



DRAGONFLY NEWS

The Official Newsletter of *Song of Health.com*

DECEMBER 2013 ~ JANUARY 2014



*Blessing the Old ~ Ringing in the New! **

Photo by Sandra Strom

Thank you for sharing Year 2013 with us.

Our wish for you is the best year ever, yet to come!

Happy 2014 from ~ The Song of Health Team ~

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

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

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

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

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

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.

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 AND NOTICES

- ✈ **Promo Codes:** At this time we are still working on setting up promo code options in our new PayPal payment system. Once we switch over to our new format, they will be easily available. In the meantime, when you renew 6 months early your payment card will be credited the difference by me manually.
- ✈ **When ordering *coco-sha* soaps, be sure to log in to the Members (Subscribers) side to receive the 14% discount.** The discount will then be automatically applied to your orders.
- ✈ **Our progress updating the website to the new php format:** Needless to say, we are still working on the new website format. There is much information, programs, and other resources that need to be transferred and/or rewritten into the new format. We appreciate your patience as we continue to strive for updated and improved ways to bring you the unique information available only at *Song of Health*.

WE INVITE YOU TO EMAIL YOUR SUGGESTIONS FOR OUR NEW WEBSITE LOOK NOW!

We love to hear from you and consider your suggestions and comments.

ARE YOU SIGNED UP ON THE ALERT LIST YET?

Stay notified of any new information regarding all of your family's personal food intolerances. A new thread is posted to The Forum, or we receive questions via email, that may be of importance to you. We will notify you of these posts.

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

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

Give and you shall receive!

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

Refer a new subscriber and 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](#).

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**SUBSCRIBERS SPOTLIGHT**

**STORIES, COMMENTS AND QUESTIONS**

**What information would you like to have in your newsletter?**

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

**Share your story with others.**

**SUBSCRIBERS, please help others by sharing your story.** When you allow us to publish it in *Dragonfly News* and *Subscribers' Testimonials*, a dedicated section at *Song of Health*, you provide an opportunity to reach out to those who still suffer, yet are apprehensive about our dietary lifestyle working

for them. By reading how our lives were dramatically changed, it gives them encouragement to try. **WE WOULD BE HONORED TO INCLUDE YOUR STORY** about how you came to follow the Carroll Food Intolerance way of life. We reserve the right to edit for grammar and spelling correctness, however we will not

change your story content. You will receive the draft prior to publishing for your approval.

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

Please email your contribution to  
[manager@songofhealth.com](mailto:manager@songofhealth.com).

Thank you for helping us to achieve our goal of reaching others in order to provide help, hope and answers.

*The more we give away...  
The more we receive!*

**A note of encouragement:** A 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.*

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QUESTIONS ASKED AND ANSWERED:

EMAIL CORRESPONDENCE:

Song of Health has been given permission by our Subscribers whose names appear, to share the following with you, so that we may all benefit. Some have chosen to stay completely anonymous, in which cases you'll see the name as "Subscriber".

From Environmental Working Group,

Dec. 16: Dear Sandra, we know that dangerous chemicals like hormone disruptors are found in many products.

That's why EWG has partnered with the Keep A Breast Foundation to develop our latest report - the Dirty Dozen list of endocrine disruptors.

There is no end to the tricks that endocrine disruptors can play on our bodies: increasing production of certain hormones; decreasing production of others; imitating hormones; turning one hormone into another - and so much more.

[Click here to see this list of the dirtiest and most common endocrine disruptors.](#)

The EWG/KAB Dirty Dozen list includes BPA, phthalates and other endocrine disruptors that are widespread in consumer products such as plastic containers, food cans and fragrances. The list also includes common contaminants that many people don't realize can be hormone disruptors, not only those familiar toxins - arsenic, mercury and lead - but other, less familiar chemicals such as glycol ethers and perfluorinated chemicals. The guide is intended for consumers of all

ages, particularly young people who are most at risk from these dangerous substances. EWG researchers compiled the new Dirty Dozen list by scouring scientific literature and identifying the most hazardous and widely-used hormone-disrupting chemicals that pollute the environment and ultimately our bodies. These substances are frequently found in food, water and consumer products. Studies have linked them to a wide array of health problems, including cancer, birth defects, lowered sperm count, lowered IQ, obesity and thyroid disease.

EWG and partners like KAB work hard to make sure you have the information you need to live greener and healthier. We hope you learn something new from the endocrine disruptor Dirty Dozen.

Sincerely, Heather White
Executive Director, Environmental Working Group

From Dr. Tish, Dec. 30: This group protects dragonflies! *Migratory Dragonfly Partnership* <dragonfly@xerces.org>

Editor's Note: I thought you would enjoy seeing their latest e-letter.

Site Sharing ~ A new way to connect with other MDP volunteers

As many of us sit indoors looking out at frost and snow and reflecting on our dragonfly pursuits of the past year, the MDP is hard at work rolling out new web site updates. You asked and we

answered! Feedback from our volunteers is guiding development of new web tools to help foster communication and cultivate new connections between other dedicated volunteers. Newly instituted changes will enable participants to create a member profile, share email addresses (if desired), and make their monitoring site a Shared Locality that multiple users can add to their Locality lists. Only registered web site users will be able to view these member lists, shared sites, and shared email addresses.

How does a Shared Locality work? Any new or existing monitoring site created by a MDP volunteer can now be designated as "shared", and all shared sites will be visible in a list. Other Pond Watch and Migration Monitoring volunteers that visit the same site can add shared sites to their Favorites, allowing multiple users to report data on the same locality. Participants may also choose to connect with each other at a shared site to plan Pond Watch outings or coordinate schedules for visits. Shared sites also make it easy for habitats at nature centers, parks, and wildlife refuges to be monitored by multiple volunteers, facilitating place-based learning and bringing together people with a shared interest in dragonflies and their migration.

We at MDP are excited and inspired by the increasing numbers of participants reporting their observations this year, and grateful to all of our Pond Watch and Migration Monitoring volunteers across North America. We hope these added web site functionalities will increase communication among current volunteers, encourage participation by new observers, and foster the use of Pond Watch as a place-based learning tool at ponds and wetlands in wildlife refuges, parks, and arboretums. These changes will continue to roll out in the next few months, and will include a new page called "Shared Localities" under the "Localities" tab that displays all shared localities on a map along with any associated contact information to help users to connect with other local dragonflyers. Next time you visit the MDP website, be sure to edit your profile or create a new profile for the Member List, and elect to share

your email address if you'd like other participants to be able to contact you!

Finally, as we look forward to another year of research and reporting, we want to hear from you, our volunteers. The annual survey distributed at the beginning of December will allow you to rate MDP resources and tools and provide valuable feedback about both what you like and what could be improved to make your role as a citizen scientist easier. Also later this winter, keep an eye on your inbox for our Annual Report to Citizen Scientist Volunteers, in which we highlight MDP achievements in 2013, report on the data, and summarize participant feedback. As another year comes to a close, we want to pause and thank all of you for keeping your eyes on the skies as we celebrate another successful season of dragonfly monitoring, bringing us one step closer to understanding dragonfly migration and promoting cross-border conservation of these beautiful and fascinating insects.

WE NEED YOUR DATA!

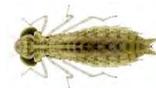
Did you witness a migration event this fall? Please submit your observations to the MDP website.

SHARE YOUR PHOTOS!

Please share photos and stories of your dragonfly adventures this year. Email your stories, photos of dragonflies, or photos of people in action observing dragonflies by January 13th. We'll include as many photos or stories as we can in the upcoming Citizen Scientist Annual Report.

DRAGONFLY NYMPHS

Think you can ID the overwintering dragonfly nymphs in your local pond? Click below on a nymph for 2 available online resources to start!



[Common Green Darner](#)



[Wandering Glider](#)

CONNECT WITH MDP



[Join our e-newsletter list!](#)

I also found another website that shares the many benefits of dragonflies and why we should be diligent about protecting them:

<http://www.eduwebs.org/bugs/dragonfly.htm>

From Laurie, Dec. 26: Hi Sandra! I am looking to create a delicious smoothie recipe...any ideas? I am fruit + p/g [potato/grain combination] intolerant. I have not experimented yet, but plan on getting a Vitamix soon to help expand my ease of use. I find that I get bored of how much work buying, prepping, cooking all the veggies takes. I need some super quick, easy, satisfying one blender meals/snacks. I am staying away from dairy as well. My target is a mostly veggie diet with a little protein & carbs.

Do you know if there is a protein powder that is safe for my intolerances?

Thanks for your help! *Laurie*

Reply from Sandra: Hi Laurie, thanks for your patience, waiting for me to get back to you. I wanted to confer with Dr. Tish, our staff physician, before sharing my personal thoughts about substituting smoothies for meals. Also, the holiday season is a time gulper!

Before I share some options you can have to make smoothies, I want to first say that I believe smoothies or fresh homemade veggie juices are good for you as a snack or small meal, but not to be considered good substitutions for main meals. I am sure that others will disagree with me on this; however, Dr. Tish and I are in agreement:

1) It is important to eat foods with fiber to help keep our digestive/intestinal tracts scraped and therefore healthy and clean of putrefaction that can cause serious distress. When we masticate to consume our foods, we facilitate absorption of important enzymes, vitamins and other nutrients required ~ smoothies bypass this important step. Plus, the more we chew our food the less stress we put on our digestive systems.

2) Dr. Tish explains that smoothies end up being high in carbohydrates unless the protein content is pushed.

3) Eating (chewing process) whole grains supplies B Vitamins as well as Vitamin E, which we do not obtain from them otherwise.

4) Fresh vegetable juices are exceptionally high in nutrients, such as Vitamin A in carrot juice ~ which will aid a sick person who is fighting a serious disease, such as cancer, to dose up on the nutrients they cannot otherwise get by just eating the food. For a relatively healthy person, it could be an overdose of vitamins which can cause other problems. For example, many years ago I went on a carrot juice kick, making it several times a week with the thought of how healthy I would be. My skin turned orange; someone asked me if I changed my makeup color! I stopped drinking it any more than once a week. I really didn't need it as I was eating what my body required. Now, I drink it when I make the carrot juice for the Unscented Carrot Ripple soap, which is once every few months. It generally doesn't hurt to drink it once a week, but I wouldn't drink it more than that without consulting your Naturopath or Nutritionist first. Just be sure that you are mixing up your smoothie contents if you are going to drink one daily so that you don't get too much of a good thing. This way, you won't get tired of them either!

That being said...Here is a list of ingredients you may have that does not contain fruit or potato. Grain is contained only in Seeds (i.e., sunflower, sesame, flax):

Tomatoes, all leafy greens, although some are bitter; roots and their tops. Greens (or yellows) that generally aren't are: spinach, kale, romaine, chives, parsley (also parsley root), carrots and/or the tops, broccoli, celery, cucumber.

The squash family: Cooked winter squash, pumpkin, (roasted, steamed, etc.); raw summer squashes ~ eat what is in season.

Melon family: Melons, such as watermelon, honeydew, and cantaloupe can be substituted for any recipe calling for fruit. They give sweetness and delicious flavor, as well as vitamins.

Herbs and spices: Add fresh herbs for flavor and nutrition, depending on what you like, or make a tea of them and add a cup of the cooled tea. For savory flavor add rosemary, lemon thyme, oregano, cilantro or basil. Ginger root, garlic, turmeric, and pinch of cayenne give a bit of a flavor kick and are also healthy.

Add a cup (or as needed) of your favorite herb tea. This is a good way to add flavor ~ with ginger, hibiscus, lemongrass, etc., mint (any of them, including relatives such as lemon balm).

Seeds: (they are in Grain category) such as flax and sunflower seeds add protein as well as flavor, and nutrients such as B Vitamins, although the vitamins aren't as utilized as eating them whole.

How much of what, I guess, depends on which ingredients you choose to use together and how much you plan to make at a time. An example would be: I would start with 1 cup of spinach or other leafy greens, 1/2-1 cucumber, 1/4 cup seeds, and 1 cup lemon balm or mint tea. Start out with just a few ingredients together at a time and very small batches, determining what you like and don't like together. Pretty soon you will be finding combinations that please you. Remember to vary the ingredients so you don't get too much of something that could cause potential disruption.

Also, remember that you are asking your body to digest the equivalent of the whole foods you are blending down to a glass of juice, even though it is in liquid form. As an example, it takes approximately 6 juiced apples to make a glass of juice. Your body must do the work of digesting 6 apples, which is a lot! That is why our Naturopaths do not recommend drinking juices, as it is too taxing on our digestive systems.

I'm sure this isn't what you wanted to hear from me ~ wish things were different. It would be nice to have quick fixes for most things that take our time up! Enjoy your smoothies some of the time, but remember not to substitute your important daily meals with them.

As for protein powders, we cannot guarantee the safeness for you of any unless a sample is submitted for evaluation. I noticed in The Food Resource List there doesn't seem to be any listed that are safe for you. I have never been a fan of the commercial protein or other nutritional powders, as they are a real gamble.

Does this help answer your query? If you need more info, I'm happy to help.

In health and happy New Year, *Sandra*

Laurie: I was surprised a little that our bodies have a harder time processing the liquid meals. I will have to re-evaluate what choices I want to make there.

Thanks for mentioning that lemon balm, hibiscus, and lemongrass are not a fruit. I am a tea lover and have been really unhappy this past year...not realizing that those are some options for me. I was mostly using peppermint, ginger, and nettle tea. Are there any other non-fruit herbs that I should know about? Or where I can find that info on the website?

I really appreciate your support! *Laurie*

Sandra: Hi Laurie, what you have been using for tea are also great options. Dr. Tish has made up a wonderful tea mixture using hibiscus, lemongrass, stevia leaf, and equisetum. It is delicious. You can obtain it by contacting Windrose Clinic at 509-327-5143. They can mail a packet of it to you.

Regarding using other herbs as teas, remember that they are also medicinal, so depending on whether you have an ailment(s) determines what herbs would be good for you to use. In the Pacific Northwest, a wonderful winter tea made from comfrey helps with congestion and related ailments that our damp climate induces. It is always best to contact your Naturopath for what is personally good for you. In health, *Sandra*

From Dr. Chris Kozura ND, Jan. 8th 2014 (posted on FB): Yes! One victory! What percentage do you eat organic? 10, 50, 80, 90? We are around 80-90 % in our family.

Farmers Abandoning GMO Seeds And The Reason Will Surprise You | Off The Grid News
www.offthegridnews.com
Farmers Abandoning GMO Seeds And The Reason Will Surprise You Written by: Daniel Jennings

From Xerces Society, Jan. 10th: XERCES' WINTER 2014 SUSTAINABLE AGRICULTURE WORKSHOP SERIES

Join Xerces Society pollinator conservation biologists at a sustainable agriculture workshop this winter! Learn how to attract and conserve beneficial insects to your property. Don't miss the opportunity to attend a training in your area:

**Alabama Pollinator Conservation Short Course
January 14, Mobile, Alabama**

[Click here for a detailed agenda or to register for the Short Course.](#)

Southern SAWG Conference

January 15 - 18, Mobile, Alabama

Farming for Beneficial Insects (Pollinators, Predators, and Parasitoids)
Friday, 9:00 am - 10:15 am
Saturday, 1:30 pm - 3:00 pm

7th Organic Seed Growers Conference

January 30 - February 1, Corvallis, Oregon

Pollinator Conservation Strategies for Organic Seed Production
Saturday, January 30, 1:30 pm - 3:00 pm

New England Grows! February 5 - 7, Boston, Massachusetts

How Landscapes Can Help Save the Bees
Wednesday, 2:00 pm - 3:00 pm

Hawai'i Pollinator Conservation Short Course

February 6, Hilo, Hawai'i

More information coming soon. Visit <http://www.xerces.org/event> for up-to-date event information.

2014 Grower's Own Conference & Pollinator and Beneficial Insect Short Course February 7 - 8, Caldwell, Idaho

Pre-Conference Event! Pollinator and Beneficial Insect Short Course
Friday, 8:30 am - 4:30 pm

**Washington Pollinator Conservation Short Course
February 12, Seattle, Washington**

More information coming soon. Visit www.xerces.org/event for up-to-date event information.

Georgia Organics Conference & Expo February 21 - 22, Jekyll Island, Georgia

Farming for Bees & Other Beneficial Insects
Friday, 2:00 pm - 5:30 pm

MOSES Organic Farming Conference 2014

February 27 - March 1, La Crosse, Wisconsin

Session 1: Farm Planning for Pollinators, Beneficials, & Biodiversity

Friday, 4:00 pm - 5:30 pm

Session 2: Get Started in Native Seed Production

Saturday, 8:30 am - 10:00 am

**Organic Growers School Annual Spring Conference
March 8 - 9, Asheville, North Carolina**

Farming for Bees and Other Beneficial Insects

Saturday and Sunday, 11:00 am - 12:30 pm

Preceding the conference: Pollinator Conservation Planning Short Course

Friday, March 7, 9:00 am - 4:00 pm

Short Course registration is separate from the conference. Click here for a detailed agenda or to register for the Short Course.

California Small Farms Conference March 9 - 11, Rohnert Park, California

Beneficial Insect Habitat Development and Conservation

Monday, 10:30 am - 12:00 pm

New Hampshire Pollinator Conservation Short Course March 25, Jaffrey, New Hampshire

More information coming soon. Visit www.xerces.org/event for up-to-date event information.

ACKNOWLEDGEMENTS

These events are made possible with the support of the USDA Natural Resources Conservation Service (NRCS). Additional support has been provided by the following: Ceres, Cinco, CS Fund, Disney Worldwide Conservation Fund, Endangered Species Chocolate, The Metabolic Studio, Turner Foundation, Whole Foods Market and its vendors, and Xerces Society members.

ABOUT THE XERCES SOCIETY

The Xerces Society is a nonprofit organization that protects wildlife through the conservation of invertebrates and their habitat. Established in 1971, the Society is at the forefront of invertebrate protection worldwide, harnessing the knowledge of scientists and the enthusiasm of citizens to implement conservation programs. To learn more

about our work or to donate to the Society, please visit www.xerces.org.

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### THE FORUM:

**Editor's Note:** The new *Song of Health!* website format will be available soon, which will include a wonderful new forum format. In the meantime, please continue to share with

your fellow Members (Subscribers)! Thank you for your patience. *Sandra*

### MAKE YOUR VOICE HEARD!



### FOOD LABEL QUIZ

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

The following list of ingredients is on a label from a product that is dated 12/13:

**INGREDIENTS:** Organic cooked brown rice, organic ground raw sunflower seeds, organic cooked pinto beans, organic rice syrup, organic onion, organic paprika, organic garlic, sea salt, organic black pepper, natural smoke flavor. -

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.



may be used as SHAMPOO BARS too!

Reminder: Your 14% Member Discount Taken Automatically

Subscribers, be sure to log in to the Subscribers side on the website to receive your 14% discount off the regular price of *coco-sha* soaps. Your special price is automatic at time of payment. You will see the regular price by the "Add to Cart" button. When you click on the button, you will be taken to the order page; you will then see your actual discounted price.

SAVE ADDITIONAL \$10.00 ~ ORDER A FULL 5 LB. LOAF OF SOAP (=16 BARS)

AND SAVE \$10.00 OFF YOUR ALREADY 14% DISCOUNTED PRICE.

For more information and/or to place your order, please email me at manager@songofhealth.com. Tell me which soap you want. 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:

The following soap is on back order: *Campers Friend*
Repels Bugs ~ Not People!

It will be available in approximately 6 weeks.

There are a few bars left of: **GMB (GOOD MORNING BOYS!)**
Soap and Shaving Bar and 2 bars of *Summer Mint*

More will be available in approximately 4 weeks.

As of Dec. 13th, our soaps are sleeved in Neenah ENVIRONMENT® Papers. This paper is the most environmentally friendly paper we have found, it meets our needs, and it looks beautiful too! This change does not affect the cost of our soaps to you.



Think ahead for your special Valentine's Day Gifts!



It may seem too early to think about now. Remember, it takes at least 4 weeks for *coco-sia* soaps to cure; be sure your favorite ones are available by ordering early. If you prefer, you are welcome to place and purchase your order and request a mail-out date by [emailing me](#).



Here's a few Great Soap Choice Ideas:



Heart Felt with *Trinidad of Shea Butter*
Essences of Spearmint, Cardamom, & Allspice

The warm scent of love from the heart!



Lavender
Premium Essential Oil

Always a Desired Scent



Lavender Annie

Premium Lavender & Anise ~ Yum!



Dress up your gifts with one of these beautiful options:



Hand Carved Pine
Wood Soap Tray



Select Gift Box



Organza Gift Bag With Tag



Member

Member

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

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



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

The main focus of *Song of Health* is to avail you of expert information on the Carroll Food Intolerance dietary methods. This – *DIET* - is the first step to getting and staying well. We feel there are also many other interesting and important issues to be aware of, so we share our findings with you, on what may have a cause and effect on our health and lives. This month...

SHARING EXPERIENCES:

Remember that eating our food intolerances can have a dramatic effect on our moods as well as other symptoms we discuss, *ad infinitum*.

SETTING HEALTHY BOUNDARIES

By Sandra Strom, CEO of Song of Health

Year 2013 no less amazed me with unexpected surprises than have the many years preceding. I have you to thank in part for this, as you consistently keep me on my toes with your inquiries. This is a very good thing! I am very grateful as we continue to learn from each other --- sharing our accumulated knowledge. My hope is that we witness more people this year, partaking in improved quality of life.

The Song of Health Team enters 2014 with exciting new ventures and possibilities, the least of which is not the huge undertaking of rewriting the SOH website into a new updated format, taking advantage of the latest technological advances that will make web life easier for us all. We'd hoped the process would be easier and faster than it actually has been; your patience with our endeavors continues to be greatly appreciated.

As I walk from 2013 (my speed these days) through the doors of 2014, I bring an important teaching with me --- one that I have long been aware of and

continually attempt improvement; now I hone it to reach deeper, more difficult levels. It affects every aspect of my life...relationships with others; relationship with myself. Setting boundaries and following through. In a good way --- not with anger, bitterness, or resentment; instead, with love, compassion, prayer. Simple, not easy! Setting healthy boundaries for myself is a requirement if I want to be happy. And I do! Seek the truthful answer to the first question: Are we willing to do what it takes to *know* what happiness is, and do we *want* it? I've known many people who choose to live in fear of change, preferring to sit in their woes. I've been there myself. I've also taken my sweet time analyzing and intuiting what the truth of a matter is, procrastinating the inevitable...accept or stay confused.

One aspect in my life is no more important than another; some challenges may feel easier than others at times. It's ultimately up to me to make a decision to change for the best, then carry through --- walk the walk. Peering through the looking

glass, what makes me happy and what must I do to achieve such a state?

Being healthy and feeling good makes me happy. If I choose to strive for this, then I must be willing to accept into my schedule proper eating, exercising (I love the country walks most days with my friend), getting enough sleep, relaxing, participating in enjoyable activities, and in my case prayer and meditation. These will help remove the “edge” that invites me to exhibit unhealthy behavior as well as to feel lousy.

✈ *Setting the boundaries to honor my food intolerances and limitations of what I ingest* is the first step to creating the climate for fulfillment of achieving all the others. For many of us, results of avoidance may be immediate, as we suddenly realize that we are no longer experiencing the discomfort that consuming our poisons generates. If we continue to keep our diets clean of junk, we become believers that it works; our health improves and we become stronger. Then, we become happier! We feel more like exercising and partaking in enjoyable activities, our sleep improves, the edginess of nervousness and stress are reduced, not to mention improvement from physical ailments. We begin to feel a new hope and thus a willingness to continue on with our lives. Many of us even find our calling and purpose in life, which often includes extending and sharing our blessings with others. What a difference from feeling isolated in our sicknesses, just wanting to be left alone, everything and everyone posing disruptive efforts we really want no part of.

I am now honestly able to look at my behaviors, especially toward others, and work on what is not healthy. I am always in a state of progress. I must look within first, determine what is a good quality and enhance on it, recognize a shortcoming or less-than-desirable personality trait and work to heal it fearlessly, so that I can walk in my own footsteps comfortably. I must remember...being happy is my target, so I must do what it takes to achieve it. Grrrr!

✈ *Setting the boundaries of what behavior towards me by others is acceptable or not* becomes my next priority. I have learned through experience that some traits are obvious, while others take much time and digging to unearth the truth. I must have compassion, patience, and tolerance for myself and faith in the process. Through this then comes the ability to intuitively know --- the gut feeling --- am I being treated in a respectable manner by another? I’m not referring to physical abuse, which is NEVER acceptable. It’s the more subtle behaviors by those who profess to consider others, yet whose behaviors say otherwise. Subtle or not: manipulative, controlling, self-seeking behavior is unhealthy, disrespectful and dishonorable.

If we find ourselves feeling resentful, angry, or bitter toward a person, then we must look at why. Is it our stuff or theirs? If we have done all we can to play right...be respectful and honorable, made living amends when we misbehaved...and still feel unhappy, then it is time to set the boundary for ourselves --- do we keep them in our lives and, if so, in what capacity? With family members, it becomes more difficult; the bottom line, however, is the same --- we set our boundaries and explain in a calm way that we are not willing to be treated in a humiliating way. If they refuse to try, then we have the right to hang up or walk away. It may be temporary, it may be permanent; it depends entirely on our choice and what the ultimate gain or loss to our serenity and contentment is. Looking back to the things that affect our health and happiness, we see stress on the list. If we have determined there is more drama invoked than sensible thinking and living, then we must look at the stress level and how healthy and happy we are feeling.

An old acquaintance, long past now, used to always say, “Think right, do right, live right.” Simple, not easy; sums it all up. I try to take it with me everywhere I go. At the moment, I’m taking it with me through 2014.

May you have much success setting good boundaries for yourself this year, and may you be blessed with good fortune in all aspects of your life!

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, LOCAL FOODS 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.**

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!

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

Warm up with this great soup at holiday time and winter days, using vegetables that our bodies can utilize well in the cold weather.

✂ **SOUPS AND SOUP GARNISHES: RED SOUP**

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.

ANSWERS TO THE FOOD LABEL QUIZ

✂ Listed Ingredients: Organic cooked brown rice, organic ground raw sunflower seeds, organic cooked pinto beans, organic rice syrup, organic onion, organic paprika, organic garlic, sea salt, organic black pepper, natural smoke flavor.

✂ Potential Hidden Ingredients: F (Ground Paprika)

✂ Obvious Ingredients: G

✂ The product was evaluated for: ALL

✂ The results were: F,G,P

✂ The product is: Sunshine Burgers Organic Barbeque

✂ Hidden ingredients are: F,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:** ~ A moment in time on a cold crisp winter day in the park. ~ December 30th, 2012 Clatskanie Park, Oregon ~



FOOD RESOURCE LIST UPDATES

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

Use the codes below to translate the Results Column.

KEY FOR RESULT CODES

| | | | |
|--------------|--------------------|-------------|------------------|
| ALL = | Bad for All | M = | Meat |
| C = | Cactus | Ms = | Mine Salt |

| | | | | |
|------------|--------------|--|-------------|------------------------|
| D = | Dairy | | N = | Neutral for All |
| E = | Egg | | P = | Potato |
| F = | Fruit | | Sf = | Seafood |
| G = | Grain | | Sy = | Soy |
| H = | Honey | | S = | Sugar |

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

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

✂ The items are listed per category.

✂ By listing the “**Date Evaluated**” you can be assured of the most recent updates.

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

✂ Under “**Purchased At**” we no longer furnish where the product was purchased; however, 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

JANUARY 2014

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

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|--|-----------------------|----------------------|----------------|---------------|
| ALCOHOLIC BEVERAGES: | | | | |
| 14 Hands Vineyards 2011
Cabernet Sauvignon | 12/13 | ALL | F,S | |
| F. Stephen Miller Angel's Reserve
Shiraz | 12/13 | ALL | F | |
| Honeywood Concord | 12/13 | ALL | F,H | |
| Honeywood Triple Berry Oregon | 12/13 | ALL | F,H | |
| Jose Cuervo Tradicional Tequila
Reposado | 12/13 | ALL | C,G | |
| BAKING SUPPLIES: | | | | |
| Frontier Peppermint Flavor | 12/13 | ALL | G | |
| CHOCOLATE AND COCOA: | | | | |
| Coconut Secret Ecuadorian Crunch
Milk Chocolate & Toasted
Coconut Organic | 12/13 | ALL | D,F | |
| COFFEE & ALTERNATIVES: | | | | |
| Rio Grande Italian Roasted Coffee
Whole Bean | 12/13 | ALL | F | |
| FLOUR: | | | | |
| Bob's Red Mill Organic Quinoa
Whole Grain | 12/13 | ALL | F,G | |
| FROZEN FOODS: | | | | |
| Sunshine Burgers Organic
Barbeque (also listed under
Prepared Foods and Mixes) | 12/13 | ALL | F,G,P | Southwest |
| Sunshine Burgers Organic
Garden Herb (also listed under
Prepared Foods and Mixes) | 12/13 | ALL | G | Southwest |
| Sunshine Burgers Organic Black
Bean South West (also listed
under Prepared Foods
and Mixes) | 12/13 | ALL | F,G | Southwest |
| GRAINS: | | | | |
| Winco Foods Oat Old Fashioned
(Bulk) | 12/13 | ALL | F,G,P | |

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|---|-----------------------|----------------------|----------------|---------------|
| PREPARED FOODS & MIXES: | | | | |
| Sunshine Burgers Organic Barbeque (also listed under Frozen Foods) | 12/13 | ALL | F,G,P | Southwest |
| Sunshine Burgers Organic Garden Herb | 12/13 | ALL | G | Southwest |
| Sunshine Burgers Organic Black Bean South West | 12/13 | ALL | F,G | Southwest |
| SEASONINGS & SPICES: | | | | |
| McCormick White Pepper, Ground | 12/13 | ALL | F,P | |
| TEAS: | | | | |
| Numi Rooibos Organic | 12/13 | ALL | F | |



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

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