



## **DRAGONFLY NEWS**

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

**APRIL 2011**

**4<sup>TH</sup> ANNIVERSARY ISSUE**



**PLUM BLOSSOMS IN THE APRIL SHOWERS**

*Photo by Sandra Strom*

**Welcome Subscribers, to *Dragonfly News*.** This is our 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 on the icon at 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](mailto: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*; Food Intolerance Consultant  
Dr. Letitia Dick, N.D., Staff Doctor  
Dr. Jared Zeff, N.D., Staff Supporting Doctor  
Dr. Caryn Potenza, N.D., Staff Supporting Doctor  
Shawn Murphy, *Song of Health* Webmaster and Graphics Designer

*On Behalf of The Song of Health Team, we want to thank all of you for being a part of this great movement to avoid our food intolerances, eat healthy, and...  
To Achieve Great Health...Great Life*

**IT HAS BECOME TRADITION TO HONOR OUR CURRENT SUBSCRIBERS  
ON OUR ANNIVERSARY WITH  
1 FREE WEEK ADDED TO YOUR SUBSCRIPTION AT YOUR REQUEST.**

*To receive your free week,  
[please click here to contact us at manager@songofhealth.com.](mailto:manager@songofhealth.com)  
Just ask for your free additional week and  
it will be automatically added to your subscription renewal date.  
(Your subscription must be current)*

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

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- ✂ **FOOD RESOURCE UPDATE:** April 2011

**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 methods, constitutional

hydrotherapy and other important methods of the traditional Nature Doctors.

**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](mailto:manager@songofhealth.com).*

Song of Health.com actively promotes physicians and professionals who support our work, and companies who act with integrity and are honest about their products and services.

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## **WEBSITE CHANGES AND NOTICES**

✂ **Sea Salt is not a food intolerance category and will no longer be listed under Results in The Food Resource List for new entries.** Where it has been listed before will remain the same for convenience sake. You are welcome to [contact me](#) if you have any questions.

### **✂ ARE YOU SIGNED UP ON THE ALERT LIST YET? ✂**

Stay notified of new posts in The Forum and emails sent to us regarding all of your family's personal food intolerances. **To be on the list [contact us at manager@songofhealth.com](#).**

### **WAYS TO SAVE \$\$ ON YOUR NEXT SUBSCRIPTION RENEWAL:**

#### **✂ GIVE AND YOU SHALL RECEIVE! ✂**

- **Refer a new subscriber and receive an additional 10% off your next renewal!**

To receive your coupon email [manager@songofhealth.com](mailto:manager@songofhealth.com) and tell us the name of the person you are referring. Once they subscribe, you will receive your 10% discount. It's that easy!

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**If you need help or have any questions, feel free to [contact us](#).**



## **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](mailto: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](mailto: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.

## QUESTIONS ASKED AND ANSWERED:

### Questions emailed to us:

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

**From Ellen:** Any ice cream good for potato starch intolerance? Breyers Vanilla Bean used to be okay on your list but now it is not. Thanks, *Ellen*

**Reply from Sandra:** Hi Ellen, I haven't found one yet that is potato-free. It's the guar gum, dang it anyway! If you find one without guar, please email me the ingredients listed in the product. Ice cream maker for homemade is the answer. It's on my "must have" list. In health, *Sandra*

**From Ellen: 1.** A lot of the brands that you test, I cannot find in NY. Do you have plans to test other more common brands?

**Reply from Sandra:** The foods that are listed in The Food Resource List are either ones that have been submitted by patients and Song of Health Subscribers for evaluation, or from what Doctors Tish and Potenza have analyzed for themselves. I realize that most of the foods come from the Northwest, however, many of the brands are nationally available. If there are products in your area that you need to know if they are safe for you, it is recommended that you purchase and submit for evaluation (or get a sample from someone who already has the product!).

**Ellen: 2.** I noticed Vans Waffles were on your list as okay to eat with potato intolerance. I went to go purchase them & found 2 versions: Lite & Organic with Vitamin Booster. One had enriched flour & the other had guar gum & xanthum gum. Can

you check for me & email me the exact name on the box of which one is okay, 'cause when I read the ingredients it looked like both were not okay, unless I have the wrong box.

**Sandra:** I would not trust eating it if it says both guar and xanthum gum, without having the current product evaluated. Note that the product listed was evaluated in 2007 - 4 years ago, and we don't know everything it was evaluated for. The enriched flour sounds suspicious also.

Just a thought: I make my own waffles and it's really quite simple and doesn't take much time. My mother makes her batter the day before (she uses a yeast recipe I gave her), lets it rise, then stirs it and refrigerates it until the next morning, covered. First thing, she takes it out to warm up in the room a little before using it. I'm not so organized --- As I'm potato intolerant and fruit/sugar combo, I like to make mine without yeast and use baking soda instead. (Western Family brand is neutral.) It does help to let the batter sit for awhile, to build "bubbles," but it's not necessary to still have a great tasting waffle. If you make a big batch, you can freeze the uneaten ones for a later time. They can be popped in the toaster to reheat, if desired.

**For waffle recipes at Song of Health, click on: [WAFFLES](#).**

**Ellen: 3.** I was so happy to see more cereals which I have purchased, & especially Trader Joe's Oats & Flax Instant Oatmeal. Also thrilled to see 2 SOUPS on your list.... Pacific & Imagine Creamy Tomato. Can you add to your "to do list" to test for more soups in the future?

**Sandra:** As noted earlier, most foods are submitted by Subscribers and patients, and this is what our List is compiled of. It is a very

time consuming process for our doctors to evaluate products, so it is kept to paid requests.

**Ellen: 4.** I hate whole wheat pastas. Are there any whole grain pastas that are okay to eat?

**Sandra:** I love Tinkyada Rice pastas. You'll note that all their products are free of potato, and many are just Grain. (For those who are gluten conscious, they are wheat-free.) They tend to cook quicker than wheat, so be careful not to overcook. I love the fettuccini and small macaroni! Also, you might enjoy quinoa pasta - See those listed.

**Ellen: 5.** Any cookies or crackers that are okay to eat?

**Sandra:** Ryvita Crispbread Sunflower Seeds & Oats is on the List and is potato free. Check The List for cookies and treats...there's a few that are safe. Also, check out recipes!

**Ellen: 6.** You had Ezekiel Raisin & Cinnamon Bread was okay & now it does not appear on The List. I see that the Wheat is okay but cannot find anywhere - only the Sprouted Wheat which is on The List as not okay.

**Sandra:** It was most likely removed, as it was old and not enough information was available to be of any real use. As you'll see, the older evaluations, in 2007, did not include what the product was evaluated for, just the results. This is because the doctors did not keep that information until Song of Health came into being and I requested that it be complete, to be of the obvious greatest benefit. I'm guessing that they are using potato-derived yeast in the Ezekiel breads and that is the reason for the potato results. Food For Life produces it and you'll see that the Food For Life brand is also positive for potato. Personally, I have a problem with every bread I've found on the market, unless I choose to refrain from fruit for the day and eat a bread with sugar-derived yeast. That is why I make my own sour dough bread and avoid it all whenever possible. I've learned to otherwise use baking soda for quick bread-type food. Hope that helps some.

*Sandra*

**Ellen:** Thanks a lot. Trying to be good but starving.

**Sandra:** Fresh vegetables, fruits, seafood, some meats, some cheeses, yogurt, is potato-safe! Somehow, I never starve. I eat a lot - it also shows!

**From Jada:** Hi Sandy, I posted a question about cross-contamination in The Forum, and have another question about the same, but slightly different topic.

I am wondering if dried beans and rice can be rinsed thoroughly enough to make them no longer cross-contaminated by fruit and potato derivatives. Has this been tried before? Also in the same vein, I am wondering about my Champion juicer. I bought it second-hand last year, and have since used it a handful of times to juice fruits and veggies. Is it possible that I wouldn't be able to clean it well enough to get all of the "fruit" off of it and cause problems with my intolerances? How about rigid plastic reusable containers (Glad and Ziploc and Ball brands) that have had a variety of different types of food stored in them? Will I run the risk of cross-contamination if I use them?

Well, shoot! This makes me think of my grain grinder - if I used fruit-contaminated grains in the past (I have no idea if I have), will my grinder contaminate my grains from here on out? I can't afford to replace the larger appliances, small plastic containers I can replace but don't want to if I don't have to!

Thank you for your help. I really appreciate being able to find answers to some of my questions in the forums. *Jada*

**Reply from Sandra:** Good morning Jada, With your kitchen equipment, i.e. juicer, grinder, I would wash them as thoroughly as you can, or wipe the grinder down as best you can. You should be ok then. If you're not able to take the grinder apart in order to clean the inner parts, I would suggest running a small batch of uncontaminated grain through it, then discarding that batch. That will most likely scrape the grinder enough to collect residue that would otherwise bother you.

Regarding plastic containers and bags: I try to reduce my "carbon footprint" by washing them in soapy water and rinsing. If I'm not able to remove all the residue, then I go ahead and recycle them. I wash the heavier plastic containers in the dishwasher if used. Do that and you should be good, as long as your dishwashing liquids don't contain fruit, etc.! Most of the time, whenever possible, I prefer to store leftovers in glass containers. Further...if you look in The Food Resource List, you'll note that plastic sealable items are one of the items periodically evaluated because some brands will evaluate positive for food intolerance categories, such as potato. If you are using a storage container, then notice that you aren't feeling well after eating the food that was contained, I would definitely either refrain from using the container or have it evaluated.

**Footnote to everyone:** We do the best we can with the knowledge we have acquired in order to refrain from consuming our food intolerances. When we notice a reaction or uncomfortable feeling from something, we avoid it. Our objective is to be clean of the toxins, yet not become obsessed to a neurosis. Sometimes, it feels like we're going neurotic trying to avoid adulterated foods. The point is we want to feel good so we can be happy!

Hope that helps. You asked great questions that are sure to help many people. In health,  
*Sandra*

**The following was emailed by Sandra to all Subscribers:** Hello everyone. There has been some confusion in the past, admittedly on my part, regarding sea salt. As you'll note, in the Food Categories of food intolerances, sea salt is *not* a category. Seafood is. Somewhere down the road I had thought that some people were sensitive to sea salt and listed under Results in The Food Resource List when applicable.

**This is to notify you that sea salt will no longer be listed in new entries in The Food Resource List, as it is not pertinent**

**to our food intolerance needs.** I'm not going to change what is already there; my hope is this will not confuse any of you.

If you have any questions, you are welcome to [email me](#), or post comments in The Forum. Thank you. In health, *Sandra Strom, CEO of Song of Health; Food Intolerance Consultant*

**From Kim:** But some sea salt has our intolerance in it, right? Hummmm.

**Reply from Sandra:** Hi Kim. Yes, that is correct. So, you will find sea salt that has been evaluated (under SALT) for hidden ingredients. Dr. Tish explained that no one is intolerant to sea salt - it, in itself, is neutral.

**From Andrea:** Sandra, Just curious ... Is there a reason that capital letters are not used at the beginning of sentences in your posts in The Forum. It would read much better if a capital letter was used after a period that ended a sentence. It would also be appropriate to capitalize people's names. Just my opinion, but your information is important, so it should look like it was posted by a professional and reputable source. Thanks for all that you do to help with understanding food intolerances.

Does Dr. Tish ever do public speaking sessions? Is she involved in any scientific research projects? Please advise if you know. Thank you. *Andrea*

**Reply from Sandra:** Hello Andrea, it is a curious symptom of the software program that we have no control over capitalization of letters. Our brilliant webmaster, Shawn, tried to fix that when Song of Health first went live, but to no avail.

Dr. Tish, at this time, is not doing public speaking sessions. She has made public appearances for Natural Healing causes, such as Breast Awareness during October, helping to educate about the benefits of Breast Thermography. She works with Dr. Zeff through their Carroll Institute of Natural Healing to educate other Naturopaths about

the food intolerance evaluations and the other Classical Naturopathic methods. She also guest lectures at the various Naturopathic colleges, by invitation. Along with her daily practice, food product evaluations, and other related work, not to mention her private life, she pretty much uses up a 24 hour day. I'll forward your question to her in case she would like to add anything in response that I may be unaware of. In health, *Sandra*

**Reply from Dr. Tish:** I am currently holding monthly classes at my clinic on various topics. The classes are free and listed on the clinic Facebook page under "Events".

I will be speaking at the KPBX Health Forum April 12<sup>th</sup> in Spokane. This will be a panel of 4 speakers (I am one of the four). It will be

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### **Samples From The Forum:**

**REMEMBER TO GO TO THE FORUM TO  
SHARE - AND ACCESS -  
MORE QUESTIONS AND COMMENTS!**

### **UNDER THE CATEGORY FOOD QUESTIONS:**

**Posted by Bon, 14th March, 2011:** Hi All, I just had my water tested (filtered, from my fridge) and it tested Fruit/Potato. I decided to test it after reading the newsletter from last month where someone had issues with refrigerator water.

I'm bummed but relieved to know one of the things that has been contributing to the way I have been feeling.

I see there are several tested water sources on The Resource List, but I'm wondering if anyone has a method that is more economical (other than tap)? Thanks!

**Posted by Sandra Strom, CEO of Song of Health:** I am on city water (town of 2000 population). it is chlorinated a few times a year, but the source is wonderful soft water. I use a Brita filter pitcher. Takes most all of the chemicals out, the water is

broadcast on radio and videotaped for public TV. The topic is "The Growth of Alternative Medicine."

I am currently working on a presentation for our medical conference in August. I have been selected as a speaker at the AANP convention which is held in Phoenix this year.

I am adjunct faculty at Bastyr University and teach Advanced Constitutional Hydrotherapy every summer.

I have been a faculty adviser for research on the immune stimulating effects of hydrotherapy for HIV patients at Bastyr U. medical clinic. *Dr. Tish*

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great tasting, and it sure beats the cost of other methods.

Anyone had issues with using this method?

**Posted by Robin V Smith:** I like the Glacier water machines at Rosauers, Albertsons & Huck's. It's 39 cents a gallon which is hardly anything. It had been tested too.

**Posted by Bon:** This is what I have been doing this past week, Robin... it works pretty good, but I drink at least a gallon of water a day and want something a little more convenient than filling jugs on a weekly basis .... Goodness knows my grocery shopping is crazy enough with 3 little boys, ha!

I think I will have my tap tested and if all is okay there try the Brita or Pur filter system. Thanks for chiming in!

### **MISCELLANEOUS:**

**Posted by Dawn, 16th March, 2011:** I reviewed The Food Resource List on the Clinic's website and found some items that did not test the same as The Resource List on this site. Should I assume the most recent test date on either site is the one I

should follow? Also, on the Clinic's cite, it customizes it for our individual intolerances. How are the foods tested: on a group of people with similar intolerances or based on a person who sent in food to have tested? If it's the later, from a previous discussion, I understood that is how the list is developed on this website. Please clarify. Thanks much!

**Posted by [Sandra Strom, CEO of Song of Health](#):** Hi Dawn, the items listed at SOH are furnished by Windrose Clinic and is from the exact same list as their website info is coming from. I personally go thru the items with intense scrutiny to verify exact product from possible variations. Always go by most recent test results. Dr. Tish requested that I show previous results as well, so you can see if/how a product may have changed, or if it stays consistent.

Some evaluations are specifically for an individual, in which case their blood sample is used. Others may be provided more generally, so the foods are evaluated with blood samples from known food intolerances, meaning also that several samples must be used for verification. It is a very time-consuming process for our special doctors!

Is there a specific product(s) you have a question about that I may be able to clarify for you? In health, *Sandra*

## **UNDER THE CATEGORY [RECIPES](#):**

### **[Cinnamon](#)**

**Posted by Dawn, 16th March, 2011:**

I understand cinnamon sticks can be ground up to avoid fruit that is found in store brands. If that is correct, what brand of sticks should I buy? Thank you!

**Posted by [Sandra, CEO of SOH](#):** Red Ape Ground Cinnamon is neutral (safe for all). I would feel comfortable using their stick as well.

**Posted by Dawn:** Where can it be purchased?

**Posted by [Sandra Strom, CEO of Song of Health](#):** The closest store to you that I found at the website locator is:

Super 1 Foods #36 (68 miles)  
710 s. 9th Ave., Walla Walla, Wa. 99362

You can also directly from the website at:

<http://www.kestrelgrowth.com/red-ape-cinnamon/>

## **UNDER THE CATEGORY [SPECIFIC FOOD INTOLERANCE DISCUSSIONS](#):**

### **[Washing/Rinsing](#)**

**Posted by Jada Poshusta, 22nd March, 2011:** I am wondering if items such as dried beans/rice can be rinsed to eliminate a cross-contamination of Sugar or Potato? Anyone ever done tests to check? I want to find sources for dried beans. Thank you!

**Posted by [Sandra Strom, CEO of Song of Health](#):** Hello Jada, I'm not sure what you mean by "cross-contamination." Regarding whether you can wash a food intolerance from beans or grains: Generally, I would say no. There are a few reasons why these non-fruit, potato, etc. foods end up evaluating positive for other than what they are, that our doctors have been able to identify: 1) They were processed and packaged in a factory where the other foods were in the same place. 2) The foods were preserved (fruit) or stabilized (potato) with other elements. Although it seems as though you could just wash the beans, for example, and they would then be safe, it is usually not the case. Especially with citric acid (fruit) often used as a preservative, it will tend to seep into the food and contaminate it. 3) The food was wrapped in packaging that included the food intolerance contaminate. Once it seeps into the food, the same issue as above occurs.

Fruit and potato are usually the most common potential contaminants. Sugar may be found in canned goods, but there is no reason for them to use it on dried beans, legumes and grains.

If you were so inclined, you could take the beans or rice, wash them, then submit them for evaluation by our doctors. If you do, be sure to dry them well so they don't mold! In health, *Sandra*

**Posted by Jada Poshusta:** Thanks, Sandra. You answered my question.

### [Fruit/Potato free lip balms](#)

**Posted by Jada Poshusta**

**24th March, 2011:** Are there any commercial options? I am having a friend research formulating something for me, but wonder if there is anything already available. I use a LOT of lip balm and figure I get some amount of fruit from my current brands.

**Posted by Sandra, CEO of SOH:** Hi Jada, that is a tough one, as the majority of toiletries and other body care products often contain citric acid, or thereabouts, which is a fruit derivative. I would suggest reading labels and, if you find one that does not list a fruit derivative in its ingredients, purchase it and send it in for evaluation. That is the only real way to know if a product is fruit-free.

Maybe one of your fellow subscribers has found a product they use that is fruit-free...

What would we do without our diligent and brilliant doctors who can analyze these products for us? In health, *Sandra*

### [Safe Lip-balm ingredients](#)

**Posted by Jada Poshusta, 24th March,**

**2011:** I am having a friend look into making me a fruit and potato-free lip balm, and she wonders if any of these (below) are inherently fruit or potato. I would of course have to have the final ingredients tested; we just want to know where to start so as not to

bother with specific known fruit or potato ingredients. I am also hoping that she can make me a body cream that is fruit and potato free :-)

Bees wax? Shea butter? Cocoa butter? Sweet almond oil? Castor oil? Jojoba oil?

**Posted by Sandra, CEO of SOH:** I'm not sure about Shea butter. Although I believe it is safe, I will verify with Dr. Tish. The other products are inherently ok. The potential is for each specific product being used to be contaminated during processing. Another possibility with the beeswax is that the beekeepers added citrus stick to the hives in order to protect from mites! It is always prudent to have each of the ingredients that your friend is planning to use be evaluated by our doctors. In health, *Sandra*

**IMPORTANT NOTE:** When posting a question or comment in The Forum to a thread that is not recent (within the current week), **PLEASE CREATE A NEW THREAD, even if the topic has been discussed at a prior time.** This way, new entries won't get unintentionally missed.

*The Forum is a great way to make new friends!* It is a great opportunity for you to share tips, meals, recipes and any other information to help support and educate each other!

**MAKE YOUR VOICE HEARD!**



## **FOOD LABEL QUIZ**

### [CAN YOU GUESS THE FOOD CATEGORIES OF INGREDIENTS LISTED ON THIS LABEL?](#)

As part of my goal to continually improve on helping you in the quest of eating safely in accordance with your personal food intolerances, this section is another way to help you identify suspicious ingredients and ... *HAVE SOME FUN!*

- ✂ First identify obvious food categories, i.e. potato starch = potato.
- ✂ Next, identify potential hidden ingredients, i.e. guar gum = potato.
- ✂ Finally, if you can answer this, you are exceptionally brilliant: What product is this?

**The answers are at the bottom of the New Recipes section, just above The Food Resource List Updates.**

The following list of ingredients is on a label from a recent product that is in the March Food Resource List updates:

**INGREDIENTS: Salt, Dehydrated Garlic and Onion, Maltodextrin, Natural Flavor, Spice, Disodium Inosinate and Disodium Guanylate**



~ 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. ~

## **ENVIRONMENTAL UPDATES FROM THE U.S. EPA**

*I am subscribed to receive updates to environmental and health policies from the Environmental Protection Agency. Each month I*

### **EPA Warns Online Shoppers about Illegal, Harmful Pesticide Sales**

**WASHINGTON** – The U.S. Environmental Protection Agency (EPA) announced today pesticide that was banned in 1978 because it can cause liver, skin, reproductive and nerve damage.

“Illegal pesticides are often much more toxic than approved pesticides,” said Steve Owens, assistant administrator for EPA’s Office of Chemical Safety and Pollution Prevention. “When EPA takes a pesticide off the market, it means that pesticide was not safe. Consumers should use only EPA-registered pesticides and always follow the label directions to ensure their safety.” EPA became aware of the product after the Washington State Department of Health reported that a woman became ill after using it in her home. In response, EPA identified and warned three online companies, [2Checkout.com](http://2Checkout.com) Inc., CCNow, Inc. and eBay Inc. to cease processing orders for the product that was produced and mailed from China. The three

*will select those I feel are pertinent to share with you, and bring to your attention. Sandra*

that it has warned more than 2,800 customers across the United States about risks associated with a banned pesticide in an ant-control product they purchased online through [fastpestcontrol.com](http://fastpestcontrol.com). The product, Fast Ant Bait, contained mirex, a

companies cooperated, immediately ceased processing orders and consumers can no longer purchase products from [fastpestcontrol.com](http://fastpestcontrol.com), the original site that offered the product for sale. The companies also worked with EPA to provide sales information, which allowed the agency to contact customers directly about the dangers posed by the pesticide and proper disposal methods.

The letter EPA sent to customers who bought the product provides detailed directions on how to safely clean up and dispose of the illegal product and what to do if they believe they were exposed or harmed. For more information on mirex or other pesticides, consumers can call the Agency for Toxic Substances and Disease Registry Information Center at 1-888-422-8737 or the National Pesticide

Information Center (NPIC) at  
1-800-858-7378.

To view a copy of the letter:

[http://www.epa.gov/region10/pdf/publications/notice\\_to\\_fastpestcontrol\\_customers\\_02\\_09\\_2011.pdf](http://www.epa.gov/region10/pdf/publications/notice_to_fastpestcontrol_customers_02_09_2011.pdf)

Information on using pesticides

safely: <http://www.epa.gov/pesticides/health/safely.htm>

*Editor's Note: For those who are not aware of this...There are a number of*

**natural remedies for pesky ants that are benign to humans.**

**One remedy** for sugar ants: Mix equal parts sugar, baking soda, and corn starch and place on a saucer or shallow plate. Place in a spot on their trail. The sugar attracts them, the corn starch causes the mixture to stick on their feet all the way back to the nest, the baking soda is fatal.

**Another remedy**, which is non-fatal to the insects, is to plant herbs outside of the house near their trail, such as rosemary and peppermint. It will ward them away.

## **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.*

### **DIGESTIVE ENZYMES**

**By Sandra Strom, CEO of Song of Health**

Is it possible to take digestive enzymes and have them remedy our inability to digest our food intolerances? After all, if our bodies can't create the necessary enzymes needed to properly digest, say Dairy, then shouldn't we be able to take a lactase-type enzyme that will do it for us?

At first, that would appear logical. If only it were that easy, however; how happy we would all be! If it were that easy to remedy food intolerance issues, then what about junk food, or other unhealthy foods that are laced with chemical derivatives with names we can't pronounce? Shouldn't we have a quick-fix remedy for those poisons also? This topic was brought to my attention recently, though not for the first time, when I received an email from fellow Subscriber Ellen. She wanted to share her experience with a specific brand of digestive enzymes that she was excited about. She wrote:

"To all, I just wanted to share this miracle, *Digest Gold*, with everyone who suffers from severe stomach bloat & gas. I have suffered for 3 years due to a potato starch/white flour intolerance; started taking

*Digest Gold* on 3/1/11 and have had no stomach issues since that date. It has changed my life."

I realized how imperative it is that further discussion of digestive enzymes must be included along with Ellen's desire to share her new-found personal relief.

#### ***My response to Ellen regarding digestive enzymes was:***

"Hello Ellen, thank you for your email. I looked *Digest Gold* up on line and this is what is listed as its 'nutritional information':

Amylase [Thera-blend](#)

Protease [Thera-blend](#)

Lipase [Therablend](#)

Cellulase [Thera-blend](#)

Invertase

Lactase

Maltase

Glucoamylase

Alpha Galactosidase

Phytase/Pectinase

Xylanase

Hemicellulase

## Beta Glucanase

"...At a quick glance, I don't see any potato derivatives readily identifiable in this list. (That doesn't mean to say Potato may or may not be present.) Because you aren't intolerant to Grain, your issue with white flour is probably from something else. It could possibly even be from Potato that's often found in enriched flour products! (Go figure.)

"I can understand how you may be finding this product beneficial in digesting flour for you. Amylase is an enzyme that the body naturally creates to break down starches. It can also be derived from plant products - that are most likely in the grain family.

"The issue I have with encouraging others to use this product without it first being evaluated for the food intolerance categories, **and first discussing it with their personal Naturopathic physicians to determine their specific needs**, is that we don't know how these enzymes were derived. At least, I couldn't find any information on line for the specifications. For instance, *lactase* is a dairy enzyme and is usually derived from a dairy product! *Maltase* is a grain product, usually derived from malt - which is in the Grain category. At further glance, just to help you identify derivatives, *pectinase* is derived from the fruit derivative pectin, and so forth. As long as you don't have an intolerance to Dairy, Grain, or the other derivatives included, you probably are enjoying its digestive benefits.

"As a footnote, white flour, especially enriched and/or bleached, is one of the worst foods for your health. The valuable nutritional qualities of the grain have been removed and/or adulterated. I highly recommend finding, at the very least, an organic, non-enriched, unbleached flour that has been evaluated to be free of Potato. I personally use a flour that is ground from the soft white (summer) wheat berry and still contains the germ. If I need a fluffier flour for fine cake baking, I sift the germ out, then dump it back into the bag of flour for later use; or I use an organic pastry flour. The

package will usually call this flour "white whole wheat." Because all parts of the wheat berry are still present, the fiber our bodies require for not only digesting the grain is maintained; it also helps to maintain the digestive tract with its "scraping" properties."

As you can see from this particular list, as is with all of the digestive enzyme products that *I personally* have seen, we can't take an enzyme from our food intolerance to digest our intolerance.

I forwarded this discussion to Dr. Tish Dick, our staff physician, for her input regarding the benefits/detriments of digestive enzymes.

### ***Dr. Tish: Here is my response to the "enzyme question."***

"We do not know all that is required to completely digest Dairy, for example. We know that general lipase breaks down fat and amylase breaks down starches, but what is it that Dairy intolerant people are truly lacking so that they are unable to fully break down cheese, or goat milk, or yogurt? It is more than giving "lactaid" to break down milk sugar or lactose. It's more complicated than that.

"Giving a general digestive enzyme (and I have many types of these I dispense at Windrose Clinic) does help. But, keep in mind that it is not the full answer to the toxemia caused by the intolerant food and also keep in mind that you are replacing enzymes your pancreas, liver, and stomach should be producing in sufficient quantity if all was going well. To add in enzymes orally can cause your digestive organs to be lazy and not produce what they should or could. You can cause an imbalance in your system if you truly don't need this supplementation. The cause of your digestive distress should be eliminated, instead of eating irritating food, taking an enzyme to get a medicinal drug effect from it, and going on with life. The digestive weakness can be healed with constitutional hydrotherapy and bitter herbs. You then

may never need the enzyme supplementation.

"I do prescribe enzyme therapy for patients when it is clear that their organs are compromised and I can't get the pancreas to do its job well; or the gall bladder has been removed and I need to supplement bile acids so the patient can digest and assimilate fats and fat soluble vitamins.

I hope this helps understand the "digestive enzyme" issue and how and when Naturopaths utilize this therapy.

*Dr. Letitia Dick*

***A special thank you to Ellen,***

for bringing this important topic to our attention. The willingness to share your thoughts with us affords everyone the opportunity to learn more about how to eat healthy. Something that can appear to be an innocent short-term remedy to us lay people can actually cause even more long-term problems. Digestive enzymes are one of those innocent-looking remedies.

I cannot stress enough...Do everything in your power to avoid your food intolerances by applying all the information, tools, and recipes available to you at Song of Health. If you are still not feeling well, especially for several days, contact your Naturopathic Physician immediately. There are many products available on the market that appear to be good for us, including digestive enzymes...any maybe they are. Give your doctor the opportunity to evaluate it for you; to tailor supplements to your personal needs.

Many times I hear from Subscribers that they can't afford to call their doctor anymore. As a dear friend of mine reminds me, we cannot put a \$\$ value on those things that are most important in Life. Taking care of our own health is first and foremost, and must take precedence over all other concerns. It makes little sense to me to spend what we might consider "a small fortune" to be evaluated for our food intolerances and diagnosed to identify health issues, just to drop the ball on ourselves and refuse to carry through with the necessary treatment that will help us to heal.

*To All My Relations, Sandra*

***"Every dis-ease known to humans is created in our digestion system" ~ Dr. Harold Dick, ND***



**NEW RECIPES**

**Each month new recipes are published in the Recipes section at Song of Health. In the newsletter they are listed and linked** so you can easily go to them in the Recipes section.

✈ The ingredients for all the recipes are coded for food intolerance items.  
✈ From time to time you may find an existing recipe has been slightly corrected from the original, in order to make it easier to follow, or to update new findings of ingredients for food intolerances.

✈ 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...and delicious!

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

## LIST OF NEW RECIPES

Just click on the recipe link to go directly to it in the RECIPES SECTION, or copy and paste the "url".  
*Remember to log in first!*

Is there a recipe you would like to have, or need help adapting? I'm happy to help!

Contact me at [manager@songofhealth.com](mailto:manager@songofhealth.com).

### **MAIN DISHES:**

#### **SHRIMP IN SPICY GARLIC AND LEEK SAUCE, WITH ASPARAGUS**

#### **CORRECTION TO BAKED CHOCOLATE CUSTARD:**

Instructions originally read to add cocoa to eggs and other ingredients. I found it works better to add cocoa to milk, whip until smooth, then add the mixture to eggs with other ingredients. The recipe now reads as such.

Check out the [Recipes](#) category in *The Forum* for recipes that fellow Subscribers have been gracious enough to share! Plus, cooking and baking questions are asked and answered.



### **ANSWERS TO THE FOOD LABEL QUIZ:**

- ✧ **Listed Ingredients:** (Ms) Salt, Dehydrated Garlic and Onion, (G) Maltodextrin, Natural Flavor, Spice, (G) Disodium Inosinate and Disodium Guanylate
- ✧ **Potential Hidden Ingredients:** (F) The natural flavor may contain fruit. (Ms) Salt is generally mine salt if not otherwise identified. (P) The salt, dehydrated garlic and onion, maltodextrin, natural flavor, and spice may possibly contain potato.
- ✧ **The product was evaluated for:** ALL; **the results were:** F,G,Ms,P
- ✧ **The product is:** Uncle Dan's Classic Ranch Seasoning and Salad Dressing Mix. Hidden ingredients resulted in (F) fruit and (P) potato.

This is a very difficult product for identifying ingredients. Note that the chemical ingredients Disodium Inosinate and Disodium Guanylate are not foods! They create a reaction much like MSG, stimulating the salivating glands. They are generally found together in foods when the MSG is not included with the Disodium Guanylate.

Maltodextrin is a glucose-type product that is derived from starch, generally from corn or wheat, both in the Grain category.

*Wasn't that fun?! How did you do?*



**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. All other medical discussions should be directed to your physician.

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. *In Health, Sandra Strom*



## 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!**

- **SHOPPING SUGGESTION:** Do you have a Blackberry, Iphone or other mobile internet device? I log on to Song of Health.com, The Food Resource List, as my shopping tool!

## **FOOD RESOURCE LIST APRIL 2011**

| <b><u>FOOD EVALUATED</u></b>                               | <b><u>DATE EVAL.</u></b> | <b><u>EVALUATED FOR</u></b> | <b><u>RESULTS</u></b> | <b><u>PURCHASED AT</u></b> |
|--|--------------------------|-----------------------------|-----------------------|----------------------------|
| <b><u>BREAD:</u></b>                                       |                          |                             |                       |                            |
| The Essential Baking Company<br>Fremont Sour White Organic | 03/11                    | D,E,F,M,G,H,P,S,<br>Sf,Sy   | G,S                   |                            |
| <b><u>COFFEE AND ALTERNATIVES:</u></b>                     |                          |                             |                       |                            |
| Columbian Decaf Coffee                                     | 03/11                    | ALL                         | F,P                   |                            |
| Eight O' Clock Arabica Coffee Beans                        | 03/11                    | ALL                         | F                     |                            |



**TOGETHER WE ACHIEVE...  
GREAT HEALTH – GREAT LIFE!**

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