



DRAGONFLY NEWS

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

AUGUST 2010



Nasturtium Flowers - Edible Protectors of Squash
Picture by Sandra Strom

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. 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 the icon on the left side of most pages on the website. The recipes will be added to the Recipes section, including the Table of Contents and Index.

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

We may need you to remove a pop-up blocker on your computer or to update your current email address with us.

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

Sandra Strom, CEO of *Song of Health*

Dr. Letitia Dick, N.D., Staff Doctor

Dr. Jared Zeff, N.D., Staff Doctor

Dr. Caryn Potenza, N.D., Staff Supporting Doctor

Janet Jensen, Manager of Food Resource Updates

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

Visit Sandra at [Twitter](#), [Facebook](#), [MySpace](#), and [Startup Nation](#).
You're invited to follow and share comments!

~ **IN THIS ISSUE:** ~

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By Sandra Strom, CEO of Song of Health

✈ **RECIPES:**

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[SWEET BISCUIT CAKE](#)

EGGS:

[DEVEILED EGGS WITH A KICK](#)

✈ **FOOD RESOURCE UPDATE: AUGUST 2010**

The Carroll Institute of Natural Healing, co-founded by our renowned Doctors Letitia "Tish" Dick, N.D. and Jared Zeff, N.D., is an educational opportunity for Naturopathic physicians and students to further their education in the traditional methods of Naturopathy, not otherwise taught in the Naturopathic colleges. This is where physicians and students learn how to perform the Carroll Food Intolerance Evaluation method, constitutional

hydrotherapy and other important methods of traditional natural healing.

Song of Health and The Carroll Institute of Natural Healing work together to reach as many people as possible, to educate and help understand the importance of avoiding personal food intolerances, applying traditional Naturopathic methods of healing, and naturally restoring the body to health.

We invite everyone to contact us with any questions you may have regarding these methods at manager@songofhealth.com.

Song of Health.com actively promotes physicians and professionals who support our work, and companies who act with integrity and are honest about their products and services.

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

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

WEBSITE CHANGES!

✧ **WELCOME TO JANET JENSEN, OUR NEW FOOD UPDATES MANAGER!** Janet is already doing a super job. It is a difficult process, as more often than not, we are not furnished all the necessary information by those people who submit samples. We then have to research almost every entry to exact the information provided you in The Food Resource List. Our goal is to provide you the most accurate and complete listings possible, and this takes a lot of time. So, we appreciate your patience as Janet learns the ropes of getting this vital information to us.

✧ **IMPORTANT NOTICE REGARDING ADDRESSING MEDICAL QUESTIONS TO OUR DOCTORS:**

In the Forum, the section "Ask The Doctors a Question," and contacting us through email: Due to office overload the doctors can no longer answer medical questions through Song of Health. Please ask your questions to them directly; they ask that you request a consultation appointment. The existing threads in this category are also still accessible. I will still be able to answer your questions on food intolerances, as always. Thank you for your understanding in this matter. *Sandra*

✧ **THE FOOD RESOURCE LIST:**

Reminder: All corn meal entries have been moved to the "Flours" section from the "Grains" section.

✧ **IN THE GOODS AND SERVICES SECTION:**

Welcome to our newest doctors listed:

✧ **Dr. Courtney Jackson, ND**

Summit Natural Health, LLC

Website: www.summitnaturalhealth.com

(Dr. Jackson is in the process of moving her practice to Portland, OR. Her contact information will be updated once established.)

✧ **Dr. Kim Palka, ND**

Wellspring Naturopathic Medicine

818 East Ashman

Midland, MI 48642

989-633-0025

Email: kimpalkand@gmail.com

Website: www.wellspringnaturopathic.com

Change of contact information:

✧ **Dr. Zia Robles-Hernandez, ND** *has changed her contact information to:*

Essenzia Naturae, LLC

"Healing From The Ground Up"

702B Galisteo St.

Santa Fe NM 87505

505-570-0560

Email: drzrobles@live.com

Website: <http://drzrobles.health.officelive.com>

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To order: Contact manager@songofhealth.com



SUBSCRIBERS SPOTLIGHT

STORIES, COMMENTS AND QUESTIONS

What information would you like to have in your newsletter?

Our goal is to serve you. Please help us by sharing what you would like to see in *Dragonfly News*. We will do our best to accommodate you. We also invite you to share other suggestions, comments and favorite recipes with us.

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

Share your story with others.

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

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

Please email your contribution to manager@songofhealth.com.

Thank you for helping us to achieve our goal of reaching out to as many people as possible in order to provide help, hope and answers. The more we give away, the more we receive!

A note of encouragement: A subscriber was concerned that her story was uninteresting. **There is no such thing as a boring, uninteresting story!** We are here to support each other and every contribution helps, no matter how small or large the content. Please don't let that stop you! We invite you to check out [Subscribers Testimonials](#) to read what subscribers have shared.

QUESTIONS ASKED AND ANSWERED:

Questions emailed to us:

Song of Health has been given permission by our Subscribers to share the following communications with you. In so doing, we all reap the benefits of learning together.

From V: In the food resource list does the food include what is in the evaluated for and also the result? I thought that it was only

~~~~~

### Samples From The Forum:

**Posted by Susan, 9th July, 2010:**

Something finally clicked for me! I now realize (after a discussion at Windrose) that a food sample can be tested 2 ways: against a control sample and against your own blood sample. Now I understand why some of my tests come back as definite food categories, and some tests simply come back "okay for you" or "bad for you." It also may explain why a number of my tests have never appeared on the website. Of course this leads to a couple more questions: 1) I'm guessing the tests against your own blood do not get added to the website since it applies only to you, right? 2) When you test against your own blood sample is that just one test, as opposed to say potato, fruit/sugar being 2 tests?

**Posted by [Sandra, CEO of Song of Health](#):** Good question. Windrose Clinic tries to furnish us as many test results as they can, and for general use. It is possible that something was tested specifically for you personally and therefore was not forwarded for everyone. Most often we can use them, though, as The Food Resource List is emphasized as a guide.

I will forward your question to Dr. Tish to see if she can clarify further. In health,  
*Sandra*

**Posted by Sandra:** Following up...Dr. Tish verified that results of food evaluations done for specific patients are not always furnished for everyone at Song of Health because that patient's issues are not applicable to the general public. What is listed in The Food

what is in the result. Thank you.

**Reply from Sandra Strom, CEO of Song of Health:** One column lists what the product was asked to be evaluated for. Results may include additional info as well. In health, *Sandra*

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Resource List are evaluations performed that apply generally, not specifically. Hope that helps. In health, *Sandra*

Posted by Dr. Tish: It is true that it is much simpler and faster for us to test a sample against a patient's own blood sample and simply tell them if it is ok for them or not. If they want more information, as in, does it contain soy?, then we have to test the food sample with probably at least 5 or 6 baseline blood samples to sort it out. This is very time consuming and doesn't always lead us to a clear answer. But we do our best.

I know it is difficult for patients to understand this process and often assume, if we can test their blood so accurately, how come we can't test the foods that way? But, doing a "reverse test" on the samples is very very complex and the testing system wasn't designed to be utilized that way, and I don't think we have a way of designing the lab test any other way...If there was an easier way I certainly would have figured it out by now.

Posted by Susan, 21st July, 2010: Thanks, Dr. Tish, for your reply. I like that idea of a faster and simpler test against your own blood. I'm guessing this method is more accurate, more reliable, more concise on an individual basis. Am I right?

Posted by [Sandra, CEO of Song of Health](#): Hello Susan, you're on the right track!

Posted by [Sandra, CEO of Song of Health](#), 29th July, 2010:

Dear Subscribers, due to work overload, our doctors are unable to answer your questions

at this time. Please refer medical and queries not pertaining to food intolerances to your personal physicians' clinics.

As always, I will be glad to answer your questions on food intolerances, cooking, etc. Thank you for your understanding. *Sandra*

REMEMBER TO GO TO THE FORUM TO SHARE - AND ACCESS - MORE QUESTIONS AND COMMENTS!

When posting a question or comment on The Forum to a thread that is not recent

(within the current week), PLEASE CREATE A NEW THREAD, even if the topic has been discussed at a prior time. This way, new entries won't get unintentionally missed.

The Forum is a great way to make new friends!

It is a great opportunity for you to share tips, meals, recipes and any other information to help support and educate each other!

ARE YOU SIGNED UP ON THE ALERT LIST YET?

Stay notified of new posts in The Forum and emails sent to us regarding all of your family's personal food intolerances.

To be on the list [contact us at manager@songofhealth.com](mailto:manager@songofhealth.com)

SUBSCRIBERS:

Would you like to have a cooperative service with *Song of Health* and the store you shop at for groceries? Please tell them! We would be happy to help get them set up with access to the website information on their computers, in an effort to help all of you. If there is a store you would like me to contact, please email me at manager@songofhealth.com. I will do my best to present our position.

Sandra

MAKE YOUR VOICE HEARD!



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 Dr. Zeff: "...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, Dr. Dick may determine a different result than Dr. Zeff, or any of the other doctors who competently perform this "testing,"

because they are testing a patient's specific blood sample to a specific food sample. As Dr. Zeff puts it, "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. What we are not qualified to answer directly, we refer to our doctors and they, in return email their responses to us. You may consider *Song of Health* as your information center.

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 and learning about other natural health issues. *In Health, Sandra Strom*



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. It is our goal to share our findings with you, on what may have a cause and effect on all of our healthy lives.

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*.

Eventually, THE FOOD INTOLERANCE COOKBOOK will be published as a full-fledged cookbook. Among more than just recipes, it will also include some historical information about the great Nature Doctors. I have decided to share an excerpt of the manuscript with you this month:

DR. OTIS G. CARROLL AND THE NATURE DOCTORS

By Sandra Strom, CEO of Song of Health

- ✧ How is it possible that one child thrives on milk and another breaks out in hives?
- ✧ Aren't all human bodies created to deal with their environment in the same way? Otherwise, why else is there all the buzz about "the food pyramid?"
- ✧ Why do we often hear references to food allergies but not food intolerances?

Every day, we're bombarded with what to do, what not to do. If we're to believe in the food pyramid, then why does the U.S. Food and Drug Administration (FDA) periodically change its look? Do they really know what they're talking about? If we listen to the media, what we should avoid eating changes like the winds over sand. One year coffee is bad for us, the next it's good. Butter is bad, butter is good. Milk builds strong bones, milk causes cholesterol. Are we given only a portion of the whole picture or just pieces? Who do we believe and who's off their rockers?

But sorting out the wheat from the chaff of the latest so-called nutritional reports is not our mission here! *It's about food intolerance and that is the first step in importance.* So why do I believe that avoiding my food intolerances work? Proof in the pudding, my dear.

Dr. Harold Dick's dream was that every child be evaluated for their food intolerances before starting Kindergarten. As protégé of Dr. Otis G. Carroll, he was referring to the Carroll Food Intolerance Evaluation methods.

Why did he consider this vital to everyone's health? How can removing foods from the diet be an effective way to maintain well being? After all, the Western medical circles certainly don't advocate it, let alone

acknowledge the effectiveness of the Carroll method of evaluation! Why am I asking all these questions?

To understand – before we can accept – how foods can work for or against us, we look at the man who developed the Carroll Food Intolerance Evaluation methods and followed the concepts of the Nature Doctors, or Traditional Naturopathic Physicians:

DR. OTIS G. CARROLL

Dr. Otis G. Carroll (1879 -1962) practiced medicine 1917-1962. He is renowned for his success utilizing Constitutional Hydrotherapy – simply, a detoxification method employing the use of hot and cold fomentations - and for developing a means of testing people for food intolerances. He mentored under such greats as Dr. Alex LeDoux, a medical doctor who had studied under Father Sebastian Kneipp, considered one of the founders of Naturopathy, and Dr. Henry Lindlahr, often referred to as the Father of Scientific Naturopathy. Dr. Carroll's approach to health is summarized in an excerpt from his writings:

"Health must at all times come from and be maintained by digested foods. Naturopathic physicians understand this principle and use it to repair the damage done to organs, tissues and cells which have become depleted of the necessary constructive elements. These necessary elements can come only from digested foods. After a food is digested, it goes through a process of assimilation which converts it into nutrition which is carried by the circulation to every organ, tissue and cell. Remember, this process begins first with the digestion of food, and no drug yet offered can rectify damage done by failure of digestion (Scott 7/15/1992)." ¹

FOOD > DIGESTION > NO DRUG IS A REMEDY. Ingest this concept. Ok, bad pun,

but if it helps you remember this...whatever works.

Dr. Carroll's work was based upon the European nature-cure approach, which favored a simple vegetarian diet, hydrotherapy, homeopathy, and herbal medicine. ² His methods were focused on enhancing digestion, which resulted in positive response. He was known to treat and help even the most dire of cases.

In the 1930's Dr. Carroll experimented with different foods to determine reactions in patients to food intolerances. Spurred by the inability to cure his chronically ill son, in spite of his successes, and dissatisfied with trial and error testing, he decided to experiment with a method of testing originally developed by Dr. Albert Abrams in the early 1900's, utilizing sensitive "electronic" equipment. He discovered that most people are intolerant to a number of common food categories: Dairy, egg, fruit, grain, meat, potato, and sugar. He also found some people react to seafood and soy. (Our present doctors have since discovered a couple more food intolerances, as well.)

Despite Abrams being accused of quackery - even to this day - by the American Medical Association (AMA), Dr. Carroll had remarkable clinical success with Abrams' methods. Regarding his son, the doctor discovered him to be intolerant to fruit - quite the surprise to Dr. Carroll, as he had always considered fruit to be a successful healing food. Removing fruit from the diet and applying his healing modalities, the doctor's son was cured for the first time.

Food intolerance testing as devised by Dr. Carroll is similar, in some respects, to the bioelectronics testing of Voll, from which many biofeedback mechanisms, still currently in use, have evolved. In the testing, a blood sample is placed in a specific electric circuit and exposed to various foods in contact with a reagent. Fluctuations in the current are detected,

and thereby the outcome of the testing determined. ²

Dr. Carroll believed, as did his Nature Doctor colleagues, that an inundation of toxic substances in the system was the cause of dis-ease. Determining what caused toxicity in a patient by using his food intolerance methods, preventing illness blossomed into a reality. His use of constitutional hydrotherapy aided in hastening elimination of toxins as well as reducing formation. ¹

Dr. Jared Zeff, N.D., LAc. described Dr. Otis G. Carroll as one of the most significant Naturopathic physicians of the twentieth century. His clinic in Spokane, Washington was the most famous west of the Mississippi. His medicine and teachings were sought after, both by patient and Naturopathic physician, such as the renowned doctors John Bastyr (founder of Bastyr University in Seattle, Washington - one of the famed Naturopathic colleges), and Harold Dick.

Because his work defied mainstream medicine and the powerful political wheels of the day, legal actions were filed against him, which consequently affected the entire Naturopathic profession. In the years to come, other great Naturopaths such as Dr. Harold Dick would also face similar disputes with legal authorities, not because they were criminals but because they dared to practice the medicine they had proven effective.

In Health, Sandra

¹ NATURE DOCTORS Pioneers in Naturopathic Medicine, Kirshfeld and Boyle, Buckeye Naturopathic Press, 1994.

² www.songofhealth.com/carrollhistory.html

Further reading: THE ELECTRONIC REACTION OF ABRAMS, by Albert Abrams and

Francis A. Cave. Available from Health Research Press of Mekuloumne Hill, California. Copies of Abram's books and

papers can be found at the library of the National College of Medicine in Portland, Oregon.

"Every dis-ease known to humans is created in our digestion system" (Dr. Harold Dick, N.D.)



Subscribers: Your comments, suggestions, any input you'd like to offer, is greatly appreciated!

NEW RECIPES

Each month new recipes 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 food intolerance items.

✿ WE INVITE YOU TO SHARE YOUR SUGGESTIONS, RECIPES, COMMENTS AND CONCERNS. Please go to [The Forum](#) and post in the Recipes section, or contact us at manager@songofhealth.com.

~ Always use organic products whenever possible.

~ We recommend you use Celtic sea salt, which is Neutral and pure...and delicious!

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

REVIEW: KEY FOR CODES

D	Dairy		Ms	Mine Salt
E	Egg		P	Potato
F	Fruit		Sf	Seafood
G	Grain		Ss	Sea Salt
H	Honey		S	Sugar
M	Meat		Sy	Soy

LIST OF NEW RECIPES

Just click on the recipe link to go directly to it in the RECIPES SECTION, or copy and paste the "url". *Remember to log in first!*

Summer is the time for harvesting, "relishing," and enjoying picnics. Throughout this month I will continue to add recipes for the season to the Recipes section, and will notify you through email and on the home page when they are available.

**Is there a recipe you would like to have, or need help adapting? I'm happy to help!
Contact me at manager@songofhealth.com.**

CAKES:

[SANDY'S SHORTCAKE](#)

[BERRY TOPPING FOR SHORTCAKE](#)

[SWEET BISCUIT CAKE](#)

EGGS:

[DEVILED EGGS WITH A KICK](#)

✧ **Regarding this month's picture:** Nasturtiums are another one of those fabulous flowers with many purposes -

~ They are edible! Nasturtium flowers are a source of Vitamin C. Added to fresh salads they contribute brilliant colors and a slightly pungent flavor. Their pickled seeds make a great substitute for capers.

~ Nasturtiums are a protective companion plant in the garden for squash and cucumbers. The picture is taken of "nastys" planted as a border around a squash bed. What an awesome splash of color in the yard! There are several varieties, mostly in reds, oranges and yellows, some trailing, and different size flowers. They are easy to grow in humid and moisture areas. In dry areas, overhead water often and keep well-watered. Do not fertilize, as it will cause them to produce more



leaf than flower.

Picture: Nastys decorating fresh green salad with blueberries and hazelnuts.

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

A =	Bad for All	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
M =	Meat		

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

✧ As items are submitted and analyzed by our staff doctors, they are then added to the Food Resource List on the *Song of Health* website. We compile the updated lists to email to you as well.

✧ The items are listed per category.

✧ By listing the **"Date Evaluated"** you can be assured of the most recent updates.

✧ Under the **"Evaluated For"** column, "ALL" signifies that the product has been analyzed for all food categories included in the Carroll Food Intolerance Evaluation Method. In some cases, you will see ingredients listed in the **"Results"** column that are not included in "Evaluated For." This is because the ingredient has been listed on the packaging, or it is obviously in the stated category. For example, results for milk will be "dairy (D)."

✧ Under **"Purchased At"** we furnish where the product was purchased, whenever the information is available, in the newsletter. **(Most brand foods considered "natural" or organic products may be found at your local natural foods stores.)** We are not able to show the "Purchased At" column on the website, however. **IN MOST CASES THE PRODUCTS ARE AVAILABLE IN OTHER STORES ALSO.**

**If you have any questions, please contact us at: manager@songofhealth.com.
We are happy to help!**

✧ SHOPPING SUGGESTION:

Do you have a Blackberry, Iphone or other mobile smart phone?

I use mine as my shopping tool!

Just log in to your account at Song of Health.com, go to The Food Resource List, and verify products as you shop!

FOOD RESOURCE LIST UPDATES

AUGUST 2010

<u>FOOD EVALUATED</u>	<u>DATE EVAL.</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>PURCHASED AT</u>
<u>BREAD:</u>				
Franz Deli Bohemian Rye NatureBake 100% Whole Grain 4x5 Multigrain	07/10	F,G,P	D,F,G,P,S,Sy	Franz Bakery
	07/10	E,F,G,M,Ms,P,S	G,H,S	Fred Meyer
<u>CEREALS – HOT:</u>				
Montana’s Cream of The West 100% Roasted Wheat Hot Cereal	07/10	ALL	G	
Old Wessex Ltd. All Natural Creamy Oat Bran	07/10	ALL	G	
Old Wessex Ltd. 5 Grain Cereal	07/10	ALL	G	
<u>CHOCOLATE AND COCOA:</u>				
Warrior Whey Chocolate	07/10	E,F,S	E (<u>and evaluates poorly for ALL</u>)	On line (internet)
<u>EGGS:</u>				
Huckleberry's Organic	07/10	D,F,P,S,Sf	E	Huckleberry's
Naturally Preferred	07/10	ALL	E,F	Fred Meyer
Wild Harvest Organic	07/10	D,F,P,S,Sf	E,P	Albertson's
<u>FLOUR:</u>				
Wheat Montana Prairie Gold Premium	07/10	ALL	G	
<u>FRUIT AND BERRIES (including Fruit Spreads and Sauces):</u>				
Native Forest Organic Pineapple Slices (Canned)	07/10	ALL	F	
Truitt Brothers Inc. Organic Pacific NW Bartlett Pear Halves (Canned)	07/10	ALL	F	
<u>GRAINS:</u>				
Lundberg Eco-Farmed Long Grain Rice (Bulk)	07/10	ALL	F,G	Fred Meyer
Lundberg Eco-Farmed Short Grain Brown Rice	07/10	ALL	F,G	Fred Meyer, Huckleberry's
Lundberg Organic Short Grain Brown Rice	07/10	ALL	F,G	Fred Meyer

<u>FOOD EVALUATED</u>	<u>DATE EVAL.</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>PURCHASED AT</u>
Western Family 100% Natural Long Grain Brown Rice	07/10	ALL	F,G,P	Rosauers
<u>HONEY:</u>				
Really Raw	07/10	ALL	H	Azure Standard
<u>JUICES AND DRINKS:</u>				
Nu Skin G3 Juice	07/10	ALL	F,P,S	
<u>MEATS AND MEAT BOUILLON:</u>				
Draper Valley Farms Chicken Thighs	07/10	F,P	M,P	
Eating Right Chicken Breasts, All Natural Thin Sliced	07/10	ALL	F,M	Safeway
Hebrew National Beef Franks	07/10	D,E,F,S	ALL	Fred Meyer
Vogue Cuisine Instant Chicken Flavored Base	07/10	F,G,S,Sf	F,G,P,S,Sf,Sy	Vitamin Cottage
<u>OILS:</u>				
Spectrum Organic High Heat Safflower	07/10	ALL	N	
<u>PREPARED FOODS AND MIXES:</u>				
Amy's Burrito Non Dairy Made With Beans and Rice	07/10	F,G,S,Sf	F,G,Ss	
Pickled Planet Beet Kraut	07/10	ALL	D,F,G,P	Azure Standard
<u>SALSA:</u>				
Newman's Own All Natural Chunky Medium Salsa	07/10	F,G,P	F,G,P,S	Grocery Outlet
<u>SALT:</u>				
Culligan Rock Salt	07/10	F,G,Ms,P,S,Sf	Ms,P	Culligan
Morton Salt	07/10	F,G,S,Sf	Ms,P,Sf	Costco
<u>SEAFOOD:</u>				
Bay Beauty Pink Salmon	07/10	ALL	F,P,Sf	Grocery Outlet
Bumble Bee Tuna in Oil	07/10	ALL	ALL	
<u>SEASONINGS AND SPICES:</u>				
Simply Organic Garlic Powder	07/10	ALL	F,P	Fred Meyer
<u>SOY PRODUCTS:</u>				
Yamasa Soy Sauce	07/10	ALL	G,P,Sf,Sy	Yoke's

<u>FOOD EVALUATED</u>	<u>DATE EVAL.</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>PURCHASED AT</u>
<u>SWEETENERS:</u>				
NuNaturals Stevia	07/10	ALL	D,F,P,S	Fred Meyer
<u>TOILETRIES:</u>				
Christopher's Herbal Tooth and Gum Powder	07/10	ALL	F,G,P,Sf	Super
<u>VITAMINS, HEALTH PRODUCTS & NUTRITIONAL SUPPLEMENTS:</u>				
DigestaCure	07/10	ALL	F,G,P,Sf	On line (internet)
Nature's Bounty Super Strength Vitamin D-2000 IU	07/10	F,G,S,Sf	F	Rite Aid
Now Vitamin D-3 5000IU	07/10	E,F,S,Sf	F	Super Supplements



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

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