food Resource List of products evaluated for hidden ingredients has become a huge, 2-part, must-have resource.
- ✦ The Food Substitutions List received a do-over: More alternatives have been added, and it is now in an improved easy-to-use table form.
- ✦ Plus, several new page additions, such as The Food Consumption Journal have been included.

So, we've come a long way, Baby! We are now able to offer a full-fledged information resource, having morphed into an annual subscription service. It is no longer feasible to offer all that you have access to for a lesser subscription period. Our hope is that you are becoming comfortable at accessing all that is offered at Song of Health; that adapting your eating habits in order to refrain from your food intolerances becomes easier; that buying and cooking is no longer a frustrating chore that you resent and regret.

*On this, the 3<sup>rd</sup> Anniversary celebration of Song of Health, we express our appreciation to you all. We wish you...Great Health ~ Great Life!*

***"Every dis-ease known to humans is created in our digestion system" (Dr. Harold Dick, N.D.)***



### ***What are Song of Health's visions for our future?***

We look forward to eventually becoming a "data-based" website. (Currently we are in "html" format.) This will give us the opportunity to create a "search" mode for you, facilitate us entering all the new information, and aid you in finding it all even more easily. For now, we continue to make sure the information furnished to you is accurate and timely, and is clearly easy to find.

We want you to always feel comfortable with contacting us whenever you have a question, comment, suggestion. This is your resource --- we are here for you. We evaluate everything you offer and determine what best action to take for the highest good of all.

**Thank you, dear Subscribers, for your support and the gratitude you have expressed with the Song of Health Team, and that you share your personal concerns with each other.** Together, we are a strong tribe, a powerful community, not only helping each other but able to help others who feel confused, afraid and hopeless. Together, we gift each other the power to share our experience, strength and hope with those in need.

*To All My Relations, **Sandra***

## NEW RECIPES

### IN THE RECIPES SECTION FOR SUBSCRIBERS ONLY:

- ✦ **The ingredients in each recipe are coded for food intolerance items.**
- ✦ **A Table of Contents** is in the front of the Recipes section and in each Recipes category (i.e., Beans, Vegetables, etc.), and includes links for each recipe.
- ✦ **An Index, listing all the recipes in alphabetical order**, is located in the front of the Recipes section, and is easily accessible from every Recipes page.
- ✦ We continue to add cooking and baking tips in order to help and teach you how to easily adapt recipes, to prepare meals easily and sometimes quickly, and to help you enjoy cooking!
- ✦ **WE INVITE YOU TO SHARE YOUR SUGGESTIONS, RECIPES, COMMENTS AND CONCERNS.** Please go to [The Forum](#) and post in the Recipes section, or contact us at [manager@songofhealth.com](mailto:manager@songofhealth.com).

~ *Always use organic products whenever possible.*

~ *We recommend you use Celtic sea salt, which is Neutral and pure.*

✦ See the [Food Substitutions List](#) for easy alternatives to adapting your favorite recipes.

### KEY FOR CODES

|   |       |  |    |           |
|---|-------|--|----|-----------|
| D | Dairy |  | Ms | Mine Salt |
| E | Egg   |  | P  | Potato    |
| F | Fruit |  | Sf | Seafood   |
| G | Grain |  | Ss | Sea Salt  |
| H | Honey |  | S  | Sugar     |
| M | Meat  |  | Sy | Soy       |

**REMEMBER TO: REFER TO THE [FOOD SUBSTITUTIONS LIST](#) FOR ALTERNATIVES AND THE [FOOD RESOURCE LIST](#) FOR HIDDEN INGREDIENTS.**

Spring may be here, but it is still chilly in my neck of the woods. So, this month we are sharing several ways to make delicious tasting beans.

Beans, although not a complete source of protein on its own (does not contain all the essential amino acids), may be served with grains, nuts, or seeds to furnish the required completed protein chain. In this combined way, beans are a great protein substitute for meat or dairy products. Rice and beans served together, for example, provide a complete source of protein. Or, serve beans with cheese (a complete protein source), corn bread, or a salad with nuts and/or seeds. If you prefer to include meat, add a small amount to your beans, such as ground beef or turkey, chicken, or stew meat. What a great economical and healthy way to feed the family!

### COOKING AND PREPARATION TIPS:

- ✦ To make beans more easily digestible: Add fennel seed or its relative, cumin, to beans when cooking, to aid in removing the "toots!" Another trick is to add a tablespoon of baking soda to beans and water, bring to a boil, then drain, rinse, and continue with cooking instructions. Note: This method may cause some of the nutrients to be reduced.
- ✦ To easily remove garlic skins: Cut garlic in half, then smash with flat side of knife. Skins will easily come off. Also, smashing the garlic will bring out its flavorful juices.

- \* Adding a couple drops of liquid smoke to the liquid will give the beans a wonderful flavor, especially when not using meat.
- \* Try different beans with each of the recipes. Experiment! You can't go wrong, so long as you don't burn 'em!
- \* Vegetable broth may be used in place of some of the water.  
*Hint:* When steaming vegetables, save the liquid to use for cooking beans or sauces.
- \* **General rule for amount of beans to cook:**  
~ **1/4 cup uncooked beans per person.**
- \* Beans freeze well. Make extra and freeze for a quick meal at a later date.

## BEANS

### EASY BLACK BEANS

(Contributed by Sandra Strom, CEO of Song of Health)

#### FOOD CATEGORY    **INGREDIENTS**

**D or N**

**1 cup black beans**  
**Water to cover beans**  
**2-3 cloves garlic, coarsely chopped**  
**½ cup onion, chopped**  
**¼ tsp. fennel seed**  
**¼ tsp. cumin seed**  
**¼ tsp. Celtic salt**  
**4 quarts water**  
**2 Tbsp. butter or oil**  
**2 drops liquid smoke**  
**1 tsp. dried episote**

In a medium size pot, place beans and water to cover. Bring to a boil. Immediately remove from stove, drain in a colander, wash, then drain again. Smash chopped garlic with the side of a knife. Put fennel and cumin seeds with the salt in a mortar and pestle. Crush seeds. (Or use already ground fennel and cumin.) Return beans to the pot with the garlic, onion, fennel, cumin, salt, and water. Bring to a boil. Add butter or oil, liquid smoke and episote. Immediately turn down to low and simmer with water barely rolling, until beans are tender, about 2-3 hours. Stir occasionally. Check often and add more water as necessary, to keep from burning and to maintain a broth to cover beans.  
 Note: Black beans tend to soak up a lot of water when cooking.  
*Yield: 2-3 servings.*

## **MEXICAN STYLE SMALL RED BEANS**

(Contributed by Sandra Strom, CEO of Song of Health)

*This recipe is food intolerance free!*

### **FOOD CATEGORY    INGREDIENTS**

**2 cups small red beans**  
**Water to cover beans**  
**5 large cloves garlic, coarsely chopped**  
**2 stalks celery, sliced in ¼ inch thick pieces**  
**¾ – 1 large onion, coarsely chopped**  
**½ cup oil**  
**1 Tbsp. cumin seed, ground with 1 tsp. Celtic Salt**  
**1 Tbsp. episote and pinch of rubbed sage *or* 1 Tbsp. sage**  
**1 Tbsp. oregano (prefer Mexican)**  
**1 tsp. summer savory**  
**1 whole bay leaf**  
**1 small hot red chili pepper, finely diced (use 2 for medium heat, 3 for hot)**  
**2 quarts water, to start**  
**¼ cup fresh cilantro, chopped**  
**¼ tsp. liquid smoke**

Rinse beans to remove any dirt. In a large pot add beans and enough water to cover beans.

Bring beans to a boil. If desired, add 1 tsp. baking soda (see Cooking and Preparation Tips above).

Remove beans after boiling for about 30 seconds. Drain and rinse, then drain again.

Prepare the garlic, celery, and onions.

In the cooking pot, add oil and heat to medium high.

Add the garlic, celery, and onions. Stir well, being careful not to burn. Cook until soft and the onions are translucent.

Stir in the chili pepper and all the herbs except cilantro.

Add beans and water. Bring to a boil, then turn down to simmer.

Add cilantro and cover.

Cook 3-4 hours, until beans are tender.

Check beans often and stir, adding more water as necessary to keep beans covered.



*Yield: 4 servings.*

### ***VARIATION:***

✦ Substitute other red beans, pink, or small white beans for the small red beans. Cook until tender.

### MEXICAN STYLE BAKED RED BEANS

Preheat oven to 250 degrees.

**FOOD CATEGORY**   **INGREDIENTS**

**H**

- 4 cups cooked Mexican Style Small Red Beans (see recipe above)
- 1 cup reserved liquid from beans, or add water to make enough
- ½ cup maple syrup
- ½ cup honey
- 1 tsp. mustard seed, ground

Place cooked beans in a large glass baking dish.

In a medium saucepan add remaining ingredients.

Heat to boiling while stirring.

Remove from heat.

Pour over beans to cover evenly.

Bake for 6 hours, uncovered. Add water or liquid from beans to keep moist, if necessary.

*Yield: 4-6 servings.*

### SIMPLE PINK BEANS

*(Contributed by Sandra Strom, CEO of Song of Health)*

**FOOD CATEGORY**   **INGREDIENTS**

**D or N**

- 2 cups pink beans
- Water to cover beans
- 2-3 cloves garlic, coarsely chopped
- 2 Tbsp. butter or oil
- 2-3 drops liquid smoke
- 2 quarts water to start
- ½ tsp. Celtic salt, or to taste

Rinse beans to remove any dirt. In a large pot add beans and enough water to cover beans.

Bring beans to a boil.

Remove beans after boiling for about 30 seconds. Drain and rinse, then drain again.

Return beans to pot.

Smash chopped garlic with the side of a knife.

Add garlic and remaining ingredients to beans in pot.

Turn on high until water begins to boil, then immediately turn down to low.

Simmer beans with water softly rolling, until beans are tender, stirring occasionally.

Pink beans cook quicker than most, and may only take 1-1/2 hours for beans to be done.

*Yield: 4-7 servings.*

*Shown: Simple Pink Beans  
served with Corn Meal Biscuits*



## BISCUITS, BREADS AND CRACKERS

### WHOLE GRAIN BAKING POWDER BISCUITS

(Contributed by Sandra Strom, CEO of Song of Health)

Preheat oven to 450 degrees.

#### **FOOD CATEGORY    INGREDIENTS**

|          |                                       |
|----------|---------------------------------------|
| <b>G</b> | <b>2 cups whole wheat white flour</b> |
|          | <b>2 tsp. baking powder</b>           |
|          | <b>½ tsp. salt</b>                    |
|          | <b>2 Tbsp. oil</b>                    |
|          | <b>2/3 cup milk</b>                   |

Mix dry ingredients in a bowl.

With a fork or fingers, cut in the oil. Dough should resemble crumbles the size of peas. Stir in milk.

Turn out on a floured board and gently knead until the dough will make a ball.

Roll or pat dough out to ¾ inch thick.

With a glass or biscuit cutter, cut out biscuits. Or, cut in squares with a knife.

Place on an ungreased baking sheet, spacing close together for soft biscuits, or a couple inches apart for more "crusty" biscuits.

Bake for 12-15 minutes, until golden brown and biscuits sound hollow when tapped.

Remove from baking sheet immediately and place in serving basket or on platter. Cover with a clean cotton towel.

Serve immediately.

*Yield: Approximately 8-10 biscuits.*

### CORN MEAL BISCUITS

(Contributed by Sandra Strom, CEO of Song of Health)

Preheat oven to 400 degrees.

#### **FOOD CATEGORY    INGREDIENTS**

|          |                                                                         |
|----------|-------------------------------------------------------------------------|
| <b>G</b> | <b>1-1/2 cups whole wheat flour</b>                                     |
| <b>G</b> | <b>½ cup coarse corn meal</b>                                           |
|          | <b>2 tsp. baking powder or substitute (see Food Substitutions List)</b> |
|          | <b>½ tsp. salt</b>                                                      |
|          | <b>2 Tbsp. oil</b>                                                      |
|          | <b>1 tsp. maple syrup</b>                                               |
| <b>D</b> | <b>2/3 cup milk</b>                                                     |

In a mixing bowl, place dry ingredients. Mix well.

Quickly add oil and maple syrup. With a fork or fingers, cut into dry ingredients.

Add milk and mix well.

Turn out on a floured board and knead slightly, until a moist ball can be formed. More flour may need to be added.

Roll out to ¾ inch thick.

Cut out biscuits approximately 2 inches in diameter.

Place on an ungreased baking sheet.

Bake 15-20 minutes, or until brown and biscuits sound hollow when tapped.

Remove from baking sheet immediately, place in a basket or on a platter, covered with a clean cotton cloth. Serve immediately.

*Yield: Approximately 8 biscuits.*

## MAIN DISHES

### DOVER SOLE WITH BALSAMIC VINEGAR AND CILANTRO

(Contributed by Sandra Strom, CEO of Song of Health)

| <b>FOOD CATEGORY</b> | <b>INGREDIENTS</b>                          |
|----------------------|---------------------------------------------|
| <b>Sf</b>            | <b>½ lb. Dover Sole fillets, per person</b> |
| <b>G</b>             | <b>2 Tbsp. rice flour (optional)</b>        |
| <b>F</b>             | <b>1 Tbsp. Balsamic vinegar</b>             |
|                      | <b>¼ cup oil</b>                            |
|                      | <b>1 tsp. fresh cilantro, chopped</b>       |

Remove any skin from fish fillets and rinse.

If using the rice flour to dust the fish, put it in a paper sack.

Place fish fillets, one at a time, in the sack and shake until coated (dusted) with the flour.

Place on a platter.

Repeat until all the fish is dusted and put on the platter.

Sprinkle the vinegar over the fish.

Heat the oil to medium high in a cast iron skillet, or skillet of choice.

Place the fish evenly in the skillet.

Sprinkle the cilantro over the fish.

Fry fish for 3 minutes, at most, (depending on thickness of fillets) until golden brown.

Turn over and brown.

With a slotted spatula, quickly remove fish from skillet and place on serving platter. Lightly salt.

Serve immediately.



Shown: Dover Sole with Balsamic Vinegar and Cilantro served with Brussels Sprouts and Mushrooms in Garlic Cheese Sauce

## VEGETABLES

### BRUSSELS SPROUTS AND MUSHROOMS IN GARLIC CHEESE SAUCE

(Contributed by Sandra Strom, CEO of Song of Health)

| <b>FOOD CATEGORY</b> | <b>INGREDIENTS</b>                   |
|----------------------|--------------------------------------|
|                      | ½ lb. brussels sprouts               |
|                      | Water to steam                       |
|                      | 1 cup mushrooms                      |
|                      | 1-2 cloves garlic, to personal taste |
| <b>D or N</b>        | 2 Tbsp. butter or oil                |
| <b>G</b>             | 2 Tbsp. rice flour                   |
| <b>D</b>             | 1 cup milk                           |
| <b>D</b>             | ½ cup white cheddar cheese, grated   |
|                      | Salt, to taste                       |

Wash brussels sprouts and discard discolored leaves.

Place in steamer pot and steam until almost tender, but not quite.

Clean mushrooms and slice or chop.

Finely dice, then smash (crush) garlic using the flat edge of a knife.

On medium high heat melt butter or heat oil. If using butter, clarify by skimming fat solids from the top with a spoon.

Add mushrooms and garlic. Sauté until garlic is soft.

Stir in flour, making a "roux."\*

Slowly add milk, then cheese and stir constantly until thickened.

Salt to taste, if desired. (Hint: Generally the cheese has salt in it, so more salt may not be needed.)

Remove from heat.

Stir in the brussel sprouts.

Serve immediately.

*Yield: 2-3 servings.*

## FOOD RESOURCE LIST UPDATES

THE FOOD RESOURCE LIST ON THE WEBSITE IS AVAILABLE IN PRINTABLE VERSION.

Use the codes below to translate the Results Column.

### KEY FOR RESULT CODES

|            |                    |  |             |                        |
|------------|--------------------|--|-------------|------------------------|
| <b>A =</b> | <b>Bad for All</b> |  | <b>Ms =</b> | <b>Mine Salt</b>       |
| <b>D =</b> | <b>Dairy</b>       |  | <b>N =</b>  | <b>Neutral for All</b> |
| <b>E =</b> | <b>Egg</b>         |  | <b>P =</b>  | <b>Potato</b>          |
| <b>F =</b> | <b>Fruit</b>       |  | <b>Sf =</b> | <b>Seafood</b>         |
| <b>G =</b> | <b>Grain</b>       |  | <b>Sy =</b> | <b>Soy</b>             |
| <b>H =</b> | <b>Honey</b>       |  | <b>S =</b>  | <b>Sugar</b>           |
| <b>M =</b> | <b>Meat</b>        |  |             |                        |

### HOW TO READ THE FOOD RESOURCE LIST AND USE THE KEY:

- \* As items are submitted and analyzed by our staff doctors, they are then added to the Food Resource List on the *Song of Health* website. We compile the updated lists to email to you as well.
- \* The items are listed per category.
- \* By listing the **"Date Evaluated"** you can be assured of the most recent updates.
- \* Under the **"Evaluated For"** column, **"ALL"** signifies that the product has been analyzed for all food categories included in the Carroll Food Intolerance Evaluation Method. In some cases, you will see ingredients listed in the **"Results"** column that are not included in "Evaluated For." This is because the ingredient has been listed on the packaging, or it is obviously in the stated category. For example, results for milk will be "dairy (D)."
- \* Under **"Purchased At"** we furnish where the product was purchased, whenever the information is available, in the newsletter. **(Most brand foods considered "natural" or organic products may be found at your local natural foods stores.)** We are not able to show the "Purchased At" column on the website, however. **IN MOST CASES THE PRODUCTS ARE AVAILABLE IN OTHER STORES ALSO.**

If you have any questions, please contact us at: [manager@songofhealth.com](mailto:manager@songofhealth.com).  
We are happy to help!



#### IMPORTANT CHANGES: Under...

~ **CHIPS AND CRACKERS**, the entry: Alvarado Street Bakery Sprouted Wheat Soft Tortilla 02/07 F,G has been removed. Per Dr. Tish, it is not a chip or cracker, and the Alvarado Bakery products have been "testing" positive for grain and, in a product or two, for sea salt *only*. It does not contain fruit or potato, which is often an issue with grain products. It is listed under "Tortillas" as Alvarado Street Bakery Sprouted Wheat Tortillas (Burrito size), and in May '08 it "tested" positive for grain only. Now that's good news for the "fruit" people!

~ **PASTA**, all of the Tinkyada products **DO NOT** contain potato. Our apologies for this error.

**FOOD RESOURCE LIST UPDATES**  
**APRIL 2010**

| <b><u>FOOD EVALUATED</u></b>                              | <b><u>DATE EVALUATED</u></b> | <b><u>EVALUATED FOR</u></b> | <b><u>RESULTS</u></b> | <b><u>PURCHASED AT</u></b> |
|-----------------------------------------------------------|------------------------------|-----------------------------|-----------------------|----------------------------|
| <b><u>BREAD:</u></b>                                      |                              |                             |                       |                            |
| Dave's Killer Good Seed Spelt                             | 03/10                        | F,P,S                       | G,P,S                 | Fred Meyer,<br>Whole Foods |
| <b><u>CEREALS - COLD:</u></b>                             |                              |                             |                       |                            |
| Arrowhead Mills Sweetened Shredded Wheat Bite Size Cereal | 03/10                        | D,F,P                       | F,G,S                 | Yokes                      |
| Nature's Path Heritage O's                                | 03/10                        | ALL                         | G,H,P,S               | Safeway,<br>Huckleberry's  |
| <b><u>CEREALS - HOT:</u></b>                              |                              |                             |                       |                            |
| Bob's Red Mill Organic Creamy Rice Brown Rice Farina      | 03/10                        | E,F,P,S,Sf,Sy               | G                     |                            |
| Bob's Red Mill 5 Grain Rolled Hot Cereal                  | 03/10                        | E,F,P,S,Sf,Sy               | G                     |                            |
| Trader Joe's Organic Oats and Flax Instant Oatmeal        | 03/10                        | D,F,P,S                     | G,S,Sf                | Trader Joe's               |
| <b><u>CHEESE:</u></b>                                     |                              |                             |                       |                            |
| Dubliner Irish                                            | 03/10                        | P,Sy                        | D                     | Costco, Safeway            |
| Emmentaler Switzerland Swiss                              | 03/10                        | E,F,P,S,Sf,Sy               | F,P,Sf                |                            |
| Genuine Port Salut French Semi Soft (orange wheel)        | 03/10                        | E,F,P,S,Sf,Sy               | D,F                   |                            |
| German Butterkase Kose                                    | 03/10                        | E,F,P,S,Sf,Sy               | D                     |                            |
| Italian Parnassian Reggiano                               | 03/10                        | E,F,P,S,Sf,Sy               | D                     |                            |
| Jarlsberg (at Costco)                                     | 03/10                        | F,G,P,S,Sf                  | D,F,P,Sf              | Costco                     |
| Mt. Vikos Authentic Greek Traditional Feta                | 03/10                        | E,F,P,S,Sf,Sy               | D                     |                            |
| Soignon Plain Fresh Goat (Couturier Soft Cheese)          | 03/10                        | E,F,P,S,Sf,Sy               | D                     |                            |
| Tillamook Deli Sliced Swiss                               | 03/10                        | F,P,S,Sf                    | D,M,Ms,P,Sf           |                            |
| <b><u>CHIPS AND CRACKERS:</u></b>                         |                              |                             |                       |                            |
| Barbara's Bakery Rite Lite Rounds                         | 03/10                        | ALL                         | D,E,F,G,H,P           | Fred Meyer                 |
| <b><u>COFFEE AND ALTERNATIVES:</u></b>                    |                              |                             |                       |                            |
| Allegro Coffee Organic Espresso Bel Canto                 | 03/10                        | F,P,S                       | N                     | Whole Foods                |
| Singing Dog Vanilla Organic Ground Vanilla                | 03/10                        | F,P,S                       | F                     | Whole Foods                |
| <b><u>COOKIES AND TREATS:</u></b>                         |                              |                             |                       |                            |
| Dandies Vegan Air Puffed Marshmallows                     | 03/10                        | D,E,F,P,S                   | F,G,S,Sf,Sy           | Huckleberry's              |
| <b><u>GRAINS:</u></b>                                     |                              |                             |                       |                            |
| Lundberg Organic Brown Rice                               | 03/10                        | F,M,S                       | F,G                   | Huckleberry's              |

| <u>FOOD EVALUATED</u>                                 | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>PURCHASED AT</u>        |
|-------------------------------------------------------|-----------------------|----------------------|----------------|----------------------------|
| <b><u>HONEY:</u></b>                                  |                       |                      |                |                            |
| Naturally Preferred Clover                            | 03/10                 | ALL                  | H,S            | Fred Meyer                 |
| <b><u>JUICES AND DRINKS:</u></b>                      |                       |                      |                |                            |
| Kirkland Brand Orange Juice                           | 03/10                 | ALL                  | F,S            | Costco                     |
| <b><u>MEATS AND MEAT BOUILLION:</u></b>               |                       |                      |                |                            |
| Eating Right Raw Chicken Thighs                       | 03/10                 | ALL                  | M              | Safeway                    |
| <b><u>NUTRITIONAL SUPPLEMENTS:</u></b>                |                       |                      |                |                            |
| Gaia Herb Phyto Caps<br>Eleuthero Root                | 03/10                 | F,G,P                | F,G            | Super Supplements          |
| <b><u>OILS:</u></b>                                   |                       |                      |                |                            |
| Spectrum Organic Shortening                           | 03/10                 | ALL                  | ALL            | Huckleberry's              |
| <b><u>PASTA:</u></b>                                  |                       |                      |                |                            |
| Koyo Organic Udon Asian Pasta                         | 03/10                 | E,F,P,S,Sf,Sy        | G              |                            |
| <b><u>PREPARED FOODS AND MIXES:</u></b>               |                       |                      |                |                            |
| TJ's Premium All Natural Sweet<br>Potato Fries        | 03/10                 | ALL                  | F,P            | Costco                     |
| <b><u>SALT:</u></b>                                   |                       |                      |                |                            |
| Kirkland Pure Sea Salt                                | 03/10                 | ALL                  | Ms,P,Ss        | Costco                     |
| <b><u>SEASONINGS AND SPICES:</u></b>                  |                       |                      |                |                            |
| The Spice Hunter Salt Free<br>Mexican Seasoning Blend | 03/10                 | F,G,P                | F,G            | Rosauers                   |
| <b><u>SOUPS:</u></b>                                  |                       |                      |                |                            |
| Imagine Organic Beef Broth                            | 03/10                 | ALL                  | G,M,Ms,P       |                            |
| <b><u>TOMATO PRODUCTS:</u></b>                        |                       |                      |                |                            |
| Fred Meyer Tomato Puree                               | 03/10                 | ALL                  | F,Ms           | Fred Meyer                 |
| Private Selection Organic<br>Tomato Paste             | 03/10                 | F                    | F,Ms,P         | Fred Meyer                 |
| Private Selection Tomato Paste                        | 03/10                 | ALL                  | N              | Fred Meyer                 |
| <b><u>VEGETABLES:</u></b>                             |                       |                      |                |                            |
| Taylor Farms Sugar Snap Peas                          | 03/10                 | ALL                  | N              | Safeway                    |
| <b><u>YOGURT:</u></b>                                 |                       |                      |                |                            |
| Fage Total All Natural Greek<br>Strained Yogurt       | 03/10                 | F,P,S                | F              | Whole Foods,<br>Fred Meyer |
| Fage Total 2% Authentic Greek<br>Strained Yogurt      | 03/10                 | F,P,S                | F              | Whole Foods,<br>Fred Meyer |



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