



DRAGONFLY NEWS

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

APRIL 2012

5TH ANNIVERSARY ISSUE



Ornamental Plum Blossoms in 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. 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. 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*

ANNOUNCEMENT:

Traditionally on our anniversaries, we honor our current Subscribers with
FREE EXTENDED TIME ON YOUR SUBSCRIPTION.

On this, our special 5th Anniversary, we are adding

1 FREE MONTH TO YOUR SUBSCRIPTION,
AT YOUR REQUEST.

*To receive your free month,
[please click here to contact us at manager@songofhealth.com.](mailto:manager@songofhealth.com)*

*Just ask for your free additional month and
it will be automatically added to your subscription renewal date.
(Your subscription must be current)*

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

IN THIS ISSUE

- | | |
|--|---|
| ✚ WEBSITE CHANGES AND NOTICES | No recent changes |
| ✚ SUBSCRIBERS SPOTLIGHT: | Stories, Comments, Questions Asked and Answered |
| ✚ FOOD LABEL QUIZ | CAN YOU GUESS THE FOOD CATEGORIES OF INGREDIENTS LISTED ON THIS LABEL? |
| ✚ ENVIRONMENTAL UPDATES FROM THE U.S. EPA: | Bisphenol A (BPA) Action Plan Summary |
| ✚ ARTICLE: | CANCER UPDATE FROM JOHN HOPKINS |
| ✚ SHARING EXPERIENCES: | "CELEBRATING THE 5 TH ANNIVERSARY OF SONG OF HEALTH" By Sandra Strom |
| ✚ RECIPES: | MAIN DISHES:
CEVICHE |
| ✚ FOOD RESOURCE UPDATE: | APRIL 2012 |

The Carroll Institute of Natural Healing

is an educational opportunity for Naturopathic physicians and students to

further their education in the classical methods of Naturopathy, not otherwise taught in the Naturopathic colleges. This is where physicians and students learn about the Carroll Food Intolerance Evaluation methods, constitutional hydrotherapy and other important methods handed down by classical 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 classical 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.

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.

Check out your [Goods and Services section](#) at Song of Health.com.

Those interested in advertising at Song of Health.com, please go to <http://www.songofhealth.com/advertising.html> or email us at advertise@songofhealth.com.

WEBSITE CHANGES AND NOTICES

☞ No recent changes.

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

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

☞ Give and you shall receive!

Honor your friends and family with a subscription to SONG OF HEALTH.

For your generosity **YOU** will be honored with **an additional 10% off your next subscription!**

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

To receive your discount coupon, email 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!*

To order: Contact manager@songofhealth.com

+

☞ TAKE ADVANTAGE OF ADDITIONAL DISCOUNTS WHEN YOU RENEW YOUR SUBSCRIPTION. ☞

☞ **Renew 6 months early** and receive additional months and \$\$ off!

☞ **Use the promo codes in the renewal notifications emailed to you** for other special discounts!

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

~~~~~



## **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 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!

### **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.*

I received an email from someone crying out for help – they knew they were intolerant to fruit due to reactions they experienced every time they ate a fruit food. There was little to no empathy or support from others, and began to feel as though she was losing her mind. She found Song of Health by googling, and wrote me a very extensive and touching

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.

letter. I referred her to your Testimonials page, that she read your stories and experience. Here is her response to the Testimonials page, and...**IF YOU DON'T THINK YOUR STORIES COUNT...READ THIS:**

Dear Song of Health: Thank you for your reply. It is great to know that I am not alone. I found Song of Health on Google. I live on the east side of the Cascades. Where is the closest Carroll Food Intolerance "testing" center?

Your website Song of Health is wonderful. I wish I had more support with the food intolerance issue and Song of Health is a promising avenue. No one gets it - family, friends. I wish I had a doctor that explained it and could get it. I have been feeling so alone. I have grown up with fruit. But I can't eat one pear, one apricot, one dried apricot, a handful of cherries, and if a food product turns out to have a fruit ingredient

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

**IMPORTANT NOTICE:** At this time, due to work overload and shortage of time, our doctors are not able to answer your questions in the category [Ask the Doctors a Question](#). They request that you refer any medical questions to them, or your personal physician, directly to their clinics, by requesting a consultation appointment. Thank you for your understanding.  
**Editor's Note:** I realize how easy it is to miss our requests. We take full responsibility for that, and are happy to repeat them whenever necessary.

**CATEGORY:** [Specific Food Intolerance Discussions](#)

**THREAD:** [Fruit Free Soap Recipe?](#)  
**Posted by** [Sandra Strom, CEO of Song of Health](#), 24th March, 2012:

March 24th update: I had Dr. Tish evaluate 3 ingredients I had planned to use in my fruit-free, and hopefully all food intolerance free soap. Shocking results for 2 of the ingredients: Unrefined Shea Butter = Dairy; Dead Sea mud = Potato. [I also found out it = Grain.] The unrefined cocoa butter is neutral. I will now send her samples of the other ingredients I hope to use for evaluation.

in it, same dilemma, come down with symptoms. **So when I found the testimonial that Terri Bates wrote for Song of Health about how she can't eat fruit, I was elated. Finally, I am not the only one!** AB

~~~~~

This was a bit of a psychological setback, as I am hoping to be able to avoid all the food intolerance categories. I have faith, though! Either way, I am still going to have a fruit-free soap available in the near future. The majority of us can find soaps without our food intolerances, but finding a natural soap that is fruit-free and doesn't contain lard or tallow (which clogs pores) is trying to find the needle in that haystack.

REMEMBER TO GO TO [THE FORUM TO SHARE - AND ACCESS - MORE QUESTIONS AND COMMENTS!](#)

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?

The following list of ingredients is on a label from a product that is dated 12/11 in The Food Resource List:

INGREDIENTS: whole grain soft white wheat

****Manufactured in a facility that also uses tree nuts and soy**.**

As part of my goal to help 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. ~~~



~ 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, so we share our findings with you, on what may have a cause and effect on our health and 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 will select those I feel are pertinent to share with you, and bring to your attention. Sandra*

We are focusing on the BPA issue and feel it is very important to continue to bring to your attention. This is the EPA posting on their website:

### **Bisphenol A (BPA) Action Plan Summary**

<http://www.epa.gov/oppt/existingchemicals/pubs/actionplans/bpa.html>

- What chemical is addressed in the Action Plan?

- Why is EPA concerned about this chemical?
- What action is EPA taking?

What chemical is addressed in the action plan?

This action plan addresses EPA's review of Bisphenol A (BPA), CASRN 80-05-7.

Why is EPA concerned about this chemical?

BPA is a high production volume (HPV) chemical widely used in manufacturing polycarbonate plastics and epoxy resins

used in nearly every industry. Humans appear to be exposed primarily through food packaging manufactured using BPA, although those products account for less than 5 percent of the BPA used in this country. Food packaging is under the jurisdiction of the Food and Drug Administration (FDA), not EPA. [FDA recently explained the steps it is taking to address BPA](#). Releases of BPA to the environment exceed 1 million pounds per year.

Because BPA is a reproductive, developmental, and systemic toxicant in animal studies and is weakly estrogenic, there are questions about its potential impact particularly on children's health and the environment. Studies employing standardized toxicity tests used globally for regulatory decision-making indicate that the levels of BPA in humans and the environment are below levels of potential concern for adverse effects. However, results of some recent studies using novel low-dose approaches and examining different endpoints describe subtle effects in laboratory animals at very low concentrations. Some of these low-dose studies are potentially of concern for the environment because the concentration levels identified with effects are similar to some current environmental levels to which sensitive aquatic organisms may be exposed.

Regulatory authorities around the world reviewing these low-dose studies have generally concluded that they are insufficient for use in risk assessment because of a variety of flaws in some of the study designs, scientific uncertainty concerning the relevance to health of the reported effects, and the inability of other researchers to reproduce the effects in standardized studies. However, since the low-dose studies do raise questions and concerns, some authorities have taken action to protect sensitive populations, particularly infants and young children. For example, [while acknowledging that science indicates exposure levels are below potential health effects levels, Canada is](#)

[taking steps to ban BPA in baby bottles as a precautionary measure](#). On January 15, 2010, [the U.S. Department of Health and Human Services \(HHS\) provided interim recommendations on how parents and families can reduce exposures to BPA while additional studies are underway](#).

#### What action is EPA taking?

Based on EPA's screening-level review of hazard and exposure information, including the uncertainties surrounding the low-dose studies, EPA's action plan called for EPA to:

- Consider initiating rulemaking under [section 5\(b\)\(4\) of the Toxic Substances Control Act \(TSCA\)](#) to identify BPA on the Concern List as a substance that may present an unreasonable risk of injury to the environment on the basis of its potential for long-term adverse effects on growth, reproduction and development in aquatic species at concentrations similar to those found in the environment. A notice of proposed rulemaking is currently pending interagency review at the Office of Management and Budget (OMB).
- Consider initiating rulemaking under [section 4\(a\) of TSCA](#) to develop data with respect to environmental effects relevant to a further determination that BPA either does or does not present an unreasonable risk of injury to the environment. This may include testing or monitoring data in the vicinity of landfills, manufacturing facilities, or similar locations to determine the potential for BPA to enter the environment, including surface water, ground water, and drinking water, at levels of potential concern particularly for environmental organisms, pregnant women, and children. EPA released this [advance notice of proposed rulemaking \(ANPRM\)\(PDF\)](#) (13 pp. 266 kb, [About PDF](#)) on July 26, 2011. [Read more](#)

[about the ANPRM on environmental testing of BPA.](#)

- Initiate collaborative alternatives assessment activities under its [Design for the Environment \(DfE\) program](#) to encourage reductions in BPA releases and exposures. [One of these activities, initiated in April 2010, will address thermal paper coatings](#) used in such applications as cash register receipts, a use where preferable alternatives to BPA may be readily available. This DfE environmental and health assessment is expected to be completed in the latter half of 2011. Additionally, EPA intends to initiate alternatives analyses for BPA used in foundry castings since foundries are accountable for large releases of BPA as reported under the [Toxic Release Inventory \(TRI\)](#), and for BPA-based materials lining water and waste water pipes since this application may have a potential for human and environmental exposure.

EPA does not intend to initiate regulatory action under TSCA at this time on the basis of risks to human health. EPA remains committed to protecting human health and will continue to consult and coordinate closely with FDA, the Centers for Disease

Control and Prevention (CDC), and the National Institute of Environmental Health Sciences (NIEHS) to better determine and evaluate the potential health consequences of BPA. The results of this assessment work will factor significantly in any future EPA decisions to address potential risks to human health resulting from uses within EPA's jurisdiction.

As part of the Agency's efforts to address BPA, EPA also intends to evaluate the potential for disproportionate impact on children and other sub-populations through exposure from TSCA uses.

[Download the complete Bisphenol A \(BPA\) Action Plan \(PDF\)](#), (22 pp., 202 KB, [About PDF](#))

[Access the public comment docket for the Bisphenol A \(BPA\) Action Plan \(Docket ID EPA-HQ-OPPT-2010-0348\) on Regulations.gov.](#)

[Access the American Chemistry Council's request for correction of the BPA Action Plan and the EPA responses to that request.](#)

[Access information on the Design for the Environment \(DfE\) BPA Alternatives In Thermal Paper Partnership.](#)

[Track the progress of the TSCA section 4 test rule development activity on the EPA's Rulemaking Gateway.](#)

[Access information on the Environmental Testing of Bisphenol A.](#)

[Access the public comment docket for the Testing of Bisphenol A Advance Notice of Proposed Rulemaking \(Docket ID](#)

[EPA-HQ-OPPT-2010-0812\) at regulations.gov.](#)

## **ARTICLE:**

### **CANCER UPDATE FROM JOHN HOPKINS**

*This article was emailed to me by Dr. Tish. We felt it worth passing on to you.*

"Eating used to be fun... but now it seems like a JOB!"

#### **Cancer Update from Johns Hopkins:**

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors

tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.

2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.

3. When the person's immune system is strong the cancer cells will be destroyed

and prevented from multiplying and forming tumors.

4. When a person has cancer it indicates the person has nutritional deficiencies. These could be due to genetic, but also to environmental, food and lifestyle factors.

5. To overcome the multiple nutritional deficiencies, changing diet to eat more adequately and healthy, 4-5 times/day and by including supplements will strengthen the immune system.

6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.

7. Radiation while destroying cancer cells, also burns, scars and damages healthy cells, tissues and organs.

8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However, prolonged use of chemotherapy and radiation do not result in more tumor destruction.

9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.

10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.

11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

### **CANCER CELLS FEED ON:**

a. Sugar substitutes, like NutraSweet, Equal, Spoonful, etc., are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses, but only in very small amounts. Table salt has a chemical added to make it white in color. Better alternative is Bragg's aminos or sea salt.

b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic; it is best to eat fish, and a little other meat, like chicken. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer fighting properties. Water - best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes.

Undigested meat remaining in the intestines becomes putrefied and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Flor-ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, un-forgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

1. No plastic containers in micro[wave].

2. No water bottles in freezer.

3. No plastic wrap in microwave.

Johns Hopkins has recently sent this out in

its newsletters. This information is being circulated at Walter Reed Army Medical Center as well:

Dioxin chemicals cause cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.

## **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*.**

## CELEBRATING THE 5<sup>TH</sup> ANNIVERSARY OF SONG OF HEALTH

*By Sandra Strom, CEO of Song of Health*

In March 2007 we published our first newsletter. Our first Subscriber eagerly, yet patiently, attempted to pay while Shawn, our talented webmaster, labored tirelessly to work all the kinks out of starting up a new website. In April, we were happily on line and subscriptions were being successfully accepted. Thus, we count April as our anniversary month.

As I look back through the last five years --- that first newsletter, the information originally provided and the continual additions, the huge growth of The Forum billowing with amazing questions requiring sophisticated answers, our Recipes section --- I bathe in the joy of realization. You, Subscribers, inspire and consequently push me to reach for higher goals of what and how to provide the greatest information available at Song of Health, about how to live with our food intolerances --- or in spite of them! As our knowledge base grows together, we realize how our food and other products are adulterated with unlisted and unwanted substances, often containing our personal food intolerances. Do we run scared amidst all this adulteration? Heck no! We stick together; we share our experience, strength, and hope with each other and others who may be suffering; we take our health and lifestyles seriously; we follow what our Naturopathic doctors recommend. We succeed!

Through the seasons we have introduced articles with you outside of the food intolerance discussions that we feel are important aspects of maintaining a healthy lifestyle and environment. Such topics as lead in children's jewelry coming from China, pollination and ecology, and updated fluoride information, to name a few (See [Archive of Articles](#)), all contribute to our education to increase awareness of the importance to find the safest, most natural ways to survive, and to be wise and savvy shoppers.

As we realize the importance of avoiding food substances that are dangerous for us, we now become aware of ways that we may be subjected to our personal poisons. In other words, it's not just about eating them. We may also be harmed by "wearing" them. For example, because our fruit intolerants have a near-impossible job finding natural soap products that do not contain a fruit base, this has prompted me to get serious about finding you a solution, so for the last few months I've been learning the art and science of soap making and developing the basis for fruit-free formulas. A while back Dr. Zeff evaluated a couple bars of glycerin soap from Fred Meyer supermarket that was fruit-free. That's far and in between, with no help to those living outside the Pacific Northwest regions. This is where I'm being led, therefore; a new inspiration, mission, and ultimately a cost-effective soap product of benefit that cannot be otherwise found. Isn't it amazing how our disadvantages can inspire us to create something that can help others?

At this special time of reflection, I extend many thanks to our contributing physicians, who are instrumental in our well being. There would be no Song of Health without their help and input. They validate the information being furnished to you.

*So, here's to us, Song of Health – Subscribers and Staff – to another great year of successfully "having fun while avoiding our food intolerances" ---*

***To Great Health, Great Life!***

*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 a new recipe(s) 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 the *basic* food intolerance categories.
- ✈ 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).

~ REMEMBER TO EAT ORGANICALLY GROWN, LOCAL FOODS 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:**

**CEVICHE**

**NOTE: A fruit-free version is also presented.**

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: whole grain soft white wheat  
\*\*Manufactured in a facility that also uses tree nuts and soy\*\*.
- ✚ Potential Hidden Ingredients: Fruit (citric acid often added to flours as a preservative; Soy (due to above notice in Listed Ingredients).
- ✚ The product was evaluated for: ALL
- ✚ The results were: F,G,M
- ✚ The product is: Bob's Red Mill  
Whole Wheat Pastry,  
Stoneground From Soft White  
Wheat
- ✚ Hidden ingredients resulted in  
Fruit, Meat.



*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 our doctors: "...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, one doctor may determine a different result than any of the other doctors who competently perform this analysis, because they are evaluating for a patient's specificity to a specific food sample. "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*



**\*About this month's picture:** Now the Traditional Anniversary Picture ~ Ornamental Plum Blossoms in April Showers, a welcome sign of Spring and Renewal.

### **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>ALL =</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 no longer furnish where the product was purchased; however, if the product was purchased outside the Pacific Northwest area, the region will be noted. Sometimes, I will be able to locate a place to purchase a product for you, if requested.

**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? You can log on to Song of Health.com, The Food Resource List, and look up items while you shop!

### **THE FOOD RESOURCE LIST APRIL 2012**

The items listed were purchased in the Pacific Northwest unless otherwise noted.

| <b><u>FOOD EVALUATED</u></b>                                    | <b><u>DATE<br/>EVALUATED</u></b> | <b><u>EVALUATED<br/>FOR</u></b> | <b><u>RESULTS</u></b> |
|-----------------------------------------------------------------|----------------------------------|---------------------------------|-----------------------|
| <b>OILS:</b>                                                    |                                  |                                 |                       |
| Bulk Apothecary Natural<br>Unrefined Cocoa Butter               | 03/12                            | ALL                             | N                     |
| Bulk Apothecary Sweet Almond<br>Oil                             | 04/12                            | ALL                             | N                     |
| Bulk Apothecary Virgin Natural<br>African Unrefined Shea Butter | 03/12                            | ALL                             | D                     |
| Now Jojoba Oil                                                  | 04/12                            | ALL                             | N                     |
| <b>MISCELLANEOUS:</b>                                           |                                  |                                 |                       |
| Purity Beauty Dead Sea Mud                                      | 03/12                            | ALL                             | G,P                   |



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

©2012 Song of Health (Reproduction of this information without permission is illegal.)