



DRAGONFLY NEWS

The Official Newsletter of *Song of Health.com*

AUGUST 2015



Cucumber Party Salad *

Welcome Members, to *Dragonfly News*. This is our opportunity to share interesting and helpful information with you in our monthly newsletter, which is available to Members only. We first email the Newsletter and Food Resource updates to you directly. Then, in a few days you will be able to access the newsletter on the website. The Food Resource updates will be incorporated into the existing Food Resource List and can be found by clicking on the icon at the left side of most pages on the website. The recipes will be added to the Recipes section, including the Table of Contents and Index.

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

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

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

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

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

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

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The Carroll Institute of Natural Healing is an educational opportunity for Naturopathic physicians and students to further their education in the classical methods of Naturopathy, not otherwise taught in the Naturopathic colleges. This is where physicians and students learn about the Carroll Food Intolerance Evaluation methods, constitutional hydrotherapy and other important methods handed down by Classical Nature Doctors.



work together to reach as many people as possible in order to educate and help in understanding the importance of avoiding personal food intolerances, applying Classical Naturopathic methods of healing, and naturally restoring the body to health. We invite everyone to contact us with any questions you may have at manager@songofhealth.com.

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.

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WEBSITE CHANGES AND NOTICES

- ✧ **Food Categories:** It has been determined, the following are separate categories:
- ✧ **CAYENNE** (Capsicum pepper)
- ✧ **PEPPERCORNS** ~ All colors; i.e., black, pink, green, white, red, etc.
- ✧ **PEPPERS** ~ Includes bell, chili and hot, etc. Note that cayenne has been removed from this category and is in a category of its own.
- ✧ **The  name and logo are now officially trademark registered, denoted by the mark ®.** This ensures that no other company can legally use the name and lead you to believe their products are formulated the same. This is your guarantee that you are getting what the label says!
- ✧ **The printable files of The Food Resource List** do not contain the latest updates due to program issues. We hope to eventually have the problem resolved. If I can help you in the meantime, please let me know. Thank you for your patience.



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

✧ **Give and you shall receive!**

Honor your friends and family with a subscription to . For your generosity **YOU** will be honored with **an additional 10% off your next subscription or 2 free bars of  soap (your choice of soap)! (Shipping will also be free.)**

✈ **Refer a new subscriber ~ Receive an additional 10% off your next renewal or 2 free bars of *coco-sha*® soap (your choice of soap)! (Shipping will also be free.)**

To receive your discount coupon, email manager@songofhealth.com and tell us the name of the person you are referring. Once they subscribe, you will receive your 10% discount or free soap. *It's that easy!* **To order: Contact manager@songofhealth.com**

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

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

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



MEMBERS' SPOTLIGHT

STORIES, COMMENTS AND QUESTIONS

What information would you like to have in your newsletter?

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

Share your story with others.

MEMBERS, please help others by sharing your story.

When you allow us to publish it in *Dragonfly News* and *Subscribers' Testimonials*, a dedicated section at



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

No new emails this month. You must all be on vacation or doing well on your own! **Please be willing to share your experiences with us so we can all learn.** Thank you!

OTHER COMMUNICATION

From Xerces Society, July 28th: How Farmers Are Doing Their Part to Bring Back the Pollinators - A California Case Study

It all started with a question: What can large-scale food production and labeling operations do to help pollinators?

We can all help bees, but farmers are in a unique position to make a huge impact. About 40% of the land on our planet is used for agriculture. Imagine the impact it would have if that 40% of the planet's land became a better place to be a bee, and industrial agricultural landscapes were transformed into sustainable agro-ecosystems.

The Importance of Habitat

Many farm landscapes provide very limited foraging resources for bees because of their lack of crop diversity and fencepost-to-fencepost farming practices. California's almond orchards, for example, provide an abundance of bloom for only about 3 weeks. Once the bloom is over the orchard becomes a food desert.

Our first step in working with orchards like these is identifying where habitat can be created, so bees and other beneficial insects have a consistent source of pollen and nectar.

Selecting drought-tolerant native plants is a top priority: The plants we choose need minimal irrigation to get established and **in** some cases, actually help by improving water infiltration and soil moisture-holding capacity. Native plants have the added advantage of being generally unattractive to crop pests but very attractive to our local, native pollinators.

Miles of Flowers

In December of 2014, the Xerces Society worked with Olam, one of the largest almond

growers in the world and supplier for Whole Foods Market and General Mills, to install 5.6 miles of hedgerow and wildflower habitat. The hedgerows line parts of the perimeter of the orchard, and loop through areas of the orchard not suitable for growing almonds. There are also two very large wildflower borders lining the reservoirs in the orchard interior. Additional plans are underway to plant 32 acres of cover crop on the orchard floor in the fall.

Pesticides can be an important tool for farmers to protect crops and ensure adequate yields, but the effects of some pesticides on pollinators is devastating. Creating habitat for pollinators without addressing farm practices that could be detrimental would be pointless, so pesticide mitigation is always a central part of our project planning. There are many ways to protect pollinators while still managing crop pests, such as the selection of bee-safer products and the adoption of non-chemical pest management practices. We also look for ways to strengthen the role played by natural enemies of crop pests in pest management, a practice referred to as conservation biological control.

The result of these cooperative partnerships has become the largest on-farm pollinator project that the Xerces Society has ever implemented, and an excellent example of an answer to the question that we all need to keep asking: What can we do to help pollinators?

This is an abridged version of a post published today on the [Xerces Blog](#), where you will find more details of the planting project and lots of photos.

From American Association of Naturopathic Physicians, July 30th: *The FDA is seeking to limit the availability of safely compounded drugs* – through an onerous limitation on their interstate distribution as well as a ban on office use when the medications are supplied by traditional compounders.

Support is needed for a bill, S. 1406, introduced in the US Senate that would remedy this situation. Through the link below, you can easily send an email to your Senators to urge them to cosponsor the legislation. Background is provided that explains the challenge; you can even see the bill if you wish.

CLICK HERE NOW:

[Save Access to Compounded Medications - Support S. 1406](#)

Whether you're a naturopathic doctor or a patient of a naturopathic doctor, a friend or family member, please act right away! We need to preserve access to safely compounded medications that meet unique patient needs. Thank you very much.

Michael Jawer
Director of Government and Public Affairs
American Association of Naturopathic Physicians



**Naturopathic Physicians:
Natural Medicine. Real Solutions.**

From EWG, Aug. 20th: It's worse than we thought, Sandra.

Newly published research shows that even tiny doses of the Teflon chemical PFOA in drinking water pose a much more serious threat to public health than previously understood. According to a brand new EWG report, federal guidance on safe levels for PFOA are hundreds – even thousands – of times too weak.

PFOA has been linked to kidney and testicular cancers, birth defects, damage to the immune system, heart and thyroid disease, complications during pregnancy and other serious illnesses and conditions.

In other words, it has no place in our drinking water. Yet since 2013, PFOA has been found in the public water systems of 27 states, affecting the drinking water of more than 6.5 million Americans.

The EPA was first alerted to PFOA pollution in the mid-Ohio Valley in 2001 following one of the most extensive corporate cover-ups in recent history when chemical giant DuPont was fined an unprecedented \$16.5 million for knowingly contaminating the drinking water. Yet it took the EPA EIGHT YEARS to produce the current advisory level, a standard which recent studies have shown to be hundreds far too weak to adequately protect human and environmental health.

[Sign EWG's petition: Tell the EPA it's time to protect Americans from dangerous levels of PFOA now!](#)

Agency officials at the EPA have said that they could take until 2021 to decide whether to attempt to set a legally enforceable maximum for PFOA. Given what we now know, we simply cannot wait that long.

The new science demands urgent action to set stricter and legally enforceable limits on PFOA

in drinking water – but we need your help today to make sure that happens.

[Tell the EPA to stop dragging its feet: Sign EWG's petition now calling for a more protective legal limit of PFOA in drinking water.](#)

Thanks for standing up for the health of millions of Americans. - *EWG Action Alert*

**From Xerces Society, Aug. 13th:
GARDENING IN THE FACE OF CHANGE
Your backyard can be part of a national movement**

Recently published research suggests that climate change is contributing to the disappearance of [bumble bees](#) from southern parts of their ranges in Europe and North America. The [latest study from Britain](#) predicts that the combination of drought and habitat fragmentation puts a half dozen species of butterflies at risk of being lost from that country within the next three decades.

Faced with such a situation, you might wonder what can be done. We can all find ways to reduce our carbon footprint to help address the root causes of climate change in the long term. Also, we can all help build resilience into our landscapes by creating habitat that will support insects. The more habitat there is and the better its quality, the better chance bees and butterflies will have to adapt to a changing environment.

The Xerces Society's [Bring Back the Pollinators](#) campaign promotes four principles that can be adapted to any location - grow flowers, provide nest sites, avoid pesticides, and share the word. Fill a window box with flowers. Add planters to a deck. Create a colorful garden border. Mix flowers with the vegetables in a community garden. Enhance the grounds of a school or church. You can do this in a city park, golf course, corporate or university campus, or farm.

Insect habitat doesn't need to be big, but it should offer a mix of nectar-rich flowers and be free of insecticides. The importance of flower choice was underscored during a recent visit to a large show garden. There were acres of gardens but butterflies and bees were limited to a very few plants. Woodland skippers loved the Pacific aster, as did a variety of bees and flies. Bumble bees were happy on purple coneflower, English lavender, and catnip. Black-eye Susans and sneezeweed were humming with all sorts of bees. In between, the brightly colored bedding plants and flowerless shrubs were quiet, devoid of interest for passing bees.

Another important consideration is ensuring that your landscape is drought tolerant. My

own garden offers some hints on which plants need less water during a dry summer. Aster, coneflower, goldenrod, coreopsis, and bear grass are among the plants that have coped best, deep-rooted perennials that reach below the parched surface layers. Of course, this varies by region, so please check out our [regional plant guides](#).

If you are creating a pollinator garden, you're not alone. In June, First Lady Michelle Obama issued the [Million Pollinator Garden Challenge](#) on behalf of the newly created [National Pollinator Garden Network](#). One million pollinator gardens (or other habitat patches)

scattered across the U.S. will provide a safety net for bees, butterflies, and many other insects.

To make your garden count, go to [Bring Back the Pollinators](#) and sign the [Pollinator Protection Pledge](#). Your garden will be added to the one million. If you've already signed the Pledge (and some 3,500 people have), don't worry, your garden will still count; existing gardens are being grandfathered in.
Matthew Shepherd, Communications Director

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### THE FORUM:

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

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

## MAKE YOUR VOICE HEARD!



### FOOD LABEL QUIZ

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

The following list of ingredients is on a label from a product that is dated 07/15:

🦋 **INGREDIENTS:** coconut extracted, sodium carboxyl methyl Cellulose, xanthan gum, water

🦋 As part of my goal to help you in the quest of eating safely in accordance with your personal food intolerances, this section is another way to help you identify suspicious ingredients and ... *HAVE SOME FUN!*

- 🦋 First, identify obvious food categories, i.e. potato starch = potato.
- 🦋 Next, identify potential hidden ingredients, i.e. guar gum = potato.
- 🦋 Finally, if you can answer this, you are exceptionally brilliant: What product is this?

~~~~ The answers are below the New Recipes section, just above The Food Resource List Updates. ~~~~



THE SOAP CORNER

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

Try **Unscented** With Unrefined Shea Butter
and CACTUS FREE UNSCENTED
as a SHAMPOO BAR too!

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

✈ **SAVE ADDITIONAL \$10.00**

~ **ORDER A FULL 5 LB. LOAF OF**

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

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

SOAP NEWS AND UPDATES:

~ **Ingredients change:** *Woad powder*, which was added to some of the soaps to create the bluish color, has been replaced with *Indigo powder*. Both are considered "neutral" and safe for all. (Any changes are noted on the soap packaging.)

~ **The coco-shā soaps logo trademark** application is now finalized and qualifies for the mark ® alongside the name. What does this mean for you? You are guaranteed that no other company can legally use the name, in any form, that could trick you into believing it is the same product as our soaps. The formula for coco-shā is a trade secret, as are each of the recipes. Your safekeeping and happiness are our utmost concern!



Latest Batches of
<< *Summer Mint*
And
Lavender Annie >>
Note ~ blue color in *Summer Mint* is now created using Indigo powder.



Member of

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

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



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

The main focus of *Song of Health* is to avail you of expert information on the Carroll Food Intolerance dietary methods. This – *DIET* - is the first step to getting and staying well. We feel there are also many

other interesting and important issues to be aware of, so we share our findings with you, on what may have a cause and effect on our health and lives. This month...

ENVIRONMENTAL UPDATES FROM THE U.S. EPA:

CONTACT:

Cathy Milbourn (news media only)
milbourn.cathy@epa.gov
202-564-7849
202-564-4355

FOR IMMEDIATE RELEASE

July 30, 2015

EPA Reaches Agreement with Manufacturer to Stop Use of TCE in Spray Fixative Products Used on Arts and Crafts

EPA also taking regulatory action to reduce exposure to this chemical

WASHINGTON –The U.S. Environmental Protection Agency (EPA) has reached an agreement with a manufacturer to voluntarily phase-out the use of trichloroethylene (TCE) in an aerosol arts and crafts spray fixative product as part of EPA’s ongoing efforts to reduce the public’s exposure to potentially harmful chemicals.

“We are pleased that a company’s voluntary efforts to eliminate TCE from their aerosol fixative product used for arts and crafts will soon mean that all consumer products of this type are TCE-free,” said Jim Jones, Assistant Administrator for the Office of Chemical Safety and Pollution Prevention. “We are also proposing a rule that will give EPA the opportunity to review and, if necessary, block introduction, including imports, of new TCE spray fixative and other consumer products before re-entry into the marketplace. This will ensure a level playing field for American companies who step up and do the right thing. In addition, we are pursuing regulatory action to reduce the risks from exposure to TCE in other products that are not voluntarily addressed.”

TCE is an example of how EPA’s assessment of existing chemicals can lead to real results that protect health and the environment. After identifying health risks associated with a number of TCE uses in its [June 2014 Work Plan](#)

[Chemical Risk Assessment conducted under the Toxic Substances Control Act \(TSCA\)](#), EPA worked with the manufacturers of TCE on possible voluntary efforts to reduce exposure. The PLZ Aeroscience Corporation, of Addison, IL, has committed to cease manufacturing its aerosol spray fixative product containing TCE by September 1, 2015. This type of product is used by artists, picture framers, graphic designers and printers to provide a water repellent and protective finish. It is the only TCE-containing spray fixative product on the market still used in arts and crafts.

EPA is issuing a proposed Significant New Use Rule (SNUR) under TSCA which requires anyone intending to initiate manufacture (including import) or processing of TCE for these uses to notify EPA at least 90 days before doing so. The notification will allow EPA to evaluate the intended use and, if necessary, to prohibit or limit the use prior to entering the marketplace. Current uses of TCE are not subject to the proposed rule.

In addition to the phase-out and SNUR, the Agency is taking a number of additional steps to reduce the risks from exposure to TCE. EPA is encouraging the transition to safer chemicals and greener processes/ technologies, promoting the use of best practices, and pursuing regulatory action under TSCA to reduce or limit the manufacture, import and use of TCE in a range of products.

EPA is requesting a 60 day comment period that will begin upon publication in the Federal Register at www.regulations.gov and searching for EPA-HQ-OPPT-2014-0327.

A pre-publication copy of the proposal and more information can be found at:

<http://www.epa.gov/oppt/existingchemicals/pubs/tce.html>

[Learn more about EPA’s TSCA Work Plan Assessments.](#)

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*.

Reminding You of The Alternative Options to Vaccines

Back to school is here along with the push to immunize your children. Before you do, please read the article in the October 2012 newsletter, "[Alternative Options For Vaccines?](#)" You will find SAFE preventative OPTIONS against diseases.

Truth or Consequences?

By Sandra Strom, CEO of Song of Health

It's unrealistic to expect that I or anyone else can do this food intolerance gig, and the quest to live healthy, 100% of the time --- just not possible. Nor is it my place to judge anyone else's moves and motives beyond my own, unless actions or intent will cause harm to another. Recent correspondence, though, in a "natural" soap forum between another member and myself in a discussion regarding a questionable ingredient, reminded me of an inherent human trait often practiced, the consequences usually resulting unfavorably: Rationalizing motives for actions that we know in our gut is just plain hooey. It has sparked me to discuss this issue.

How honest are we with ourselves?

I think I've heard every excuse in the book for consuming junk food, or other unhealthy products; I know I've used them myself. I hope, though, that my youthful stubbornness has lessened through the years, or at least been directed to worthy causes! For me, it goes even steps further to honestly disclose ingredients in my soaps and truly strive for authenticity in matters of natural, clean and sustainable products used. So, when we spout such untruths, who do we think we're kidding? And who really gets hurt? If we are "pushing our poison" on to another and not being completely honest about its contents, then it is not just us who suffers.

What do some of these "untruths" sound like? Here's one of my favorites: *"We all have to have at least one vice, right?"* That doesn't even make sense, when you think about it, as if it's not *that* harmful to do just one thing detrimental to us! That's normal? To what degree do we want to lie to ourselves with goofy rationalizations? Why not just admit it --- *"I choose to eat junk, no matter what the consequence, period!"* No

point in carrying guilt that goes along with white lies. The only person getting hurt is the one eating the garbage ... if you don't count the irritated parties subjected to the nonsense.

I'm sure I'm coming off harsh, but let's face it. Either we are accountable for our actions, or we suffer; and the ones alongside of us suffer too, as they are often hostage witnesses who must listen to the slippery slide down.

The forum communication mentioned above is a prime example of denial due to fear of change, or to maintain "the lookin' good".

~ "Soap person" posted a picture of soap personally made --- a beautiful pattern; it contained "lavender, peppermint, patchouli [essential oils],...alkanet [powder], TD [titanium dioxide] and charcoal."

~ My response: "Awesome job on pattern ... By the way, TD is not a natural ingredient."

~ Their response: "Thanks ... Sandra. I posted here and not in the other natural soap groups that don't allow TD because this [forum's] rules specifically permit TD."

What is radically wrong with this thinking? Just because some uninformed group accepts titanium dioxide as natural doesn't make it so, and it's not ok to pretend it is. A refusal to understand the implications of a seller's actions as it affects their customers concerns me greatly. If their labels claim the products are all natural, then their customers are being led falsely. I share this with you, as it relates to the difficult choices we must make nearly every day of our lives, whether it be just for our own well-being or including others. Being truthful means being willing to change for the better, which can be a scary

thing even when it's to our benefit. Regarding you as a consumer, it is also important to me that you understand what ingredients are truly safe for you and what are questionable, no matter what the makers of the products claim. We can only hope they are being honest in listing their products' ingredients.

You all deserve a huge congratulatory hand, as you are the fish swimming upstream against the current of "normalcy!"

There's nothing easy about being different from the mainstream. Social functions which include feasts are often a source of conflict for us --- wanting to partake in the gorging of awesome looking foods, yet knowing we'll most likely pay a consequence for a few moments of satisfaction. The more honest we are with ourselves, though, the happier we will be. If you want a break from your otherwise successful eating and living habits, accept it with grace, no need to make up silly excuses, and certainly no need to carry guilt for it. Just be prepared...you may need some form of medication to ease discomfort later!

You and I are all in the same boat when we eat outside of the house. Sometimes I gamble with a dish that looks "safe" but isn't; so, I carry remedies with me that are generally good for once-in-a-while situations.

I make no excuses for my choices, nor will I behave to please others. I'm sure you've shared the experience of people adamant to convince you, "try this food dish that's to die for." I usually find a way to politely decline or say, "thank you for telling me"; maybe I'll mention that I have a food intolerance [i.e., to potatoes]. If they act interested and ask questions, I will take it a step further. As gluten intolerance has become such a common buzz word these days, people aren't as surprised by mention of a food intolerance as years before. I have learned, it doesn't pay to actively go about "educating" the happy campers, as it only succeeds in irritating them. If they are truly interested, though, then I believe it is my responsibility to share what I know (hopefully stopping before their eyes glaze over). You all have enough knowledge under your hat now, too. Be willing to be honest with others when the occasion arrives, as this is how we pass it on and forward!

Bottom line...If we walk in honesty, we will be happy. If we try to rationalize and make up excuses for our choices and behavior, we will surely experience that "gut feeling" of discomfort that tells us we are bluffing. In poker, we can sometimes win by bluffing. In most other aspects of our life, not so much.

"Triumph is "umph" added to try. Act with courage..." from *Chronicles To All My Relations, Sandra*

"Every dis-ease known to humans is created in our digestion system", Dr. Harold Dick, ND



NEW RECIPES

Each month a new recipe(s) are published in the Recipes section at *Song of Health*. In the newsletter they are listed and linked so you can easily go to them in the Recipes section.

-  The ingredients for all the recipes are coded for the *basic* food intolerance categories.
-  From time to time you may find an existing recipe has been slightly corrected from the original, in order to make it easier to follow, or to update new findings of ingredients for food intolerances.

~ REMEMBER TO EAT ORGANICALLY GROWN (NON-GMO), LOCAL FOODS WHENEVER POSSIBLE.

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

✧ REFER TO THE [FOOD SUBSTITUTIONS LIST](#) FOR ALTERNATIVES AND THE [FOOD RESOURCE LIST](#) FOR HIDDEN INGREDIENTS.

✧ [LIST OF NEW RECIPES](#) ✧

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

NEW RECIPE ~ SALADS: [CUCUMBER PARTY SALAD](#). This is a great way to use the bounty of the cucumbers and zucchinis in the garden now. If time is a factor, it is just as delicious when not made in party "mode" but just tossed together, except for the tomatoes, which should be on top. Yet, doesn't



this presentation look inviting?

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

Check out the [Recipes](#) category in *The Forum* for recipes that fellow Subscribers have been gracious enough to share! Plus, cooking and baking questions are asked and answered.

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: coconut extracted, sodium carboxyl methyl Cellulose, xanthan gum, water
- ✧ Potential Hidden Ingredients: P (xanthan gum)
- ✧ Obvious Ingredients: F
- ✧ The product was evaluated for: ALL
- ✧ The results were: F,P
- ✧ The product is: **Trader Joe's Coconut Cream Extra Thick & Rich**
- ✧ Hidden ingredients are: P



Wasn't that fun? How did you do?

REMINDER: IMPORTANT! We will continue to print this message in every newsletter from now on. It is an important issue that we believe needs to always be addressed: On occasion, a Subscriber will ask our doctors a food intolerance question and their responses will slightly differ. This has sometimes caused confusion and has been expressed directly to one of our doctors by several patients.

Per our doctors: "...most likely, we are not evaluating foods for, e.g., potato content. We are evaluating a food against a blood sample of a person with a known potato intolerance..." Test results for one patient to a food can vary from another patient, even though they are intolerant to the same food category. So, one doctor may determine a different result than any of the other doctors who competently perform this analysis, because they are evaluating for a patient's specificity to a specific food sample. "It is one of the peculiarities of the methodology."

For this reason, we constantly emphasize throughout the *Song of Health* website that the information found on the website is a guide only. If you have any personal issues with a product, in other words, an evaluation shows that a food should be OK for you to eat, yet you have a reaction to it anyway, we suggest you refrain from consuming it until you have it evaluated for you personally.

Always, always, always consult your physician with any medical issues you may be experiencing, any drugs you have questions about, or your medical care. Our purpose is to help you to determine what foods are included in food intolerance categories. All other information, including articles, are for educational purposes and is not meant to replace your doctor's care for you. We are set up as a support team for doctor, patient and Subscriber. There are many questions *Song of Health* can answer for you, and **we encourage you to ask us first, in regards to food and food intolerances. All other medical discussions should be directed to your physician.**

If you have any questions or comments, please contact us. We are here to support you and your efforts to claim and maintain great health by refraining from your food intolerances. *In Health, Sandra Strom*



***About this month's picture:** **Cucumber Party Salad**. See the Recipes section for details.

FOOD RESOURCE LIST UPDATES

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

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

Use the codes below to translate the Results Column.

KEY FOR RESULT CODES

| | | | |
|--------------|--------------------|-------------|------------------------|
| 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, The Food Resource List, and look up items while you shop!

THE FOOD RESOURCE LIST

AUGUST 2015

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

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

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|--|-----------------------|----------------------|----------------|---------------|
| ALCOHOLIC BEVERAGES: | | | | |
| d’s Wicked Cider Green Apple
Hard Cider | 07/15 | ALL | F,G | |
| Frey Vineyards White Table Wine
Natural White Organic | 07/15 | ALL | F,P,S | |
| Gallo Family Vineyard Sauvignon
Blanc | 07/15 | ALL | F,G,P,Sy | |
| BREAD: | | | | |
| Bouzies Bakery Luna Rustic | 07/15 | ALL | G | |
| CHIPS AND CRACKERS: | | | | |
| Trader Joe's Organic Blue Corn
Tortilla Chips | 07/15 | ALL | G,Sy | |
| COFFEE: | | | | |
| San Francisco Bay Coffee
Organic Rainforest Blend,
Whole Beans | 07/15 | ALL | G,P | |
| Starbuck’s Veranda Blend Blond
Roast Coffee Beans | 07/15 | ALL | G | |
| Thomas Hammer Coffee Roasters
Breakfast Blend Whole Bean | 07/15 | ALL | G | |

| <u>FOOD EVALUATED
REGION</u> | <u>DATE
EVALUATED</u> | <u>EVALUATED
FOR</u> | <u>RESULTS</u> |
|---|---------------------------|--------------------------|----------------|
| COOKIES AND TREATS: | | | |
| Protein Puck Sun Butter Coconut
Almond (Bar) | 07/15 | ALL | F,G |
| MILK AND CREAM: | | | |
| Rose Hill Dairy Raw Whole
Cow's Milk | 07/15 | ALL | D,Sf |
| MILK & CREAM ~ NON-DAIRY: | | | |
| Trader Joe's Coconut Cream
Extra Thick & Rich | 07/15 | ALL | F,P |
| NUT BUTTERS: | | | |
| Adams No-Stir Peanut Butter,
Creamy | 07/15 | ALL | F,P,Sf,Sy |
| SWEETENERS: | | | |
| Trader Joe's Organic Evaporated
Cane Juice Sugar | 07/15 | ALL | F,S |



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

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