



DRAGONFLY NEWS

The Official Newsletter of *Song of Health.com*

AUGUST~SEPTEMBER 2014



Raw Zucchini Marinated*

Photo by Sandra Strom

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

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

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AUGUST 2014

🦋 FOOD RESOURCE UPDATE:

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 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.

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WEBSITE CHANGES AND NOTICES

🦋 A new page has been added to *Song of Health* 🦋: [WHAT CONSTITUTES A FOOD IN A FOOD GROUP](#)

An Explanation of Why we Cannot Tolerate Some Foods, By Dr. Tish Dick-Kronenberg, ND.
If you are logged in to the website, you can click on the link above and go directly to the page. **The link to this page is located on the directory page of the [Food Categories](#) section.**
<http://www.songofhealth.com/subscribers/foodcategories/foodindex.html>

🦋 **In the Recipes section** ~ The MAIN DISHES recipes have been updated to include a couple of the new food categories in the codes.



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

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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: manager@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.

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.*



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. Other Correspondence are emails received

From Christopher B., July 31st: Hello, my Doctor sent samples to your clinic which resulted in a conclusion that I was fruit intolerant. That was one year ago. I have followed the recommendations pretty strictly and with benefit to the proper consistency of my digestion. However, all I received from him was a one page flyer containing a list of what to avoid and what I could eat. But this list is very limited with respect to the known fruits of the world. There are so many! And there are so many different types from so many different species of plants!


So I asked my doctor to explain scientifically what exactly is fruit intolerance. And his answer was unsatisfactorily vague, because I don't think he really understands the answer. He claimed that it was an intolerance to either fructose, or salicylic acid...but wasn't sure.

So then I put it to you all at . I joined the site at no small expense, expecting detailed information on fruit intolerance. All I can find are lists that are in no way comprehensive to fruits around the world. For example, not addressed: Acai from the Amazon Rain Forest—which has no naturally occurring sugars and yet is considered a palm fruit; and a thousand others from that region, such as acerola, which is in most vitamin C products.

Could you please explain to me what it is in fruit that we (who are intolerant) cannot digest, and then I can research that specific component of various fruits; so I can observe more detailed analysis of these innumerable and diverse foods?

Respectfully, *Christopher B., Boulder CO.*

Reply from Sandra: Hello Christopher, thank you for contacting me/us at

. What a wonderful letter ~ so explanatory of your process and diligence to follow your food intolerance diet! You are not the first to bring up these questions and various states of confusion that comes with understanding how the Carroll methods work.

from outside our membership; however, we feel it is pertinent information to share with you.

I will guide you to a spot at SOH where Dr. Tish gives an involved and as thorough as possible explanation of why and what takes place (or doesn't) when we eat food we are intolerant to. **FROM NOVEMBER 2013 NEWSLETTER, RESPONSE BY DR. TISH RE WHAT CONSTITUTES A FOOD IN A FOOD GROUP.** To boil it down in the most simplistic form...it is the protein cells of a food that require the proper enzymes to adequately break down for proper digestion. From there it breaks down further into respective sugars. So, with fruit, for instance, it is the protein cells that must be broken down in order to digest the fructose, or fruit sugar. For dairy, the sugar would be a form of lactose, etc. For further explanation, log in to SOH and please go to the November 2013 issue of Dragonfly News, at

<http://www.songofhealth.com/subscribers/newsletter1113.html> (or click on this link). The following explanation is there. **I have**

decided to dedicate a special page on the website for this explanation, so we can all easily find it from now on.

[WHAT CONSTITUTES A FOOD IN A FOOD GROUP](#) An Explanation of Why we Cannot Tolerate Some Foods, By Dr. Tish Dick-Kronenberg, ND

Regarding all the world-wide fruits that are not listed in the Food Categories section for Fruit: Yes, I'm sure there are some that have not been addressed as of this point. When someone submits a food that is not already on the list, then our Naturopaths can determine what category it falls into. I can tell you that **ACAI is a fruit. All PALM is fruit.** Thank you for bringing it to my attention. **I will add it to the Fruit list on the website.** Regarding Acerola, I will refer your question to Dr. Tish. If I remember correctly, this was disputed as being in the fruit category, but I wouldn't swear to it.

Regarding being able "to research the specific components of fruits" to determine if you can or cannot have them, as you'll note in Dr. Tish's explanation, determining food intolerance disposition does not fall into the

same categorical determination as does the biological naming of species/genus, etc. It is best to first ask us regarding a specific food; if we do not already know the answer, then we will direct you to submit the food for analysis.

As I have shared with other Members, I suggest keeping a journal of what you eat and if you experience any symptoms. For your convenience, you can download a copy of Food Consumption Journal at <http://www.songofhealth.com/subscribers/Food%20Consumption%20Journal.pdf>. (Click on this link.) This may help you pinpoint a food in question. I still recommend submitting the food for evaluation. Go to this link for instructions: <http://www.songofhealth.com/subscribers/carerolltest.html>. (Remember to log in to SOH first.)

I am also forwarding a copy of our discussion to Dr. Tish for any input she may be able to offer, especially regarding Acerola. I will let you know when I find out more. In health,
Sandra

Per Dr. Tish: Acerola is fruit - it is a member of the cherry family.

I have posted Acerola and Acai on the Fruit page in the Food Categories section and will notify all of our Fruit people of this change.

Thanks again for your input. Keep it coming!

I want to add an important note to the concept of eating foods from "around the world." It is always healthiest and safest to eat the foods that are local to your current environment. Your body is able to utilize the locally grown products best, your digestive system handles those best, and all the nutrients you need are located locally. In addition, foreign parasites can be brought in on outside foods. When I was in Costa Rica on a visit, I ate everything in sight that was grown there and that isn't found in the Pacific Northwest - fruit (and coffee) paradise! The pineapple [Cactus] tasted delicious, sweet and non-acidic. When we get it here, though, the acid burns the mouth because it is usually picked pre-ripened. It doesn't taste as good and it is difficult to digest here. When in California, I eat lots of avocados, for the same reason.

By following the "eat local" guidelines, this will eliminate the majority of issues you'll find trying to figure out what is fruit from around the world. You can read a good article at SOH about the benefits of eating local foods by Dr. Caryn Potenza at: [ARTICLE: Why Buy Local Foods? By Dr. Caryn Potenza, N.D.](#), in the July 2008 newsletter.

Also, a good article for the Fruit intolerants: [ARTICLE: Fruit Deprived? Coping With Fruit Intolerance in The Summertime By Dr. Jared Zeff, N.D.](#), in the August 2007 newsletter. In health, *Sandra*

From Grace N., Aug. 1st: Hi, I'm a subscriber. I don't see gluten listed separately from grain on the lists - is that correct? Thank you, *Grace*

Reply from Sandra: Good morning Grace, you are correct. Gluten is derived from grain, which is a food category identified by the Carroll Food Intolerance Method. Gluten, by itself, is not a separate Carroll Food Intolerance category. You have probably noticed we have a [Gluten Free List](#) on the website; you can click on the link and go directly to it if you are already logged in to Song of Health. It was furnished by Dr. Jared Zeff, ND and you may find it helpful.

Do you have a list of the grains which contain gluten; do you need help with something specific? Once you know which grains contain gluten, you should be able to identify most products containing it. In health, *Sandra*

Grace: Comment: Yes, I have list of gluten to avoid as: wheat, oats, barley, rye, spelt, triticale, kamut.

Grains and flours that I have as OK because they do not contain gluten are corn, millet, rice, taro, teff, arrowroot, tapioca, wild rice, buckwheat, quinoa, barley malt, wheat grass, [and] amaranth.

I see [Song of Health](#) includes all except arrowroot, soy, teff. I will consult with my naturopath on these details.

Question: [Song of Health](#) does not consider honey a fruit - correct?

Question: Pineapple is OK; not a fruit but in the cactus family?

Thanks for your help. *Grace*

Sandra: Good morning Grace, thank you for sharing your list.

Teff, soy and arrowroot are not grains for our purpose, as they do not require the same enzymes to digest the foods as do grains. Soy is in its own food intolerance category. Be careful of some Teff and arrowroot

products, as they may contain hidden ingredients. There are a few listed in The Food Resource List that have been analyzed in the past.

You are correct regarding honey and pineapple as not being fruit:

✚ Honey is in its own food intolerance category. However...warning! Many beekeepers add citrus stick to their hives to protect from mites. This fruit will get into the honey, causing it to "test" positive for fruit. I suggest, if you are not getting your honey from a local beekeeper and can ask them if they use citrus stick, to have the product you are using analyzed. You can go to SEND A SAMPLE FOR EVALUATION at SOH for instructions on the submittal process. Click on the link if you are already logged in to SOH and go directly to the page.

✚ Pineapple is in the Cactus category, it was discovered last year. It is not a fruit and safe for you to eat. Yea!!

Grace: Hi Sandra, I'm not sure I agree about the pineapple, but I do appreciate your note. I have read that pineapple is unusual in that it is both a bromeliad and a fruit (and is also referred to -in link below -as berries linked to central stalk). I know my mouth hurts when I eat it so I will stay away from it. Here is a link:

<http://faculty.ucc.edu/biology-ombrello/pow/pineapple.htm>

Also - I spoke with a local beekeeper who says the citric acid he uses to kill mites is done after the honey is taken from the hives. The remaining question I have about honey iswhen the bee takes the nectar from a fruit tree (say Apple here in the Northeast) and converts it into honey is there fruit still in the honey? Do you happen to have any information on that? The beekeeper thinks not, as the bee apparently regurgitates through a separate stomach.

<http://www.livescience.com/37611-what-is-honey-honeybees.html>. However, I would think nectar from a fruit tree is considered fruit nectar. Has there been testing on your site of honey for fruit sensitivity? That would be helpful. Thank you, *Grace*

Sandra: Although pineapple is cactus and not fruit, you may have a personal issue with it (sensitivity). I know that if I eat it here in the Pacific Northwest, it burns my mouth from the acid. This is because it is picked green and not ripened enough in order to ship it. When I have eaten it where it is grown (Hawaii, Costa Rica) and even in Southern California where it is warm, I have had no

problems with it - no burning - and the fruit tastes much sweeter. Just a thought.

Regarding whether a food falls into a biological category, such as pineapple being both cactus and fruit per biological specifications, it doesn't necessarily follow true in regards to the Carroll Food Intolerance categories of whether we have the proper enzymes to digest the proteins of the foods. Therein lies the major difference in categorization. Because you are not the only Member who has emailed us regarding this issue, I have decided to dedicate a specific page to Dr. Tish's explanation of how this works. It is already on the website, but it can be difficult to locate presently. This should help us.

I am also forwarding your question to Dr. Tish about honey coming from fruit. As far as I am aware, it is in the Honey category only. But I am asking her to verify that. Regarding your beekeeper applying citrus stick after the honey is extracted: I highly recommend you submit a sample of the honey to be evaluated by our doctors to be sure there is no residue left that affects the honey. I know how complicated this can feel! Thank you again, *Grace*. In health, *Sandra*

Grace: Interesting! Thank you for your time!

Reply from Dr. Tish: The honey varies. Each batch needs "testing." That is the only way to be sure. *Dr. Tish*

Reply from Dr. Tish, Aug. 26th: Since I am now a state registered bee keeper I can answer the honey questions more thoroughly. Honey will not "test" fruit even from nectar taken (or pollen) taken from fruit trees, unless there is other hive contamination. There are mite treatments being used that contaminate the comb wax and the honey which can include toxic miticides/pesticides to organic essential oil compounds. Most of these are only to be used in the fall after the honey has been harvested...if the bee keeper is following regulations. That being said, I have tested honey that tests sugar/or fruit/or just bad. These are most likely from contamination. I think each batch of honey each year should be Carroll evaluated to be sure it is clean for consumption. *Dr. Dick*

OTHER COMMUNICATIONS

From Environmental Working Group, Aug. 7th: Dear Sandra, in the first study to investigate children's exposure to six fire retardant chemicals, scientists from EWG and Duke University have found evidence of exposure to a cancer-causing fire retardant,

TDCIPP, in the bodies of all 22 mothers and 26 children tested.

The children had an average of nearly five times as much as the mothers of a chemical formed when TDCIPP breaks down in the body. In the most extreme case, a child had 23 times the level measured in the mother. Because fire retardants are in many consumer products such as furniture cushions and are nearly impossible to avoid completely, we put together this list of tips to help you and your family limit your exposure:

- Do your homework before buying baby products. Many kinds of baby products have been exempted from regulations that prompted companies to add fire retardants. But some manufacturers still use these chemicals. Find out before you buy and choose products that don't contain any fire retardants.
- When buying a new couch, choose one made without fire retardants. New regulations make it much easier for furniture manufacturers to sell products that have not been saturated with chemical fire retardants. There is no easy way to tell which is which. Contact the manufacturer to ask if these chemicals are in its furniture.
- Want to reupholster your couch? Replace the foam too. If you are planning to reupholster your couch, consider replacing the foam at the same time. The old foam likely contains fire retardants. Ask your upholstery shop to find retardant-free polyurethane foam.

- Inspect foam cushioning for damage. Make sure cushion covers are intact, since exposed foam can cause fire retardant chemicals to leach out more quickly. Items like car seats and mattress pads should always be completely encased in protective fabric.
- Use a vacuum fitted with a HEPA filter. These vacuums are more efficient at trapping small particles and will likely remove more contaminants and allergens from your home. High efficiency "HEPA-filter" air cleaners may reduce particle-bound contaminants in your house.
- Be careful when removing old carpeting. The padding is typically made of scrap foam that contains fire retardants. Old carpet padding can become somewhat pulverized by the time it is exposed for replacement. Isolate the work area from the rest of your home.

Even though progress is being made, the results of the EWG-Duke study are extremely troubling. That's why EWG is working hard to create a future in which American families are not exposed to harmful fire retardants every day. But we need your help, Sandra.

[Take action today: Sign EWG's petition to the Consumer Product Safety Commission. Tell its leaders you want national furniture flammability standards that do not encourage or require fire retardants. Because your health and your family's health is too important.](#)

Thank you for standing with us.

- Environmental Working Group

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### THE FORUM:

**Editor's Note:** Be sure to take advantage of this wonderful opportunity to *share with your fellow Members (Subscribers)!* 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 THIS LABEL?

The following list of ingredients is on a label from a product that is dated 07/14:

 **INGREDIENTS:** *Organic Long Grain White Rice.*

 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. ~~~



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SOAP NEWS AND UPDATES:

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~ 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...

ENVIRONMENTAL UPDATES FROM THE U.S. EPA:

No new article 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*.

BACK TO SCHOOL MENU

By Sandra Strom, CEO of Song of Health

We begin waving so-long to Summer ~ the children are excited about fun new school supplies while anxious about classes and relationships; parents have more than one thing to be anxious about. For those of us aware of the importance of eating the proper foods and avoiding food intolerances, school can be the ultimate nightmare. School peer pressure is a powerful weapon, and the fears of being shunned can be instigated by something as simple as what a kid eats. Children may eat over 50% of their daily meals

in school, and they have numerous options to choose from: Healthy, unhealthy.

The USDA issued a press release this year, about the Hunger-Free Kids Act passed in 2010, which was implemented in 2012. Congress's design was to help ensure that "every American child had access to the nutrition they need to grow into healthy adults." One of the goals of the law was to help schools nationwide to offer access to healthy foods during the day, thus addressing the childhood obesity epidemic and ultimately

reducing health risks. "USDA based the new school meal standards on independent, expert recommendations from the Institute of Medicine to ensure kids are being fed healthy food while they are at school." ¹ (Pardon me while I snicker at all that is potentially wrong with who the experts are and what they recommend; but I digress from the major concern of this commentary.)

The purpose of the press release was to list determined results so far, expectantly due to the new law. A few were:

- ✂ Kids are eating more fruits and vegetables as a result of updated standards.
- ✂ Over 90 percent of schools report that they are successfully meeting the updated nutrition standards.
- ✂ School lunch revenue is up.
- ✂ Healthy food standards have not increased food waste, and so on.¹

You can read the full list and explanations if you're so inclined by clicking on the ¹ footnote link at the bottom of this section.

Perusing through numerous articles, it appears that many watch-dog groups feel positive about option changes occurring in school kitchens. If you listened to any of the TV infotainment on the subject, however, you would have heard the opposite --- complaints from school kitchen workers that children were throwing their "healthy" food choices on their trays in the trash rather than eating them. They expressed concerns of the children not eating enough, even if the choices were unhealthy, and the cost of waste! Who to believe?

The most important issue here, as always, is the role of parents taking precedence over all other influences in not only teaching children, but inspiring their desire to eat what will help, and not hurt them. At kidshealth.org, an article on "school lunches" lists a few pointers to discuss with your youngsters that may encourage them to want to eat well. Included:

"Eating a variety of healthy foods gives you energy to do stuff, helps you grow the way you should, and can even keep you from getting sick."

"Think of your school lunch as the fuel you put in your tank. If you choose the wrong kind

of fuel, you might run out of energy before the day is over."²

Albeit no picnic, convincing adults of the benefits to avoid food intolerances is oftentimes easier than with children. Generally, adult bodies are testimony to disease results due to years of digestive abuse; so when the choice to seek the Naturopath arises, they've already exhausted other options that didn't work. As last resort, they consider eliminating food intolerances from their diets, but generally with great skepticism. As you know, they/we are in the populace minority. Unless symptoms are significantly obvious, and the connection between a child's well-being and what they're consuming is identifiable, it's difficult enough for the adult to accept. How can you convince your child to "swallow" this, to believe it really does matter that if he is potato intolerant, eating French Fries can cause him harm?

In this day and age, in most households all parents work outside the home; the last thing they want to come home to is conflict with their children, and food can surely cause it. I can still remember fighting with my stepsons many years ago, to eat some vegetable on their plate. One of them hated it, and would rather sit at the table and stare at it until doomsday. I learned the hard way, and it only took me once, when their father said to "let it go." He was right. I found other vegetables and foods the kids did enjoy. In the house were mainly healthy foods only, no sugar, yet there were plenty of treats that they learned were tasty even though good for them. There were moments of indulgence, admittedly, a junk food ice cream treat at the local café after a swimming lesson --- compromise! Surprisingly though, they either liked or tolerated most of my healthy homemade meals.

The message here is to

- ✂ offer them healthy choices at home and that will become their habit;
- ✂ plan for bag lunches, which may include leftovers from dinner they liked;
- ✂ talk to them about why you choose the specific foods for them, keeping it simple and enticing;
- ✂ set the good example!

What methods have you had success with?

Please share them with us!

Here's to a healthy happy new school year.

To All My Relations, *Sandra*

1

<http://www.fns.usda.gov/pressrelease/2014/009814>

2

http://kidshealth.org/kid/stay_healthy/food/school_unches.html

"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!



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!



MAIN DISHES: SANDY'S EGG FOO YUNG

As delicious as they look! Light and puffy makes it slightly different from "regular" Egg Foo Yung. A great way to use leftovers as well as fresh ingredients. Choose your own ingredients, as desired.



VEGETABLES: RAW ZUCCHINI MARINATED

This time of the year zucchini is abundant...and so versatile. Delicious as/in fresh salads; add grated to breads, biscuits, cakes, pancakes, etc.



MAIN DISHES: BAKED SOCKEYE SALMON WITH GARLIC, CORIANDER & MUSTARD SEED

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.



ANSWERS TO THE FOOD LABEL QUIZ:

- ✧ Listed Ingredients: Organic Long Grain White Rice.
- ✧ Potential Hidden Ingredients: F (citric acid often added to grains and flours to preserve)
- ✧ Obvious Ingredients: G
- ✧ The product was evaluated for: ALL
- ✧ The results were: G,P
- ✧ The product is: Lundberg Organic White Long Grain Rice
- ✧ Hidden ingredients are: P



Potato? Really..??

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:** **Raw Zucchini Marinated** ~ The abundance of zucchini this time of year lends itself to unlimited recipes. See Recipes section for this one. (See New Recipes for this month, above.)

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

| | | | |
|--------------|--------------------|-------------|------------------------|
| ALL = | Bad for All | M = | Meat |
| C = | Cactus | Ms = | Mine Salt |
| D = | Dairy | N = | Neutral for All |
| E = | Egg | P = | Potato |
| F = | Fruit | Sf = | Seafood |
| G = | Grain | Sy = | Soy |
| H = | Honey | S = | Sugar |

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.
We are happy to help!

- **SHOPPING SUGGESTION:** Do you have a smart phone? You can log on to [Song of Health.com](http://SongofHealth.com), The Food Resource List, and look up items while you shop!

THE FOOD RESOURCE LIST

AUGUST 2014

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

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|---|-----------------------|----------------------|----------------|---------------|
| ALCOHOLIC BEVERAGES: | | | | |
| Franzia Chardonnay | 08/14 | ALL | F,S | |
| Franzia Chillable Red Wine | 08/14 | ALL | F,S | |
| BAKING SUPPLIES: | | | | |
| Red Star Brewers Nutritional Yeast (Bulk at Huckleberry's) | 08/14 | ALL | S | |
| BREADS: | | | | |
| Alvarado Street Bakery California Style Complete Protein | 08/14 | ALL | G,H,P,Sy | |
| Portland French Bakery Classic Italian Ciabatta Sandwich Squares | 08/14 | ALL | D,E,F,G,Ms,P | |
| The Essential Baking Company Organic Bake-At-Home Sourdough | 07/14 | ALL | G,Ms,P,S | |
| CEREAL – COLD: | | | | |
| Nature's Path Organic FlaxPlus Pumpkin Flax Granola | 07/14 | ALL | G,S,Sy | |
| CHOCOLATE AND COCOA: | | | | |
| Simply Lite Dark Chocolate Bar | 07/14 | ALL | D,E,M,Ms,P,Sy | |
| COFFEE AND ALTERNATIVES: | | | | |
| San Francisco Bay Gourmet Coffee French Roast Single Serve (One Cup, used as K-Cup) | 07/14 | ALL | P | |
| CONDIMENTS: | | | | |
| Earth Balance Original Mindful Mayo Dressing & Sandwich Spread | 08/14 | ALL | F,G,Ms,P | |
| FLOUR: | | | | |
| Bob's Red Mill Cornmeal, Fine Ground, Whole Grain, Stone-Ground | 07/14 | ALL | G | |
| GRAINS: | | | | |
| Lundberg Organic White Long Grain Rice | 07/14 | ALL | G,P | |

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|--|-----------------------|----------------------|----------------|---------------|
| JUICES AND DRINKS: | | | | |
| Welch's 100% Grape Juice | 07/14 | ALL | F,S | |
| MEATS & MEAT BOUILLON: | | | | |
| Beeler's Uncured Boneless Ham | 08/14 | ALL | M,S | |
| PASTA: | | | | |
| Sam Mills 100% Corn Pasta
Pasta d'oro | 08/14 | ALL | G | |
| SEASONINGS AND SPICES: | | | | |
| Frontier White Pepper, Ground | 07/14 | ALL | P | |
| TEAS: | | | | |
| Frontier (Bulk) Darjeeling Black | 08/14 | ALL | N | |
| VINEGAR: | | | | |
| Napa Valley Naturals Organic
Red Wine | 08/14 | ALL | F | |



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

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