



## DRAGONFLY NEWS

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

**APRIL 2013**

**6<sup>th</sup> Anniversary Issue**



*Rosemary in Bloom ~ April 2013*

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. 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.

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

**Sandra Strom, CEO of *Song of Health*; Food Intolerance Consultant; Soapmaker**

**Dr. Letitia Dick-Kronenberg, N.D., Staff Doctor**

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

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

*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 anniversary, we honor our current Subscribers with **FREE EXTENDED TIME ON YOUR SUBSCRIPTION.**

On this, our 6<sup>th</sup> 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.

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APRIL 2013

### **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.



work together to reach as many people as possible in order to educate and help in understanding 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 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.  
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](mailto:advertise@songofhealth.com).

## WEBSITE CHANGES AND NOTICES

Coming soon...  **FAQS** page.

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

Stay notified of any 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:contact us at 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 .  
For your generosity **YOU** will be honored with **an additional 10% off your next subscription or 2 free bars of  soap!** (Shipping will also be free.)

**Refer a new subscriber and receive an additional 10% off your next renewal or 2 free bars of  soap!** (Shipping will also be free.)

To receive your discount 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 or free soap. *It's that easy!*  
**To order: Contact [manager@songofhealth.com](mailto: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](#).**

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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* and we will do our best to accommodate you. We also invite you to share other suggestions, comments and favorite recipes with us. **Please 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 at *Song of Health*, you provide an opportunity to reach out to those who still suffer, yet are apprehensive about our dietary lifestyle working for them. By reading how our lives were dramatically changed, it gives them encouragement to try. **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. You will receive the draft prior to publishing for your approval.

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 others 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 other Subscribers have shared. *Thank you.*

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## QUESTIONS ASKED AND ANSWERED:

### EMAIL CORRESPONDENCE:

*Song of Health has been given permission by our Subscribers whose names appear, to share the following with you, so that we may all benefit. Some have chosen to stay completely anonymous, in which cases you'll see the name as "Subscriber".*

#### **From Dr. Chris Kozura, April 12, 2013:** **Posted in Seattle Natural Family and Sports Medicine PLLC**

Monsanto slipped one by Congress. I hear this legislation is for 6 months but it's still incredible that no legislator questioned its presence and could open doors for more GMO plants and animals out there. I signed up for the millions against Monsanto march on May 25th in Seattle Westlake Park at 11 am.

Here is some more horrible things Monsanto has added to the world: <http://gmo-awareness.com/2011/05/12/monsanto-dirty-dozen/>

More info on the legislation that Monsanto slipped by congress:  
[http://www.huffingtonpost.com/michele-simon/monsanto-teams-up-with-congress\\_b\\_2951698.html](http://www.huffingtonpost.com/michele-simon/monsanto-teams-up-with-congress_b_2951698.html)  
EAT GMO FREE!

### THE FORUM:

*The following thread(s) have been posted since our previous newsletter:*

CATEGORY: [Food Questions](#)

THREAD: [chocoperfection bars](#)

**Posted by L.L. 3rd April, 2013:**

Hi! I am wondering if these bars have been tested as safe for fruit intolerant + potato/grain. They claim to be sugar-free and help eliminate Candida...as well as curb chocolate cravings. Too good to be true?? Anyone else curious?!

[http://www.lowcarbspecialties.com/choco\\_bars.html](http://www.lowcarbspecialties.com/choco_bars.html)

**Posted by Sandra Strom, CEO of SOH:**

One of their bars is in the food resource list, under "Chocolate and Cocoa": Chocoperfection Dark European Chocolate Bar. It was evaluated 3/11 for ALL, Results = D,G,Sy.

We cannot be sure of any product unless it has actually been analyzed; however, it appears that their oligofructose is derived from chicory root mostly, with 1% stevia, and is not positive for sugar. The dark raspberry bar is obviously fruit.

**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 03/13:

**INGREDIENTS:** Brown Rice Flour, Brown Rice Syrup, Rice Starch, Evaporated Cane Juice, Natural Processed Cocoa Powder, Vegetable Glycerin, Expeller-Pressed Vegetable Oil (Safflower Oil and/or Sunflower Oil), Sorghum Flour, Chocolate Chips (Evaporated Cane Juice, Natural Chocolate Liquor (Non-Alcoholic), Non-Dairy Cocoa Butter), Sunflower Seed Butter (Roasted Sunflower Kernel, Evaporated Cane Juice, Salt), Date Paste, Inulin (Chicory Root Fiber), Golden Flaxseed, Baking Soda, Natural Flavor, Xanthan Gum, Gum Arabic, Vanilla, Salt.

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. ~~~



## THE SOAP CORNER

CUSTOM MADE SOAPS AVAILABLE. [Email me](#) for a quote.



are excellent used as SHAMPOO BARS too!

### Camper's Friend *Repels Bugs ~ Not People!*



< The first batch of this seasonal soap is now in the curing stage and will be available May 4<sup>th</sup>.

You are welcome to place your order now. They sell out fast!

Currently, there is available stock for all the other  varieties.

**(Note change: Carrot Ripple Unscented is out of stock until May 5th.)**

A new **FAQS** page is in its layout stage, and will hopefully be available by next month.

 ~ **Feel Clean, Revived, & Moisturized!** ~ 

**REMEMBER TO USE YOUR SUBSCRIBER PROMO CODE  
TO RECEIVE 14% OFF ALL ORDERS: **yummy soap****



~ Each month we bring you articles on a myriad of topics regarding health and environmental issues. The main focus of  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. This month...

### 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*

#### EPA Announces U.S. Organizations Using the Most Green Power

**WASHINGTON** -- Today, the U.S. Environmental Protection Agency (EPA)'s Green Power Partnership released an updated list of the Top 50 organizations that are choosing to use electricity from clean, renewable sources.

"We applaud the leadership demonstrated by organizations that are helping reduce carbon pollution and spur the growth of

clean, American-made energy sources by increasing their use of renewable energy," said EPA Acting Administrator Bob Perciasepe. "As President Obama has made clear, clean energy is critical to our health, our economy, our security, and our ability to effectively address climate change."

Intel Corporation continues to top the list, using green power to cover 100 percent of its electricity load. Microsoft Corporation moved into second place by increasing its

green power use to more than 1.9 billion kilowatt-hours (kWh) annually. Apple Inc., new to the Top 50 list, ranks number 10 with 85 percent of its nationwide electricity now coming from green power.

The top 10 partners appearing on the Top 50 list include:

1. Intel Corporation
2. Microsoft Corporation
3. Kohl's Department Stores
4. Whole Foods Market
5. Wal-Mart Stores, Inc.
6. U.S. Department of Energy
7. Staples
8. Starbucks Company-Owned Stores
9. Lockheed Martin Corporation
10. Apple Inc.

For the first time, EPA also released a list of partners that have committed to purchasing green power for a period of five years or more. These organizations send a strong signal to renewable energy developers, stating that they are committed to green power for the long-term and are helping to reduce future greenhouse gas emissions. Among the partners with the longest-running contracts are the University of Oklahoma, Oklahoma State University, The Ohio State University, Iowa State University, and the University of Maryland. Of the 47 partners appearing on the list, 15 are higher education institutions.

In addition, for the seventh year in a row, the agency is encouraging increased green power use among higher education institutions through the College and University Green Power Challenge. Out of the 32 competing conferences, the Big 10 is this year's conference champion, collectively using more than 315 million kWh of green power annually and avoiding carbon pollution equal to that produced by the electricity use of more than 33,000 American homes. The University of Pennsylvania continues to be the top individual school in the challenge, purchasing more than 200 million kWh of

wind power annually--more green power than any of the 75 other competing schools.

Green power is a subset of renewable energy and represents the renewable energy resources and technologies that provide the highest environmental benefit. EPA defines green power as electricity produced from solar, wind, geothermal, biogas, eligible biomass, and low-impact small hydroelectric sources.

As part of the EPA's Green Power Partnership, more than 1,400 organizations are purchasing more than 27 billion kilowatt-hours of green power annually, avoiding carbon pollution equal to that created by the electricity use of more than 2.8 million American homes. The partnership provides quarterly updated lists of partners using green power in the following categories: K-12 schools, technology and telecommunications, local government, and retail, among others. More on the Top 50 list and other Top rankings:

[www.epa.gov/greenpower/toplists](http://www.epa.gov/greenpower/toplists)

More on the 2012-13 EPA College & University Green Power Challenge conference champions:

[www.epa.gov/greenpower/initiatives/cu\\_challenge.htm](http://www.epa.gov/greenpower/initiatives/cu_challenge.htm)

More on EPA's Green Power Partnership: [www.epa.gov/greenpower](http://www.epa.gov/greenpower)

### **U.S. EPA GoGreen! EARTH DAY EXTRA Monthly Consumer Newsletter**

04/17/2013

GO GREEN!

EPA News You Can Use - April 2013

EARTH DAY EXTRA

<http://www.epa.gov/gogreen>

We're sending this special Earth Day GoGreen! to other subscribers of EPA email alerts. If you don't already receive the regular, monthly GoGreen! consumer newsletter, you can subscribe at:

<http://www.epa.gov/gogreen>

## **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 6<sup>TH</sup> ANNIVERSARY MISSION STATEMENT

*By Sandra Stram, CEO of Song of Health*

April is the anniversary of Song of Health. It is a time to express **much gratitude to all of you, and your physicians, helping us to continue offering this unique service.** It is also a good time to review and reflect...What accomplishments are we satisfied with, and where did we miss the mark? In an effort to offer the best service possible, I looked back at Song of Health's Mission Statement – the road map, if you will – to determine our exclaiming path and how we are traveling it. What is our aim and why do we exist? Who do we provide our services/products to? What do we provide? What makes us different from other services/products?

The original **MISSION OF SONG OF HEALTH** statement is:

*To inform, educate and generate interest in the ability to avoid the foods that individuals are analyzed to be intolerant to. This is accomplished by furnishing subscribers with continually updated lists of food derivatives, food shopping resources, recipes, newsletters, etc.*

*To be a link to supporting naturopathic physicians who analyze for food intolerances using the Carroll Food Intolerance Evaluation method.*

*To accept sponsors whose products are compatible with our philosophies and who are honest about the ingredients in their products.*

*To offer a forum for Subscribers.*

*To raise awareness of the importance of identifying and validating Food Intolerances by encouraging everyone to contact manufacturers, government officials, grocery retailers, hospitality businesses, hospitals and other healthcare providers.*

After careful evaluation, our purpose for existing still supports the above acclamations. While the addition of offering ~~organic~~ soap is within the scope of our general purpose – assistance in food intolerance avoidance – it must

also be recognized now as an addition to services. As we flow with positive change, in honor of our 6<sup>th</sup> anniversary I have decided to update the Mission Statement of Song of Health. You'll notice, it is a bit more streamlined as it is a basic map by which you and I can follow. If we veer off the designated path, then we must be guided back to our specific purpose. Here is the updated...

### ***Mission Statement of Song of Health:***

- ☞ "To provide a unique information resource on food intolerances, based on The Carroll Food Intolerance Evaluation methods, which informs, educates, and generates interest to health conscious individuals who choose to avoid their food intolerances and improve their lifestyles, and to provide soap products thereof. We seek to help individuals build new foundations and confidence necessary to accomplish autonomy.
- ☞ Key Market: Patients of Naturopaths who provide food intolerance analysis and services, and other individuals desiring assistance, guidance, support, and products that accommodate their requirements for avoiding their food intolerances
- ☞ Contribution: Trusted information and consultation internet resource, furnished and/or verified by expert Naturopathic physicians on food intolerance avoidance; and manufacturing and distribution of handmade fruit-free all natural soap products
- ☞ Distinction: Recognized as the foremost trusted one-stop information and consulting service that addresses all aspects of adjusting lifestyles in order to avoid food intolerances, and provider of exceptional all natural fruit-free soap
- ☞ ELABORATION:
  - As a segment of our service, Song of Health provides a forum for Subscribers as a valuable networking tool for the purpose of

developing a strong support group among like-minded individuals, including the Song of Health staff.

- Song of Health is committed to raising awareness of the importance of identifying and validating food intolerances, and encouraging individuals to contact manufacturers, government officials, grocery retailers, hospitality businesses, hospitals and other healthcare providers to help provide for their safety.

We strive to meet your expectations and needs in accordance with the mission statement. Is our service successfully meeting your information needs in order to avoid your food intolerances? We hope so! Your input is highly encouraged.

I could share all the efforts taken to provide you with the available knowledge, such as The Food Resource List and what our doctors and I do to create this involved information. Just know, we are painstaking in our attempts to "get it right." And this is in line with my personal pledge to you – I care about your well-being and am dedicated to helping you in your efforts. At this time of reflection, the 6<sup>th</sup> anniversary of Song of Health, I can assure you that the wording of the mission statement may be a bit varied, but I have not wavered from my original purpose in establishing Song of Health. I feel blessed to have you all in my life and look forward to new and wonderful surprises this coming year holds for us!

*In Gratitude 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.

~ 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).

This basic recipe can be made for anyone, no matter what your food intolerances may be! Vary ingredients per your choice and needs. Remember to use organically grown products, and refer to

The Food Resource List to be sure a product is safe for you. For example, some grain products contain fruit (citric acid) as a preservative. Also, note the recipe calls for thick cut rolled oats. Most recipes just specify rolled. The thick cut are processed less than others and are, therefore, healthier. Plus, they are tastier! Have fun "mixing and matching" your special granola recipe.

## **CEREALS AND GRAINS:** **GRANOLA ~ BASIC RECIPE**

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:** Brown Rice Flour, Brown Rice Syrup, Rice Starch, Evaporated Cane Juice, Natural Processed Cocoa Powder, Vegetable Glycerin, Expeller-Pressed Vegetable Oil (Safflower Oil and/or Sunflower Oil), Sorghum Flour, Chocolate Chips (Evaporated Cane Juice, Natural Chocolate Liquor (Non-Alcoholic), Non-Dairy Cocoa Butter), Sunflower Seed Butter (Roasted Sunflower Kernel, Evaporated Cane Juice, Salt), Date Paste, Inulin (Chicory Root Fiber), Golden Flaxseed, Baking Soda, Natural Flavor, Xanthan Gum, Gum Arabic, Vanilla, Salt.
- ≡≡ **Potential Hidden Ingredients:** M (Vanilla), P (Xanthan gum, Gum Arabic)
- ≡≡ **Obvious Ingredients:** F, G, S
- ≡≡ **The product was evaluated for:** ALL
- ≡≡ **The results were:** F,G,P,S
- ≡≡ **The product is:** Enjoy Life Cocoa Loco Chewy Bars



- ≡≡ **Hidden ingredients resulted in:** P

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:** ~ **Rosemary in Bloom**. A wonderfully versatile herb, fragrant Rosemary has exceptional uses for medicinal, culinary, cosmetic, and aesthetic purposes; it is easy to grow in garden beds or pots. Use it as a rub for poultry, add to soups, vegetables, seafood, potatoes...you name it. The little flowers are a beautiful light lavender. In its budding stage, as with most herbs, its potency is at its highest. Now is a good time to harvest and dry for later use, if desired.

*Cooking hint:* Toss a sprig of rosemary in a saucepan of water to heat vegetables in, such as peas and carrots.



**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>M =</b>  | <b>Meat</b>            |
| <b>C =</b>   | <b>Cactus</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>           |

**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 smart phone? 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 2013

The items listed were purchased in the Pacific Northwest unless noted in "Other" column.

| <u>FOOD EVALUATED</u>                                              | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>OTHER REGION</u> |
|--------------------------------------------------------------------|-----------------------|----------------------|----------------|---------------------|
| <b>CEREALS – COLD:</b>                                             |                       |                      |                |                     |
| Enjoy Life Double Chocolate Crunch Granola                         | 03/13                 | ALL                  | F,G,H,P,S      | Midwest             |
| <b>CHEESE:</b>                                                     |                       |                      |                |                     |
| Great Ocean Road Supero Australian Cheddar                         | 03/13                 | ALL                  | D,M,Ms         |                     |
| Villacenteno Manchego Curado 100% Sheep's Milk                     | 03/13                 | ALL                  | D,F            |                     |
| <b>CHIPS AND CRACKERS:</b>                                         |                       |                      |                |                     |
| Wasa Hearty Crispbread                                             | 03/13                 | ALL                  | G,S            |                     |
| <b>MEATS AND MEAT BOUILLON:</b>                                    |                       |                      |                |                     |
| Imagine Organic Free Range Chicken Broth (Also listed under SOUPS) | 03/13                 | ALL                  | M              |                     |
| <b>MILK AND CREAM:</b>                                             |                       |                      |                |                     |
| Now Real Food Buttermilk Powder                                    | 03/13                 | ALL                  | D              |                     |
| <b>SEEDS:</b>                                                      |                       |                      |                |                     |
| Bob's Red Mill Chia Whole Seed                                     | 03/13                 | ALL                  | N              |                     |
| <b>SOUPS:</b>                                                      |                       |                      |                |                     |
| Imagine Organic Creamy Sweet Potato Soup                           | 03/13                 | ALL                  | G,P            |                     |
| <b>SWEETENERS:</b>                                                 |                       |                      |                |                     |
| Trader Joe's Stevia Extract                                        | 03/13                 | ALL                  | G              |                     |



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

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