



## DRAGONFLY NEWS

The Official Newsletter of *Song of Health.com*

**APRIL 2016**

**ANNIVERSARY ISSUE**

**9 YEARS!**



**Rosemary in Full Bloom**

Photo by Sandra Strom

*Thank you all for another great year!*

*In Gratitude, From The*  *Team*

**Welcome Members,** to *Dragonfly News*. This is our opportunity to share interesting and helpful information with you in our monthly newsletter, which is available to Members 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., *Song of Health* Staff Doctor**

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

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

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

## ANNOUNCEMENT

In  tradition, each year we thank our current Members with **FREE EXTENDED TIME ON YOUR SUBSCRIPTION**

On this, our 9<sup>th</sup> Anniversary, add...  
**1 FREE MONTH TO YOUR SUBSCRIPTION,  
AT YOUR REQUEST.**

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**To receive your free month,  
please contact me at [manager@songofhealth.com](mailto:manager@songofhealth.com).  
Just ask for your free additional month and  
it will be automatically added to your subscription.**

### IN THIS ISSUE

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**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).*

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### WEBSITE CHANGES AND NOTICES

✈ **No new changes**

## **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 or 2 free bars of *Carroll's* soap (your choice of soap)! (Shipping will also be free.)**

✈ **Refer a new subscriber ~ Receive an additional 10% off your next renewal or 2 free bars of *Carroll's* soap (your choice 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!*

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## **TAKE ADVANTAGE OF ADDITIONAL DISCOUNTS WHEN YOU RENEW YOUR SUBSCRIPTION.**

✈ **Renew 6 months early and receive additional months and \$\$ off!** When you renew early you will receive an **additional \$10.00 off the discounted renewing price plus 1 additional month.**

If you need help or have any questions, feel free to [contact me at manager@songofhealth.com](mailto:manager@songofhealth.com).



## **MEMBERS' 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: [manager@songofhealth.com](mailto:manager@songofhealth.com).

### **Share your story with others.**

**MEMBERS, 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 Member 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 "Member" or initial.*

**From Norma R., April 4<sup>th</sup>:** Hello Sandra, I used to subscribe to Song of Health about 10 years ago, when I met Dr. Norman SuHu. My [condition] flared up and I'm back with Dr. SuHu. He tested my favorite protein drink powder and informed me that it was contaminated with potato starch (not listed in the ingredients list)!! I needed to join Song of Health to test products and keep myself flare-free! Dr. SuHu saved my skin (literally) many years ago and Song of Health helped to keep me sane! I'm back on the health band wagon!! Take care, *Norma*

**Reply from Sandra:** Hi Norma, welcome back to the SOH Team! So glad to be able to be of assistance to

you. Thanks for letting me know Dr. SuHu is your contact.

Oh yeah, I stay away from all pre-mixed drinks, etc. They inevitably have potato in them, as that is how they derive the Vitamin B's. Neither Dr. Tish nor I take multi-vitamins either; same problem. Most all contain potato, even when not listed. I just don't take the chance.

Isn't it amazing, how just removing your food intolerances and eating healthy foods for you keep your skin, and the rest of the body, maintained!

Please feel free to ask me any questions, comments, whatever you may have. In health, *Sandra*

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### THE FORUM:

**Editor's Note:** Be sure to take advantage of this wonderful opportunity to *share with your fellow Members!* Also, ask the SOH

*staff questions, leave your comments and suggestions. All is appreciated.*

## MAKE YOUR VOICE HEARD!



### FOOD LABEL QUIZ

#### CAN YOU GUESS THE FOOD CATEGORIES OF INGREDIENTS LISTED ON THE LABEL?

The following list of ingredients is on a label from a product that is dated 04/16:

☞ **INGREDIENTS:** Enriched Flour Bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Partially Hydrogenated Soybean and/or Cottonseed Oil, Leavening

(baking soda, sodium aluminum phosphate, monocalcium phosphate), Dextrose, 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 below the New Recipes section, just above The Food Resource List Updates. ~~~



## THE SOAP CORNER

**CUSTOM MADE SOAPS AVAILABLE.**

Please [Email me](#) for a quote.

✚ **Remember to log in to the Members side on the website to receive your Member discount on your orders of coco-sha soaps. Your special price is automatic at time of payment.** You will see the regular price by the "Add to Cart" button. When you click on the button, you will be taken to the order page; you will then see your actual discounted price.

✚ **SAVE ADDITIONAL \$10.00 ~ ORDER A FULL 5 LB. LOAF OF**

**SOAP (=16 4-oz. bars uncut) AND SAVE \$10.00 OFF YOUR ALREADY DISCOUNTED PRICE.**

Slice your own bars from a full loaf using a clean large kitchen knife. It's easy! For more information and/or to place your order, please email me at [manager@songofhealth.com](mailto:manager@songofhealth.com). Tell me which coco-sha soap you want, or if you prefer to have your own custom made. You will be emailed an invoice from which to pay. Expect curing time of at least 4 weeks from time of order. **It's that easy!**

## SOAP NEWS AND UPDATES:

On back order ~ The following soaps are currently out of stock:

**MOUNTAIN SUN**  
Woodsey Scent and *Summer Mint*

We apologize for any inconvenience to you.

**GMB (GOOD MORNING BOYS!) Soap and Shaving Bar UNSCENTED** has been discontinued. The regular scented GMB bar has been very popular and will continue to be available.

Try **coco-sha** as **SHAMPOO BARS** too!

For thick and coarse hair: **Unscented** With Unrefined Shea Butter d **CACTUS FREE UNSCENTED**

For thin, fine or wispy: **UNSCENTED CARROT RIPPLE**  
Made with Homemade Organic Carrot Juice **helps to add body!**



**Member of**

**We are dedicated to preserving the environment to the best of our ability.**

*coco-shā* ~ **Feel Clean, Revived, & Moisturized!** ~ *coco-shā*



~ 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. This month...

### **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 ANNUAL ANNIVERSARY REFLECTION ~ 9 YEARS!**

*By Sandra Strom, CEO of Song of Health*

April is our Anniversary Month and a time for reflecting on the past year --- what we have accomplished to our satisfaction and where have we missed the mark. I say "we" but in reality, it is "me"! I say this because I am the one responsible for furnishing you updated information, recipes, and soaps, managing responses to your questions and comments, and ultimately making executive decisions. So, if projects aren't completed successfully, that's on me. I cannot make

*Song of Health!* happen, though, without our wonderful staff members: *Shawn Murphy* (Murphy Illustrates), our website and graphics designer, who maintains insight, input, website updates, and specialized ingenious creativity; and *Dr. Tish* (Windrose Naturopathic Clinic), who seemingly works tirelessly to furnish us updates to The Food Resource List that she personally evaluates, oversees the information you receive to verify accuracy, and strives to teach and help us

understand the modalities of Naturopathy and the traditional Nature Cures, including [the Carroll] Food Intolerance Evaluation. Without these wonderful folks, I could not realize my dream and goal of bringing to you this comprehensive information resource!

Without you, our SOH Members, there would be no team, no dream realized. You are what gives us hope, that we are not alone in believing these ways successfully work to maintain well-being; that our quest to help people has reason to survive! For this, if there were nothing else, I express true gratitude for your presence at *Song of Health!*. To be sure, when you ask questions, we often either learn something new, or are reminded of that which we have overlooked. Sometimes, what may appear as a simple question is more multi-faceted in concept and requires a deeper understanding. We do our best to present the information that will make sense to you; this isn't always easy, as not only may it be medically complicated, it is also often the

exact opposite of what allopathic doctors may tell you. When you continue to delve into the question with us until you understand it, then we know we are doing our job. Many thanks, dear Team Members, for walking with us in a truly intelligible and intellectual way! We commend you, and hope you feel good about your own accomplishments. In the society we live, that is no easy task! We are in the minority and struggle often to legitimize our doctors' findings amongst an opposition that refuses to accept and cooperate with contrasting modalities.

We have experienced several positive changes in the past year, yet we have also come short on others:

The good news first...As people continue to use  soaps, word gets out and sales are increasing. We also now have two clinics who carry . The difficulty is that I'm hard pressed to keep up production to meet demand! I ask for your patience, as I am the only one who makes, polishes and packages the soaps at this time. I protect the process guardedly, as I want to guarantee

that the quality and purity is maintained. So, until such time when it warrants, no one else is trained to produce your soaps.

The challenges we still face...I was hoping we would be able to transition the physical website into a new format, including a new forum, by now. The holdup is mainly lack of money, as well as time to get it done. So, for now, we must continue along as we are. Remember that you are always welcome to email me with any questions you may have. I take very seriously my responsibility of furnishing you whatever information and assistance I am qualified for, and expect you to take advantage of all the aspects of your Membership!

Thank you again, everyone, for continuing with me on this fine daily walk, **dedicated to helping us all achieve...GREAT HEALTH – GREAT LIFE!**

*To All My Relations, Sandra and The Song of Health Team*

**"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 . 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 (NON-GMO), LOCAL FOODS WHENEVER POSSIBLE.**

*~ We recommend using Celtic sea salt, which is Neutral, pure...and delicious!*



**REFER TO THE FOOD SUBSTITUTIONS LIST FOR ALTERNATIVES AND THE FOOD RESOURCE LIST FOR HIDDEN INGREDIENTS.**

### LIST OF NEW RECIPES

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!*

**NEW RECIPE ~ MAIN DISHES: GRILLED TURKEY PARTS**

I am not a land meat eater; however, I know many of you are. My elderly parents love meat, so when I was helping them make major transitions in their life last month, I cooked many meat dishes! It is a tricky deal, since I don't taste test, but either smell or have someone else taste. This one was a favorite of theirs.

**Remember, you can omit or substitute food intolerance ingredients in any recipe!  
BE BRAVE!!**

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.

**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).**

**ANSWERS TO THE FOOD LABEL QUIZ:**

- ✂ Listed Ingredients: Enriched Flour Bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Partially Hydrogenated Soybean and/or Cottonseed Oil, Leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), Dextrose, Salt.
- ✂ Potential Hidden Ingredients: F (citric acid used to preserve grain), P (dextrose, leavening), Sy (oil)
- ✂ Obvious Ingredients: G
- ✂ The product was evaluated for: ALL
- ✂ The results were: F,G,P
- ✂ The product is: **Bisquick Original Pancake And Baking Mix**
- ✂ Hidden ingredients are: F,P.



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

I personally do not recommend any prepared foods of this nature. No viable nutrition, contains hidden ingredients, just plain bad for us! This is a great example of what NOT to eat! For quick, easy, and great biscuit recipes go to [THE FOOD INTOLERANCE COOKBOOK](#) (RECIPES section), [BISCUITS, BREADS AND CRACKERS](#).



**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 Stran*



**\*About this month's picture:** Rosemary is a great herb to use in many dishes. Wonderful used in soups, with vegetables, poultry and fish. For those intolerant...It is included in the Lavender family.

### FOOD RESOURCE LIST UPDATES

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

**Note:** We have not been able to update the printable version for a number of months due to a program glitch. We apologize for this inconvenience and will inform you as soon as the issue is identified and corrected. Thank you for your patience and understanding.

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 “**Region**”, 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 2016**

**NOTE:** The RESULTS column will show the "basic" food intolerance categories: Dairy, Egg, Fruit, Grain, Honey, Meat, Potato, Sugar, Seafood, and Soy. Be aware that the less common categories are not shown.

The items listed were purchased in the Pacific Northwest unless noted in “Region” column.

| <b><u>FOOD EVALUATED</u></b>                                                | <b><u>DATE EVALUATED</u></b> | <b><u>EVALUATED FOR</u></b> | <b><u>RESULTS</u></b> | <b><u>REGION</u></b> |
|-----------------------------------------------------------------------------|------------------------------|-----------------------------|-----------------------|----------------------|
| <b>BAKING SUPPLIES:</b>                                                     |                              |                             |                       |                      |
| Bisquick Original Pancake<br>And Baking Mix                                 | 04/16                        | ALL                         | F,G,P                 |                      |
| <b>CHIPS AND CRACKERS:</b>                                                  |                              |                             |                       |                      |
| Inca Chips Plantain Chips                                                   | 04/16                        | ALL                         | F                     |                      |
| <b>COOKIES AND TREATS:</b>                                                  |                              |                             |                       |                      |
| Larabar ALT Peanut Butter Cookie<br>Fruit and Nut Bar                       | 04/16                        | ALL                         | F,G,S                 |                      |
| <b>FLOUR:</b>                                                               |                              |                             |                       |                      |
| Bob’s Red Mill Whole Grain Brown<br>Rice                                    | 04/16                        | ALL                         | G                     |                      |
| <b><u>FRUIT &amp; BERRIES (INCLUDING FRUIT SPREADS &amp; SAUCES)</u></b>    |                              |                             |                       |                      |
| Made in Nature Mangoes,<br>Organic Sun Ripened Dried<br>And Naturally Sweet | 04/16                        | ALL                         | F                     |                      |

| <u>FOOD EVALUATED</u>                                                      | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|----------------------------------------------------------------------------|-----------------------|----------------------|----------------|---------------|
| <b>GRAINS:</b>                                                             |                       |                      |                |               |
| Bob's Red Mill Gluten Free Old Fashioned Rolled Oats                       | 04/16                 | ALL                  | G              |               |
| <b>MEATS AND MEAT BOUILLON:</b>                                            |                       |                      |                |               |
| Tendergrass Farms Organic Lard                                             | 04/16                 | ALL                  | M              |               |
| <b>PASTA:</b>                                                              |                       |                      |                |               |
| Tinkyada Organic Brown Rice Pasta (all styles, with and without rice bran) | 04/16                 | ALL                  | G,P            |               |
| <b>SEEDS:</b>                                                              |                       |                      |                |               |
| Go Raw Sprouted Pumpkin Seeds                                              | 04/16                 | ALL                  | N              |               |



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

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