



DRAGONFLY NEWS

The Official Monthly Newsletter of *Song of Health*

AUGUST 2008

Welcome Subscribers, to *Dragonfly News*. We are excited about the opportunity to share interesting and helpful information with you in our monthly newsletter, which is available to subscribers only. We first email the newsletter and food resource updates to you directly in .pdf form. In a few days you will be able to access the newsletter on the website. Just click on to the "Newsletter" icon, located at the top of most of the pages on the website. The food resource updates will be incorporated into the existing Food Resource List and can found by clicking on to the icon on the left side of most pages.

If you did not receive this issue at your email address and would like to, please notify us immediately at manager@songofhealth.com.

We may need you to perform a couple of easy tasks on your computer or to update your current email address with us.

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IMPORTANT NOTICE: A FOOD RESOURCE UPDATE, DATED JULY 08, is included at the bottom of this newsletter. It will be added to the list on the website in a few days.

THE FOOD RESOURCE LIST ON THE WEBSITE IS NOW AVAILABLE IN PRINTABLE VERSION. JUST GO TO THE BOTTOM OF THE PAGE AND CLICK ON "SOH RESOURCE LIST PART 1 OR PART 2 FOR THE VERSION IN .PDF FORM.

GIVE THE GIFT OF HEALTH: HONOR YOUR FRIENDS AND FAMILY WITH A SUBSCRIPTION to *Song of Health*.

2007 ISSUES OF DRAGONFLY NEWS ARE NOW AVAILABLE ON CD.

Subscribers' cost is only \$14.95, non-subscribers, \$49.95 plus shipping. This CD is a valuable compilation of articles by our renowned doctors, whose work in their field is highly regarded among their colleagues, patients, and professionals in other circles. Along with all the other information offered, this collection is a great opportunity for students and others seeking reliable research resources in our field.

WHAT INFORMATION WOULD YOU LIKE TO HAVE IN YOUR NEWSLETTER?

Our goal is to serve you. Please help us by sharing what you would like to see in *Dragonfly News*. We also invite you to [share your favorite recipes with us](#).

You may contact us at: newsletter@songofhealth.com.



**SUBSCRIBERS SPOTLIGHT
STORIES, COMMENTS AND QUESTIONS**

SHARE YOUR STORY WITH OTHERS.

SUBSCRIBERS, please help others by sharing your story with us and allow us to publish it in the next issue of *Dragonfly News* and *Subscribers' Testimonials*, a dedicated section now on the *Song of Health* website. We have this opportunity to help those who still suffer but are not confident that our dietary lifestyle will work for them. By hearing and reading about how our lives were dramatically changed we can help them to step through the door toward wellness. **WE WOULD BE HONORED TO INCLUDE YOUR STORY** about how you came to follow the Dr. Carroll Food Intolerance way of life. We reserve the right to edit for grammar and spelling correctness, however we will not change your story content.

IF YOU PREFER US TO HELP YOU WRITE YOUR STORY, WE WILL BE HAPPY TO. JUST ASK!

Please email your contribution to webmaster@songofhealth.com. Thank you for helping us to achieve our goal of reaching out to as many people as possible in order to offer them hope.

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!

QUESTIONS ASKED AND ANSWERED:

The following questions/comments were emailed to us since the July newsletter.

From Genevieve, 1st July, 2008. *Hi, there! I'm really enjoying your site and my membership--you're helping me to work with my food issues and still enjoy eating! Thank you!*

I was wondering if you knew of any instant gluten flours that are free of potato (and dairy, which I'm sure won't be a problem)?

Thanks again--keep up the good work!

Genevieve

Reply from Sandra Strom, 1st July, 2008. Hi Genevieve. Thank you for your supportive words. It is always great to get the feedback about how our work is benefiting you. And you are most welcome! We love the interaction.

The following is copied from The Forum on the website regarding questions asked about gluten and potato. The gluten tested so far has tested positive for potato because it is used as an additive with the wheat. Wish I could give you better news. I am in the same "Potato" boat. I don't believe it makes a difference whether it is instant or not. It would be helpful if you could send in a sample to be tested. Dairy...Again, it would be best to submit the product in question for one of the doctors to test. Let me know if this helps. In Health, Sandra

Posted from The Forum:

Gluten is not in potato, and potato is not in gluten. Gluten is in several grains: wheat, barley, rye, corn, oats. Potato flour is often used as a substitute for gluten containing flours.

I don't believe this is possible. All gluten that is added to wheat flour is a potato starch.

A good baking whole wheat flour will contain its own gluten and none will be needed in addition to make a nice raised loaf of bread. Wheat Montana flour has high natural gluten content and does well, with either their Prairie Gold (hard white wheat) or their Bronze Chief (hard red wheat). A pastry flour, as in a soft white wheat, doesn't have enough protein or gluten for good bread but is lighter and often used for finer pastries, bagels, English muffins or pie crusts. Dr. Zeff

Further response to Dr. Zeff's answer:

Flour naturally contains gluten, this is true. Potato starch is only carbohydrates and contains no gluten...However, the gluten protein they add to baking flour contains potato starch as a filler. I don't know of any baking gluten that is added to bread that is not potato.

Hope this helps. Dr. Tish

From Jeanette, 29th July 2008. *Hello Sandra, I have a fruit question – strawberries. Since they are considered a flower - are they still a fruit? Thanks much - trying to find something refreshing to eat this summer.*

Reply from Sandra Strom, 29th July 2008. Oh yes! Strawberries are definitely fruit. It is a berry. There are wonderful melons available now. Find what is able to be grown locally in your area, if possible, first. Tuscan melons are delicious, cantaloupe, watermelon, honeydew, casaba. You can make a fabulous fruit salad or a salsa with cilantro using melons. It is yummy on seafood. Those come to mind immediately. Is there a farmers market near you, or a store that caters to locally grown foods? Keep me posted on what you find. In Health, Sandra

The following is copied from The Forum on the website.

Posted by Seth, 9th July, 2008. *Can anyone tell me if there are any drinking alcohols that do not contain sugar? Beer, also, if anyone knows. Thanks.*

Posted by Dr. Jared Zeff, N.D., 10th July, 2008. Most alcohol does not contain sugar. Rum is made from sugar. Scotch, bourbon, vodka and gin do not contain sugar. Brandy may contain sugar. Most beers do not contain sugar, though some do. Jared Zeff, ND.

Posted by Dr. Watrous, 16th July, 2008. Perhaps a honey wine, or mead.

Posted by Seth, 17th July, 2008. *Does anyone know what Lara Bars have been tested for? I am curious if they were found to have sugar. Specifically, I am curious about the Jocalat*

bar that they make.

Posted by Sandra, Song of Health, 17th July, 2008. Dear Seth, I am aware of Dr. Watrous having tested Lara Bars for grain, sugar and potato. They tested for fruit only. I will forward this to our doctors to see if they tested them for anything else. My combination intolerance is fruit/sugar and I eat Jocalat bars almost every morning for breakfast!

Posted by Dr. Watrous, N.D., 19th July, 2008. I have checked most of the variations of Lara Bars. None, so far, have any sugar in them, nor do they have grain. They are also dairy and egg free. I hope this helps. Dr. Watrous

MAKE YOURSELF HEARD!

HEALTH HUMOR

Q: I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats, and that's it. Don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

SONG OF HEALTH SPOTLIGHT: DR. NORMAN SUHU, N.D., LAc., M.S.

The following is a biography of Dr. SuHu. Dr. SuHu, located in New York, is a dedicated supporter of Song of Health and an exceptionally accomplished, renowned doctor among his peers and patients. At this time the Song of Health team is honored to introduce him to those of you who are not already familiar with Dr. SuHu and all that he does.

Dr Norman SuHu leads two clinics that are truly precious gems in the New York City metropolitan region. His clinics are the only ones in New York City that are certified to offer the Carroll Food Intolerance test. As a result he has developed a special niche in the nutrition world and receives referrals literally from around the world. He works in collaboration with other unique health professionals in the New York area to provide comprehensive care.

It is not unusual for a person to visit one of Dr SuHu's clinics stating: "I went to a dozen doctors and they ran all these tests on me and they say nothing is wrong, yet I don't feel right". By utilizing simple and safe screening methods and devices subtle imbalances can be detected that do not appear on the conventional radar screen. Methods of detection could be as simple as evaluating the nails, tongue, pulse and skin texture. Other methods could call for evaluating peripheral blood morphology and electrical conductance measurements of acupuncture points. But nothing is as important as a thorough interview.

Among the other services offered, Dr SuHu is also one of a handful of other practitioners who offer biosyntonie treatments and protective devices. This is a specialized form of energy vibration medicine that normalizes biorhythmic patterns and neuroendocrine functions. Modern technology of computers, refrigeration, air travel, etc. provides convenience and efficiency but carries a double edge sword. Biosyntonie protection devices and treatments also help protect one's environment and person from the hazards of these modern technologies. To hear a more comprehensive explanation please listen to the archived radio interview of Dr SuHu on the Natural Nurse program.

<http://kamhi.progressiveradionetwork.org/>

Dr SuHu also offers nature cure therapies in his clinics, mainly in the form of constitutional

hydrotherapy and herbal baths. He has recently included ionic foot cleanse as well as balneotherapy peat baths in his new clinic in Glen Cove, Long Island, New York.

Acupuncture has one origin but many diverse branches. Dr SuHu has studied many systems of acupuncture, including Tong System, TCM, Classical Chinese, Korean Five Elements, Vietnamese, Korean SaSang, Japanese and modern American Physical Medicine systems. He draws from each as best suited for the client needs.

Dr SuHu has utilized many electronic modalities and has found a few to be truly helpful in specific situations. Devices used include Lymphatic system air compression, Magnatherm, Dermaray high frequency, Jade gemstone and sound frequency and Neurotron.

Given the array of services offered, many clients see Dr SuHu's clinic from different points of view. Some view it as a place for good nutrition advice. Some see it as a place to help with their physical injuries. Some view it as a place for spiritual guidance and uplift. Some view it as a place of many possibilities and opportunities. When asked how to best describe what he offers Dr. SuHu says, "I basically see myself as a therapeutic friend and minister of God's mercy and love".

To view Dr. SuHu on the Natural Nurse program go to:

<http://kamhi.progressiveradionetwork.org/>.

You may contact Dr. SuHu at:

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212-691-8281
and
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516-759-5916 or 917-371-2017
Website: www.drshu.com
Email: info@drshu.com

You can also find Dr. SuHu listed in our Goods and Services section on the website.

PRINCIPLES OF NATUROPATHIC MEDICINE
NATUROPATHIC PRINCIPLE #1
By Dr. Jared Zeff, N.D., LAc.

Vis Medicatrix Naturae

Naturopathic medicine is based upon the observation of the healing process in nature. Over centuries, physicians have observed the body in illness, and noted how the body heals itself. From these observations we have extracted six principles that help guide us as physicians. These principles instruct us that our role is not to direct the healing process, but to help it emerge. I want to discuss the first of these six principles of healing in this article: the one we call *Vis Medicatrix Naturae* (The Healing Power of Nature). This principle, or observation, is the origin of naturopathic philosophy, and all of the other principles and clinical theory come from it. We state it this way:

"The healing power of nature is the inherent self-organizing and healing process of living systems which establishes, maintains and restores health. Naturopathic medicine recognizes this healing process to be ordered and intelligent. It is the naturopathic physician's role to support, facilitate and augment this process by identifying and removing obstacles to health and

recovery, and by supporting the creation of a healthy internal and external environment.”

Models of Medical Thought

Mainstream medicine is based upon a simple and elegant model: the diagnosis and treatment of disease. In brief, the doctor is expected to determine the specific nature and name of the disease process (diagnosis), and then apply the various tools or weapons that science and experience have provided to eliminate the disease (treatment).

This is taken as self-evident and unquestioned. Upon analysis it contains at least four assumptions:

1. that there are distinct disease entities which exist separate from the patient;
2. that these disease entities can be identified;
3. that these disease entities can be removed from the patient's body.
4. that the evidence-based use of drugs or surgery constitute effective and appropriate treatment.

In this conventional system, the doctor identifies the disease and then “does battle” with it, almost as if the patient were a neutral field upon which this battle takes place. The primary tools in this battle are drugs and surgery.

The Naturopathic Model

Naturopathic Medicine embraces different assumptions. In our medicine, the emphasis is upon health restoration rather than disease treatment. The first of these naturopathic assumptions is contained within *Vis Medicatrix Naturae*.

The naturopathic physician does not do battle with a disease entity. Instead, we rely upon the healing wisdom, vital energies and intelligence of the organism to restore normal and healthy function. The work of the naturopathic physician is to elicit healing by helping the patients to create or recreate conditions for health to exist within them. Health will occur where the conditions for health exist. Disease is the product of conditions, which allow for it.

Naturopathic medicine is not based primarily upon the identification and treatment of disease. Instead, we seek to restore health: a different emphasis. The assumptions that govern naturopathic medicine are these:

1. The universe is ordered and intelligent
2. Health is the constant and natural state of being
3. Ill health is an adaptive response to disturbance in the organism
4. The return of normal health is based upon the reduction of factors which are disturbing the health
5. Appropriate treatment should involve the least intervention necessary to reduce disturbance and restore health.

In this way of thinking, illness is not seen as a thing, but as a process in which the normal functioning of the body is disturbed, and the body reacts to set itself right. Reaction may include fever, inflammation, and other symptoms. The naturopath seeks not simply to eliminate these symptoms, but to understand what is disturbing the system, remove or moderate these disturbing influences, and then stimulate the self healing mechanisms to bring about restoration of health.

The process of healing can be modeled very generally through a simple explanation. If normal health is disturbed, the body reacts to the disturbance if it is of sufficient intensity or

duration. As the reaction proceeds, the body begins to discharge the products of the healing process, mucus, pus, etc. As the discharge resolves, the body is returned to a state of normal health. If the disturbance persists, such as wrong diet, the reaction persists, or repeats. This will also occur if the reaction is weak or blocked, perhaps by drugs. This is the origin of chronic disease: persistent disturbance or weakened response. As chronic reaction continues, the body will eventually degenerate with ulceration, tumor formation, scar tissue, paralysis, etc.

Upon simple analysis, reactions can be seen to be intelligent and healing phenomena. Inflammation is characterized by increased blood flow into a disturbed area, causing redness and swelling. The increased blood flow brings more oxygen, increased numbers of white blood cells, and other healing elements into the disturbed area. These are the front line healing processes that the body employs. They are obviously intelligent and wise things for the body to do to heal itself. This is an example of what is meant by *Vis Medicatrix Naturae*, the healing power of nature.

If the disturbance is single, or short lived, these processes will bring the body, or the involved tissues, back to a normal state. The inflammation will be followed by discharge and then by resolution. This is most easily seen with the common cold. The common cold is not a disease entity; it is a healing process. The worst thing one could do is suppress the process with drugs, which interferes with the process of inflammation, discharge, and recovery.

The Origin of Chronic Disease

If any process of acute, restorative inflammation is suppressed, usually by drugs, the disturbing factors will persist. Toxins accumulate. Function is increasingly disturbed and inflammation becomes more persistent and recurrent. This is the origin of chronic disease. As disturbing factors continue and are suppressed, the disturbance penetrates more deeply into the organism, and chronic inflammation ensues. Which tissues become involved will depend upon inherited weakness, acquired weakness, mechanical stresses, the nature of the specific toxins, and so forth.

Arthritis is a perfect example of this. The cause of arthritis is not conventionally understood, and conventional treatment is directed at reducing the pain and inflammation, which is partially successful, but the various treatments (drugs) generally create their own pathology, which may become devastating, including immune suppression, osteoporosis, ulceration of the stomach, etc.

Following the naturopathic model presented above, the physician would work with the patient to identify and remove the causes of disturbance, primarily found in diet and life stresses. We help the patient establish more healthful habits, improve diet and digestion and stimulate the self-healing potential to overcome the obstacles to healing through a variety of therapeutic modalities. With appropriate dietary change to eliminate the sources of irritating toxins, we can expect to see rapid decrease in pain and inflammation.

When I began in practice I did not know how to treat arthritis. I used a variety of "anti-inflammatory" herbs or other substances, elimination of the "nightshades", homeopathic remedies as indicated, physiotherapy and whatever else I could recall, discover, or think of. But nothing I did in this regard resulted in a permanent cure. When I later came to understand the naturopathic model for restoring health, through the teaching of Dr. Harold Dick and his food intolerance elimination, my rate of success as well as my confidence began to increase.

Mal-digestion, the origin of the irritating toxins, is caused by eating foods which are not well

digested by a particular body, by inappropriate food selection or preparation, by overeating or other inappropriate eating patterns, and by stress. As poorly digested food passes through the digestive tract, it is subject to the bacterial actions of fermentation and putrefaction, which create the toxic substances. As these persist, more and more inflammation develops.

To reverse the decline towards degeneration, the disturbing factors must be removed or ameliorated. If suppression has occurred, or if the disease has deeply penetrated or damaged the organism, there will be a return of acute inflammation as the organism moves back toward health. This is called a healing reaction or healing crisis. The process of healing is the reverse of the process of disease.

The Hierarchy of Therapeutics

In facilitating the process of healing, the naturopathic physician seeks to use those therapies which are most efficient in stimulating the self-healing mechanisms, which have and which have the least potential to harm the patient. The concept of harm includes suppression of the natural healing process, such as inflammation and fever. These precepts, coupled to an understanding of the process of healing, result in a therapeutic hierarchy. This hierarchy is a natural consequence of how the organism heals. Therapeutic modalities are applied in a rational order, determined by the nature of the healing process.

If we examine the process discussed above, we can come to an understanding of appropriate therapeutic intervention and its natural order. Restoration of health can usually be achieved by following the following order:

1. Identify and remove causes of disease (especially wrong diet)
2. Establish a healthy regimen
3. Stimulate the self healing mechanisms
4. Support weakened or damaged systems
5. Correct structural integrity
6. Address pathology
7. Suppress pathology (usually using drugs or surgery)

This is offered as a summation of our philosophy, and as a guide to our newer readers. Two principal concepts deserve emphasis. First, success will often be based upon the order of the therapeutic intervention. For example, appropriate dietary change comes before specific stimulating therapies. This will allow the therapies to work in an improved "terrain" and therefore produce more lasting results. If the cause of the disturbance, usually improper diet, continues to be fed into the system, therapeutic intervention at a lower level in the hierarchy will rarely be curative and may even exacerbate the body's inflammatory response. Second, therapy must attempt to stimulate the vital responses of the body and not be directed against pathology.

Naturopathic medicine is vitalistic, relying upon the wisdom and intelligence of the body rather than that of the doctor. Those therapies toward the top of this therapeutic hierarchy have the greatest potential to return the organism to normal unsupported function, that is, permanent cure. This is why the use of drugs, without first having understood the causative elements of wrong diet, poor digestion, and stress, and acted to correct them, will generally not result in permanent nor efficient cure.

Jared L. Zeff, N.D.

SHARING EXPERIENCES: "Are Your Children Safe?"

By Sandra Strom, CEO Song of Health

Last month's article, contributed by Dr. Potenza, (Why Buy Local Foods?), Dragonfly News, July 08) emphasized the importance of concentrating on buying our foods from local, reliable sources. This past week I was listening to the Clark Howard show, a consumer advocate radio program, which "brought home" the reality of having to take the quality of our health and environment into our own hands and not depend on our government to do it for us. How much of what we hear in the media can we believe? By taking personal initiative, our actions can help to minimize the very real potential of buying dangerously.

I challenge you to always take the time to...FOLLOW THE MONEY!

It is old news that we have been subjected to tainted lettuce, pet food and toothpaste from foreign sources. What do you know about children's products? Are your children in harm's way? Are you aware that the jewelry and trinkets your kids are wearing may contain lead?

Nancy A. Nord, commissioner of the Consumer Product Safety Commission (CPSC) was nominated by President George W. Bush for a term that expires in October of 2012. The duty of the CPSC is to protect the public against unreasonable risks of injury and death associated with consumer products. But the CPSC is not enforcing and ensuring that toys being distributed on the market are safe. By law, the (CPSC) is prohibited from issuing public reports about unsafe items until after a multiyear investigation. Nord has been lobbying to *not* have additional authority to deliver reports in a quicker manner. She's also fighting a move in Congress to fine manufacturers who produce unsafe products. It appears that Nancy Nord is protecting these companies instead of acting as the diligent watchdog for consumers, as she was hired to do. Clark Howard has accused her of being wined, dined and taking freebies from the very companies that she is supposed to be monitoring for protection of the public. For the last several years Congress has authorized a ban on lead-filled toys and children's trinkets, but she has refused to take such action, allowing dangerous toys to flood the market. Instead, she maintains secrecy on the known information of such products for years, which allows the manufacturers of these illegally-produced products to sell their existing inventory until it is gone, with the understanding that they will comply with safety standards in future production.*

A number of organizations research, test and publish their findings as advocates of safety for consumers and are great resources for you to investigate:

The Center for Environmental Health (CEH) is a consumer advocate group who has succeeded in causing changes in government leniency. One of its efforts was to take action against lead in costume jewelry. In an agreement with CEH and the California Attorney General's Office on January 27, 2006 seventy-one retailers and suppliers, including familiar brand names, joined a precedent-setting agreement to protect children's health (and adults) by phasing out lead in their costume jewelry. A list of these companies can be found at their website, which is listed in the references below. Among them are Target, Kmart, Macy's, Nordstrom's, Claire's, Mervyn's, Sears, Toys R Us and Disney. "The legal settlement calls for the companies to take swift action to end sales of lead-containing jewelry in California by reformulating their products. The landmark agreement...creates the first legally binding standards for lead in jewelry in the nation."**According to the CEH "The process to eliminate lead threats from jewelry has already begun and our continuing investigation leads us to believe that many companies have already eliminated the lead."

The agreement requires that no company can ship lead-tainted children's jewelry to a retail store after February 1, 2007, and cannot ship any lead-tainted jewelry after August 1, 2007. It also requires that retailers must stop selling lead-tainted children's jewelry by September 1, 2007, and must stop selling all non-compliant jewelry by March 1, 2008.**
January 27, 2006

HealthyToys.org is a website that publishes research test findings on what toys are and are not safe. They advocate refraining from purchasing any children's jewelry, that "more than 1 in 3 pieces of kid's jewelry that was tested contained so much lead that it could decrease your child's IQ." *

Be very cautious of cheap jewelry and trinkets that appear to be silver. Also, lead is manufactured into many rubber toys for consistency.

You can find much information on findings of children's toys, jewelry and other products at these websites:

www.safekids.org

www.HealthyToys.org

www.cehca.org

References: * www.clarkhoward.com

** www.cehca.org

In Health,
Sandra

[RECIPES](#)

Check out the Recipes category in The Forum for new recipes.

Recently contributed by subscriber Lori G. are: Tangy Italian Flax Crackers and Herb Crackers.

[SIDE DISHES](#)

[VEGETARIAN BOSTON BAKED BEANS](#)

(Contributed by Sandra Strom, CEO of Song of Health)

2 cups small white beans, pink beans or kidney beans

3 quarts water

2 tsp. ground fennel seed

1 tsp. salt

1 clove garlic, optional

Wash beans thoroughly to remove any dirt. Put beans in a saucepan, cover with 1 quart of the water. Bring to a boil for a minute or two. Remove from heat, drain beans then wash thoroughly under faucet. (This process helps to remove gaseous properties in the beans, as will the fennel.)

Place beans in either an electric crock pot or big cooking pot with the water, fennel seed, salt and garlic. If cooking on stovetop: Uncovered, bring to a boil then turn heat down to medium, cover and simmer until beans are soft. If cooking in crock pot: Cover and set temperature on high option. Cook until beans are soft. Drain, keeping the liquid.

Preheat oven to 250 degrees.

1 cup liquid from beans

½-1 very sweet onion (Walla Walla onions are best), chopped

½ cup vegetable oil or combination of oil and butter

½ cup maple syrup
½ cup honey
2 tsp dry mustard seed, crushed or 1 tsp. prepared mustard
3 to 4 drops liquid smoke

In a glass baking dish or bean pot place the beans and chopped onion. Stir to evenly mix. In a saucepan add the oil, maple syrup, honey, mustard and liquid smoke. Bring to a boil while stirring often to keep from burning or boiling over. Remove from heat and pour over the beans, stirring just enough to mix evenly.

Bake 6 to 8 hours. If necessary, add more liquid to keep the beans moist. Remove the cover during the last hour of baking.

Serves 4 to 6.

FOOD RESOURCE LIST UPDATES

KEY FOR RESULT CODES

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

HOW TO READ THE FOOD RESOURCE LIST AND USE THE KEY:

As items are submitted and tested by Windrose Naturopathic Clinic and Salmon Creek Clinic, they are then added to the Food Resource List on the *Song of Health* website. We compile the updated lists to email to our subscribers as well.

The items are listed per category. By listing the date tested, you can be assured of the most recent updates. Under the "Tested For" column, "All" signifies that the product has been tested for all food categories included in the Carroll Food Intolerance Testing method. In some cases, you will see ingredients listed in the "Results" column that are not included in "Tested For." This is because the ingredient has been listed on the packaging, or it is obviously in the stated category. We will furnish where to purchase a product whenever the information is available.

NOTE: In this list you will find entries from 2007. Our original format didn't allow for partially tested items, which we have since corrected by adding the "Tested For" column.

If you have any questions, please contact us at: manager@songofhealth.com.

DEDICATED TO HELPING YOU ACHIEVE...

GREAT HEALTH - GREAT LIFE!

FOOD RESOURCE LIST UPDATES
JULY 2008

<u>FOOD TESTED</u>	<u>DATE TESTED</u>	<u>TESTED FOR</u>	<u>RESULTS</u>	<u>PURCHASED AT</u>
<u>ALCOHOLIC BEVERAGES:</u>				
Columbia Brewery Kokanee Glacier Beer	07/08	F,P	G,P,S	
<u>BAKING SUPPLIES:</u>				
EnerG Baking Powder	10/07	D,P	N	
Flavorganics Vanilla	10/07	F,P,S	S	
Red Star Active Dry Yeast, 3-packet strips	11/07	ALL	S	
<u>BREAD:</u>				
Homemade Apple Bran Muffins	10/07	E,F,S	G,F,S	
NatureBake Organic Honey Sprouted Wheat	10/07	D,P	G,H,P,Ss	
NatureBake 100% Whole Grain 4 x 5 Multigrain	06/08	ALL	G,H,S	
NatureBake Organic Stone Ground Wheat	06/08	ALL	F,G,S,Ss – inconsistent	
Sarah Lee Wheat English Muffins	09/07	F,P,S	G,P	
<u>BUTTER:</u>				
Kerrygold Butter	10/07	F,P,S	D,F	
<u>CEREALS, COLD:</u>				
Post Shredded Wheat	10/07	F,P,S	G,F	
<u>CHEESE:</u>				
Black Diamond Cheddar	11/07	ALL	D,F	
Tillamook Monterey Jack	11/07	ALL	D,P	
<u>CHIPS AND CRACKERS:</u>				
Kettle Organic Yellow Corn Tortilla Chips	07/08	F,P,S,Sf	G	
Little Bear Crunchitos	10/07	F,P,S	F,G	
Naturally Preferred Blue Corn Tortilla Chips	07/08	F,P,S	G,P,Sf	
Naturally Preferred Sesame Blue Corn Chips	06/08	F,G,P,S	G,P	
Newman's Own: Organic Pretzel Rods	07/08	ALL	G,P,Sy	
Que Pasa Organic White Tortilla Chips	07/08	F,P,S,Sf	G	
Snyder's Sourdough Nibblers	07/08	ALL	E,F,G,P,Sy	
<u>CHOCOLATE:</u>				
Café Mama Cocoa Powder	10/07	F,P,S	F	

Dagoba Organic Cacao Powder	11/07	ALL	N
Hershey's Cocoa Natural Unsweetened Powder	11/07	ALL	ALL
Nirvana Organic Belgian 72% Dark Chocolate Bar	11/07	D,S,Sy	S
Rapunzel Organic Cocoa Powder	11/07	ALL	ALL

CONDIMENTS:

Good Seasons Italian All Natural Salad Dressing and Recipe Mix	10/07	F,P,S	F
Ken's Steak House Italian Dressing	09/07	F,P,S	S
OrganicVille Organic Ketchup, No Added Sugar, Gluten Free	06/08 07/08	D,E,F,P,S D,E,F,P,S	F,G,P F,G inconsistent
Panda Express Teriyaki Sauce	10/07	E,F,S	F,S,Sy

COOKIES AND TREATS:

Larabar Coconut Cream Pie	06/08	ALL	F
Larabar Jocolat Chocolate Cherry	06/08	ALL	F
Larabar Jocalat Chocolate Hazelnut	06/08	ALL	F
Larabar Peanut Cookie	06/08	ALL	F
Walkers Pure Butter Shortbread Rounds	07/08	ALL	D,E,G,P,S

FRUIT:

Safeway Regular Seedless Watermelon, Fresh	07/08	ALL	ALL	Safeway
Yokes Regular Seedless Watermelon, Fresh	07/08	ALL	ALL	Yokes

FRUIT SPREADS AND SAUCES:

High J Orchards Fuji Chunky Applesauce	07/08	ALL	F
St. Dalfour Strawberry spread	07/08	ALL	F,S

GRAINS:

Lungberg Long grain Organic Brown Rice	07/08	F,P,S	F,G
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MAPLE SYRUP AND SUGAR:

Coombs Family Farms Organic Maple Syrup Grade B	11/07	ALL	N
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***MEATS:**

Farmland Hickory Smoked Bacon	11/07	?	G,M,P,S
Independent Meat Company Falls Brand Pork Sausage	09/07	F,P,S	F,M

Superior Touch Beef Bouillon	09/07	F,P,S	M
Superior Touch Beef Base	10/07	F,P,S	F,M,P,S

MILK AND CREAM:

Organic Valley Organic Whole Milk, Ultra-Pasteurized, Grade A, ½ Gallon	11/07	ALL	D
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MISCELLANEOUS:

Tilia Vacuumpack Foodsaver Roll	07/08	D,E,F,P,S,Sf	F	Costco
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NUT BUTTERS:

Justin's Natural Nut Butter Honey Almond Squeeze Pack	06/08	P,S,Sf	F
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NUTS:

Yokes Fresh Market Bulk Blanched Almonds	06/08	ALL	F
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OILS:

Natures Life Evening Primrose Seed Oil	06/08	ALL	N
Saffola Safflower Oil 24 oz. in Plastic Container	11/07	ALL	ALL
Spectrum Natural Organic Canola Oil	11/07	ALL	N
Spectrum Natural Organic Extra Virgin Olive Oil	11/07	ALL	F
Spectrum Natural Safflower Oil, High Heat	11/07	ALL	ALL

PASTA:

Trader Joe's Organic Whole Wheat Rotelle	07/08	F,P,S	G,P
Vita Spelt Organic White Spelt Rotini	07/08	F,P,S	F,G

PREPARED FOODS AND MIXES:

Grandma Nunweilers Whole Grain Pancake & Waffle Mix	07/08	ALL	E,F,G,P
Trader Joe's Chunky Olive Hummus	10/07	F,P,S	F,P,S

SEAFOODS:

Crown Prince Solid White Albacore Tuna No Salt Added, in Spring Water	07/08	ALL	F,Sf
Day Island Fish Co. Albacore Tuna	07/08	ALL	Sf

SEA SALT:

Winco Sea Salt	10/07	F,P,S	Ss
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SEASONINGS AND SPICES:

Kitchen Bouquet Browning and Seasoning Sauce	10/07	F,P,S	S
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SOUPS:

Muir Glen Organic Savory Lentil Soup	07/08	ALL	F,G,P,Sy
Nagatanien Matsutake-no Aji Instant Soup Mix	10/07	F,P,S	N

SOY PRODUCTS:

Eden Organic Tamari	09/07	F,P,S	Sy
Yamasa Soy Sauce	06/08	F,G,P,S	P,Sy

TEAS:

Celestial Seasonings Caffeine Free Chamomile	07/08	F,G,P,S	F
Good Earth Green	07/08	F,G,P,S	F

TOMATO PRODUCTS:

Bionature Organic Tomato Paste	07/08	ALL	F
Pacific Natural Foods Tomato Soup	07/08	ALL	F,S

VITAMINS AND NUTRITIONAL SUPPLEMENTS:

Allergy Research Group Earth Dragon	06/08	ALL	F,G
Garden of Life Primal Defense	06/08	ALL	F,P,S,Sf
Rich's Enzymes & Intestinal Flora	10/07	E,F,S	F,S
Rich's For-N	10/07	E,F,S	S
Super Greens Powder	06/08	D,F,G,P,S,Sf	D,F,G,P,Sf
Swanson Bromelain	10/07	E,F,S	F
Swanson Ester-C	10/07	E,F,S	F
Swanson GreenFoods Formulas Veggies4Life	10/07	E,F,S	F

YOGURT:

Norris	10/07	F,P,S	F
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***Category being changed to Fruit from Dried Fruits
*Category being changed to Meats and Meat Bouillons from Meat**