



DRAGONFLY NEWS

The Official Monthly Newsletter of Song of Health.com

DECEMBER 2010



Nature's December Celebration

Photo by Sandra Strom

Wishing you all a blessed Holiday Season from the Song of Health Team

Welcome Subscribers, to *Dragonfly News*. This is our 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 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.

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*; Food Intolerance Consultant

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

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

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

Janet Jensen and Elizabeth Vedder (she's back part-time!), Managers of the Food Resource Updates

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

Visit Sandra at [Twitter](#) and [Facebook](#).

You're invited to follow and share comments!

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- ✈ **FOOD RESOURCE UPDATE:** **DECEMBER 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@songoofhealth.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.songoofhealth.com/advertising.html> or email us at advertise@songoofhealth.com.

WEBSITE CHANGES AND NOTICES

✂ In THE FOOD RESOURCE LIST:

~ The following entry in The Food Resource List, category [EGG](#), has been corrected to read E,F. The original entry omitted fruit, in error. Thanks to one of you Subscribers for bringing this to our attention: **Naturally Preferred 07/10 ALL E,F**

~ In the category [Cereals – Cold: Nature's Path Kamut Puffs](#) has been corrected. All its entries are now listed as **Nature's Path Organic Kamut Puffs**.

~ The category [Milk – Non Dairy](#) now reads MILK AND CREAM – NON DAIRY.

~ The category [Vegetables](#) now reads VEGETABLES, LEGUMES & MUSHROOMS.

✂ 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).**



GIVE AND YOU SHALL RECEIVE!



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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*. 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 Terri: I was talking to Dr. Tish over the weekend and told her that this wine is not on the list. She told me about it. It is REALLY GOOD! It is "Hoodsport Rhubarb Wine" and it has NO FRUIT in it! Maybe Dr. Tish can give you the details to verify this. Not sure what else it has in it, but thought your fruit people might be happy over the holidays if they could toast with REAL WINE! I'm enjoying it; purchased at Huckleberry's on the south side in Spokane.

Your website is looking really good and is getting more helpful all the time! Thanks for all you are doing! *Terri*

Reply from Sandra: Hello Terri, Dr. Tish replied, and her response is below. Thank

you also, for the nice kudos. Yes, the website continues to improve and grow, thanks to the wonderful Subscribers such as yourself, who are willing to take the time to share your knowledge, comments, questions, etc. with the rest of us. Keep up the great work! In Health, *Sandra*

Reply from Dr. Tish: Yes, the Hoodsport Rhubarb Wine is not fruit. It has been around a very long time.

From: Dr. Chris Kozura ND: Subject: Thoughts on Dairy free probiotic? Also, dairy free digestive enzymes? Bluebonnet Nutrition - Have you looked into this company? I saw them on the shelf at Whole Foods this weekend; just thought I would see if this would work for convenience of patient and no dairy.

Reply from Dr. Tish: The same probiotic that we use for making the fruit-free yogurt is dairy free also - It is the Ayush Probiotic 30B.

I found the Bluebonnet brand to be positive for dairy. I believe they raise the culture on dairy and then somehow "wash off the dairy". There are many companies that claim they are dairy free, but they don't test out to be clean.

From Marla: Dear Sandra, when I was first tested for the food intolerance I was told I could use fructose to avoid my f/s combo intolerance. I have just been looking up the fructose brand that is found in Huckleberry's bulk food bin. It is said by the company that this fructose is made from high fructose corn syrup, which is listed as a sugar on the food

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### **Samples From The Forum:**

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

#### **UNDER THE CATEGORY FOOD QUESTIONS:**

##### **why can eggs be fruit?**

**Posted by Robin:** Just wondering if you have an idea how eggs can test positive for fruit. They are in a shell and not processed. The only thing I can think of is the chicken's diet. Thoughts?

**Posted by Sandra, CEO of Song of Health:** It truly is a guessing game without contacting the companies themselves. My best guess is what they are using to clean the eggs for market contains a fruit derivative.

##### **Looking for specific products:**

**Posted by Traci:** Sandra, or anyone who might know where to find Eating Right Brand Chicken, Superior Touch Beef Bouillon, Buttermilk Blend, Strauss Family Cream Top Whip Cream, and Native Forest Coconut Milk? For information sake, (potato, fruit/sugar intoler.). Thank you. *Traci*

**Posted by Sandra, CEO of Song of Health:** Try Huckleberry's at: Huckleberry's, 926 S. Monroe, Spokane, Wa. 99204. They sell Strauss products. If they don't have a specific product in stock, they should be able to order it for you. They also carry Native Forest Coconut Milk.

intolerance chart. I just thought this information might be important to share if others are under the impression that fructose is fruit, as I was. Here is my source [www.aestaley.com/NR/.../TALFIIAKRYSTAR2005033106.pdf](http://www.aestaley.com/NR/.../TALFIIAKRYSTAR2005033106.pdf). Thank you for your time.

*Marla*

**Reply from Dr. Tish:** High fructose corn sugar is only sugar and grain. Fructose in bulk is usually only fruit. Hope this helps. *Dr. Tish*

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You can purchase Superior Touch products from their website, or contact them to see if there is a local store to purchase their products. Their website is <http://www.superiortouch.com>.

Not sure what buttermilk blend you're referring to. What brand?

Posted by Robin V Smith: Eating Right chicken is at Safeway. I've [bought] Strauss Family Cream at Rosauers in the organic refrigerated section.

Posted by Bon: Sandra, is the Native Forest Coconut Milk you mention (and on the Resource List) the one in a can? I found that at Huckleberry's, but it listed guar gum on the ingredients list. Is guar gum always positive for potato? Thanks!

Posted by Traci: Thank you all. I love Song of Health. And, by the way, every food I asked about is on The Resource List. Thanks again. *T*

Posted by Ruth: Tracy, Eating Right, I believe, is a Safeway product. That's where I get anything "Eating Right" anyway. The "Eating Right" chicken breasts that have been tested can be found there. As an added note for anyone, Safeway just started carrying Dave's Killer Bread...yay. At least, the Safeway on Wellesley and Alberta (Spokane, Wa.). It was on a separate shelving unit near the dairy though, as an FYI. *Ruth*

Posted by Sandra, CEO of Song of Health: Yes on the guar gum. As far as we

know, it always evaluates positive for potato. This is because it is added to stabilize the guar, which is not potato. Maybe someday the producers will find a better method and save us potato intolerants from this inconvenience.

Thanks to all of you who corrected me on the Eating Right brand. Great work ya' all!
In health, *Sandra*

Turkeys:

Posted by Debbie Biagi: The holidays are upon us. Do you know of any brand of turkeys, (and where to find them) that are potato, fruit, sugar and Sf free? Thank you, *Debbie*

Posted by [Sandra, CEO of Song of Health](#): Hi Debbie, I did some research for you, starting with meat products that are listed in The Food Resource List. I called Organic Prairie to find out what they could tell me about their raw organic turkeys. According to their spokesperson, the whole raw turkeys come directly from the farms, nothing is added to them. So, without actually having them evaluated by our doctors to be positive, I would estimate that they are a good bet. I haven't been able to find a store near you that carries that brand, however.

(Huckleberry's) Rosauers in Moscow Idaho carries Shelton's free range turkeys. Shelton's website describes their free range turkeys as being free of any additives. I called the store and they carry the free range at \$2.99 lb.

Rocky Ridge ranch turkeys are free range with nothing added and can be ordered through Lorien Herbs & Natural Foods, 1102 south Perry street, Spokane, Wa. 99202-3525 (509) 456-0702, www.lorienherbs.com....

Posted by [Dr. Tish](#): We get our turkeys from Huckleberry's. I think it is the Shelton brand. They only contain meat... I also recently purchased one from Main Street Market - new coop in town (Spokane). It is organic. I don't know the local farmers' name for it. It is just meat.

buttermilk:

Posted by Traci: Hi Sandra, what buttermilk do you use when making your Mexican Cream? You are potato, fruit/sugar intolerant right ? Thanks. *Traci*

Posted by Bon: I just came on to find out if there was a safe buttermilk and saw this question...Hopefully Sandra will chime in soon:)

Posted by [Sandra, CEO of Song of Health](#): Good question. Thanks for bringing this up. I discussed this with Dr.

Tish: She uses the organic powdered buttermilk by Organic Valley and it evaluates positive for dairy only.

Re the liquid buttermilk: We haven't had anyone submit a sample to be evaluated for many years, so we aren't able to verify what else different brands may have in them besides dairy. If the packaging states that it is fortified with Vitamin A, then you know it also contains fruit.

So...in regards to defining the ingredient category in the recipe for Mexican Cream, I can only verify that it contains dairy. For me, I haven't made it in a while. I have substituted organic plain yogurt for the buttermilk, but it does change the flavor just a bit. I did this because I didn't have organic buttermilk available in my area. I plan to locate the powdered product that Dr. Tish uses and make it with that.

UNDER THE CATEGORY GENERAL HEALTH DISCUSSIONS:

This was posted in response to ongoing discussion in thread [How do I know....](#)

Posted by Bon: Sandy, thank you for your response. I appreciate you and the time you take to answer each question. I am sure you hear the same things over and over again!

Just to share... taking the advice of talking to my Dr. - I did and she suggested going two days eating just a homemade chicken and vegetable soup. I did this and I am feeling much better. I also came across two items I was consuming regularly that were marked to have tested okay on The

Resource List that was sent home with me. Thank goodness I subscribed to this website because without it I would not have known that both items no longer tested safe for me. I stumbled across this while making my own list of items to shop for. I have no doubt that eating these things was making me feel lousy.

It makes me wonder about the people who leave the clinic going with the list that is sent home and use that to shop off of. This is what I did for nearly 3 weeks! Anyway, thanks for the work you do here.

EDITOR'S NOTE: *Your concern was forwarded to your clinic.*

UNDER THE CATEGORY

MISCELLANEOUS:

Possible suggestion for newsletter:

Posted by Bon: I have read here, and it was also mentioned to me by Dr. Tish, that it is important to eat seasonal foods....that our body digests better when eating local and in season foods. This may sound silly, but this concept is pretty new to me! It makes sense! That being said, I know virtually nothing about what is in season and when.

I was thinking it would be great to have a seasonal eating suggestion guide in our newsletter. It would also be great to have an article from one of the doctor's explaining the importance of eating seasonal foods and the effect this has on our systems.

Posted by TRACI: Bon, I like it. T

Posted by Sandra, CEO of Song of Health: In our very first article, written by Dr. Tish in the March 07 newsletter, **Allergies, The Natural Approach** (see **Archive of Articles**), she addresses the reasons for eating local and in season foods, and what can happen when we consume other foods that have been shipped in from other areas. I suggest reading this article first, then if you have further questions, I'd be happy to address them for you.

As for Song of Health listing what foods are in season, remember that we reach people

from Nova Scotia Canada to the far southern reaches of the U.S. What is seasonal in cold regions are totally different from California, Texas, or Florida. As a basic rule for your area: The northern regions are far more limited, obviously. We do best in the winter with stored root vegetables, squashes and pumpkins. Apples are seasonal almost into December. I still have apples on my tree, albeit not many left. I haven't canned fruit in years, ever since Dr. Harold Dick informed me of this concept. I do, however, freeze blueberries that I pick from a local organic farm, and eat some throughout the year. Eating them moderately doesn't cause me a problem, personally.

If there are specific products any of you are interested in knowing about, and if they are local to your area, just ask. I'm happy to answer your questions. In health, *Sandra*
P.S. Most new posts in The Forum are also printed in the next newsletter. This will be in there, so hopefully it will help.

bread:

Posted by Traci: Hey Sandra, I had asked about Dave's Killer Bread and you had responded that Dr. Tish buys it; and my question is that somewhere on the site I read that Dr. Tish's intolerance is grain/sugar. Did I understand this correctly? I ask this because on The Resource List Dave's Killer Breads test for (S). Can you clear this up for me? Thank ya. I am trying to find a bread that does not test for sugar. *Traci*

Posted by Sandra, CEO of Song of Health:

Health: Dr. Tish's food intolerance combination is fruit/grain. She does not have a sugar intolerance.

P.S. If a bread is a yeast bread, it will either be positive for sugar or potato. Those are the 2 food products that commercial yeast is grown from. Red Star and SAF are generally sugar; the others are generally potato.

I am personally potato intolerant with a fruit/sugar combination, so I mostly make my own sourdough bread or baking powder biscuits and substitute baking soda for the

baking powder. Hope that helps. In health,
Sandra

Posted by Traci: Yes that helps, thank you. And I did finally respond to your question on the smoked salmon question in the Recipes category. By the way, you amaze me how you keep up with all the questions and so promptly. You go girl. T

Posted by Sandra: Thanks Traci...it's my job!! It's also my honor to be able to share my teachings, such as they are. In health,
Sandra

Posted by Dr. Tish: Hey Sandy, the sorbitan is fruit. The only Red Star yeast that is clean is the "original" in the 3 packs of strips. We had someone bring in a sample of Red Star in the little jar, and it is fruit.

The SAF yeast is F,P,S...I never use it.

UNDER THE CATEGORY [RECIPES:](#) [smoked salmon:](#)

Posted by Traci: Does anyone have a recipe for smoked salmon for potato and fruit/sugar intolerant? T

Posted by Sandra, CEO of Song of Health: Do you want to smoke the salmon or do you already have smoked salmon and would like to do something with it? If so, do you want it for main dish, appetizer? In health, *Sandra*

Posted by Traci: ...I have salmon that I want to smoke, just looking for suggestions on ingredients to use and how much for potato, fruit/sugar int. Never done the smoking thing b-4. Thank you. Traci

Posted by Sandra, CEO of Song of Health: A relative of mine has been smoking salmon for many years. He has made it with honey so that I could have it. I emailed him and asked if he would please give us his instructions of how he smokes his fish. It is always so delicious. I remember that he brines it first, then washes the excess salt off so that it isn't too salty...

Posted by Terri B: Are you using fresh salmon that you have caught yourself or buying it? If you are buying it, where do you

get it? I love salmon and am always concerned about the ones in the store that are wrapped in plastic wrap. I look at filets only, as I am a wimp when it comes to filleting it myself. Doesn't that wrap have potato in it? Ugh, Terri

Posted by Traci: Hi Terri, I got my salmon off the road ha ha. No really, my oldest son is a WA. state trooper, and he was at a crash site involving a commercial truck full of fresh salmon; and they could no longer be marketed so he was given a bunch of these salmon. That's my story. If I hear of anyone that has fresh salmon, I will gladly post it for you. And thank you, Sandra. I will be anxiously waiting for that recipe. T

Posted by Sandra, CEO of Song of Health: This is the recipe instructions my relative, Ron B., so graciously shared and quickly responded:

Sandy- I used plain rock salt, but I suppose you could use any salt. I use as much salt as the water will take. I soak the fish in the cold brine for 24 hours and then wash the salt off the fish and coat with warmed honey with a brush. Then I put the fish on the racks to dry until they form what's called the pellicle, a mucus-like coating that seals the fish for smoking.

My method is really a kipper, since the fish is actually cooked, as opposed to a cold smoke (95-100 degrees) which does not cook the fish. I try to keep the fish in the smoker at as low a temperature as possible (200-250 degrees) for 1.5 to 3 hours, then cool and refrigerate.

Note from Sandra: Rock salt is a mined salt, so will generally be positive for potato. I suggest using Celtic salt, as it is neutral. That is why Ron clarified about the salt.

P.S. Regarding obtaining fresh salmon as opposed to frozen at this time: It's probably not going to happen, even by the Oregon coast, where I live, as it is in between runs now. What we are getting is coming from Alaska and is flash frozen, often done on the boats or on the docks. I just purchased frozen salmon to share with my family in

California. Otherwise, when I can get it fresh, I ask the butcher/fishmonger in the store where I'm shopping to wrap it fresh for me. They use the freezer paper instead of plastic.

UNDER THE CATEGORY [SPECIFIC FOOD INTOLERANCE DISCUSSIONS:](#)
[SOS I don't know how to cook anymore!!!](#) (Click the link to go to discussion.)

IMPORTANT NOTE: 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!

~ WE NEED YOUR INPUT! ~

SHOULD THE [SAMPLES FROM THE FORUM](#) FORMAT BE CHANGED?

Printing out the full conversations in the Newsletter from The Forum takes up a lot of space. This means more pages to print out for you. One thought is to print the question/comment and give you the link to go directly to the category and thread in The Forum. **For example:**

Category FOOD QUESTIONS: [Is there a homeopath for stinging nettle?](#)

Posted by Sandy, 23rd November, 2009. What natural remedy can I use for relief of prickly stinging from coming in contact with stinging nettles?

PLEASE SHARE YOUR COMMENTS AS TO WHAT YOU PREFER. This service is for you and we want to make it as easy for you to gain all the necessary information that we can.

Thank you. Sandra

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. 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*



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.

ENVIRONMENTAL UPDATES FROM THE U.S. EPA

I am subscribed to receive updates to environmental and health policies from the Environmental Protection Agency. Each month I will select those I feel are pertinent to share with you, and bring to your attention. Sandra

EPA to Expand Chemicals Testing For Endocrine Disruption

WASHINGTON - The U.S. Environmental Protection Agency (EPA) has identified a list of 134 chemicals that will be screened for their potential to disrupt the endocrine system. Endocrine disruptors are chemicals that interact with and possibly disrupt the hormones produced or secreted by the human or animal endocrine system, which regulates growth, metabolism and reproduction. Administrator Lisa P. Jackson has made it a top priority to ensure the safety of chemicals, and this is another step in this process.

"Endocrine disruptors represent a serious health concern for the American people, especially children. Americans today are exposed to more chemicals in our products, our environment and our bodies than ever before, and it is essential that EPA takes every step to gather information and prevent risks," said EPA Administrator Lisa P. Jackson. "We are using the best available science to examine a larger list of chemicals and ensure that they are not contaminating the water we drink and exposing adults and children to potential harm."

The list includes chemicals that have been identified as priorities under the Safe Drinking Water Act (SDWA) and may be

found in sources of drinking water where a substantial number of people may be exposed. The list also includes pesticide active ingredients that are being evaluated under EPA's registration review program to ensure they meet current scientific and regulatory standards. The data generated from the screens will provide robust and systematic scientific information to help EPA identify whether additional testing is necessary, or whether other steps are necessary to address potential endocrine disrupting chemicals.

The chemicals listed include those used in products such as solvents, gasoline, plastics, personal care products, pesticides, and pharmaceuticals, including benzene, perchlorate, urethane, ethylene glycol, and erythromycin.

Also being announced today are draft policies and procedures that EPA will follow

to order testing, minimize duplicative testing, promote equitable cost-sharing, and to address issues that are unique to chemicals regulated under the SDWA.

After public comment and review, EPA will issue test orders to pesticide registrants and the manufacturers of these chemicals to compel them to generate data to determine whether their chemicals may disrupt the estrogen, androgen and thyroid pathways of the endocrine system.

EPA is already screening an initial group of 67 pesticide chemicals. In October 2009, the agency issued orders to companies requiring endocrine disruptor screening program data for these chemicals. EPA will begin issuing orders for this second group of 134 chemicals beginning in 2011.

For more information go to:

<http://www.epa.gov/endo>

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.

SUGAR...WHAT ABOUT IT?

By Sandra Strom, CEO of Song of Health

The holidays beg us to support the sugar companies with everything from Christmas breads in the morning to rich desserts in the evening, and all day in between. Company Christmas parties, sweet sugary gifts exchanged, even nibbling Carmel Corn while decorating the tree with strings of popcorn and cranberries, invite us to partake of happy sweets that we so rightly deserve. Lollipops, sugar plums, sugar and spice, sugar sugar sugar.

This may be the worst time of the year to discuss the effects refined sugar has on us. On the other hand, is it not the best? For now is the time of holiday sugar inundation.

Recently, I had an email discussion with Dr. Christopher Kozura, N.D. in Seattle, Washington. He is one of Song of Health's

ardent supporters and often brings important issues to our attention:

"Dr. Kozura: I don't understand how sugar from beets is similar to cane sugar. Can you explain?

Sandra: It is a refined sugar. It's the refining process that equates the beet sugar to the cane sugar, as is refined fruit sugar. Pure fructose is fruit, but refining it becomes sugar. Does that help?

Dr. Kozura: Thanks, yes that is helpful, thinking of the refining of it as making it more of an intolerance with regards to Carroll testing, as in it enzymatically doesn't work as well for the body. But I still have confusion of how agave or honey may

be any better. I ask this in a desire for even better results that I get with Carroll testing.

Sandra: Regarding the Carroll Food Intolerance categories and the different sweeteners: Agave is neutral, derived from the cactus. Honey is actually a food intolerance category that some people are unable to tolerate. However, if a person is able to successfully digest either honey (specifically raw honey) and/or agave, it is a much better choice than refined sugar. As you probably know, especially if you ever read the book *Sugar Blues* in which is described just how detrimental sugar is to the body and how it causes energy peaks up and down, with honey it doesn't need to be digested through the digestive system (it is already in digestive state) and goes directly to the bloodstream. Thus, it doesn't require the energy to digest, and it doesn't have any of the side effects that refined sugars have. Agave is usually sold in its pure form, although some have sugar added to them. (Refer to The Food Resource List for products that have been evaluated by our doctors.) Maple sugar is another good alternative. Rarely, a person may temporarily have an issue with honey, maple syrup, and/or agave, so they must use a sugar product. In such a case, we recommend they buy an organic raw pure cane sugar.

There is an interesting article on the website *Global Healing Center Natural Health and Organic Living* called 'Refined Sugar - The Sweetest Poison of All.' You can click on this link to read it: <http://www.globalhealingcenter.com/refined-sugar-the-sweetest-poison-of-all.html>. It describes how refined sugar depletes us of vital nutrients and minerals in an effort to digest it, while giving us nothing but empty calories in return."

For those of you who are sugar intolerant, this discussion is most likely a no-brainer, as you have been educating yourselves with the information provided by Song of Health and your personal Naturopathic physician on how to remove refined sugars from your diets. This may be a greater challenge for those of you who are able to have refined sugar according to the Carroll Food Intolerance

standards. Yet, you'll see throughout the Song of Health website that I continually urge everyone to avoid refined sugar products that are sold as a food. They really aren't!

Whenever I eat much sugary candy (it's hard to pass up See's at holiday parties), the next day I feel completely wiped out - lacking energy, maybe even feeling somewhat depressed. In understanding that sugar is poison, it is quickly obvious why we may experience mild to extreme side effects from consuming sugar in its many forms.

Admittedly, this *is* a heck of a time to consider revising sugary baking habits. As in making New Year's resolutions to wait until next month before altering our lifestyles, you may want to assure yourself that the sugar issue will be addressed then, as well. That's workable, right? With just a little effort, however, making the change now is worth the expense and few minutes of your time to readjust a recipe or use a different one. Not only will you feel physically better throughout the holiday season, I submit that sanity from avoiding the "sugar blues" will also endure!

Admittedly, using honey, maple syrup, or agave in our baking is not going to be as financially economical as inexpensive sugar. Yet, the cost of our health, well being and attitudes will be an exceptional payoff, well worth any changes you are willing to make.

So, how do we execute this major transformation?

- ✂ First, budget your grocery bill for the adjustment; this is just a matter of creating a different habit from the routine you've been used to.
- ✂ Next, refer to The Food Substitutions List for products, and how much to use, in place of sugar.
- ✂ Then, if you need assistance, contact me or go to The Forum and ask your fellow Subscribers what they can suggest for you.

Think of this challenge as exciting

and fun!

The beauty of it all is that 1) we have our Song of Health mates to bounce ideas back and forth with, and 2) we feel so fabulously better when we eat what's best for us, even during the "naughty-or-nice" season.

In my community, the Winter Solstice begins the time for storytelling by the elders. May you all be blessed with wonderful stories made by joyful memories this Sacred Season.

Many good wishes for a

Healthy and Happy New Year

To All My Relations, Sandra

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



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.
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.

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.

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!

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

VEGETABLES:

BEETS - ROASTED, SWEET AND SOUR (A great holiday substitute for fresh cranberry sauce.
This can be made fruit-free.



**REMEMBER TO CHECK OUT RECIPES THAT ARE PERFECT FOR THE
HOLIDAYS: CANDIES, COOKIES, DIPS AND HOR DUERVES, PIES, PASTRIES &
COBBLER, CRANBERRY ORANGE MAPLE SAUCE, and STUFFINGS.**

For a quick and easy dinner to fix when returning from holiday shopping:
MOCK CHILI RELLENO CUSTARD

For more, go to The Index and click on the desired recipe.

And...

Remember to check out the Recipes category in The Forum for recipes that fellow
Subscribers have been gracious enough to share!

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 smartphone with internet capability?

I log on to Song of Health.com, The Food Resource List, as my shopping tool!

FOOD RESOURCE LIST UPDATES DECEMBER 2010

NOTE: *A few entries have been placed under more than one heading for your convenience.*

<u>FOOD EVALUATED</u>	<u>DATE EVAL.</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>PURCHASED AT</u>
<u>BAKING SUPPLIES:</u>				
Earth Circle Organics Carob Powder	12/10	ALL	F	Azure
<u>BREAD:</u>				
NatureBake 100% Whole Grain 4x5 Multi-Grain	12/10	ALL	G,H,Ms,P,S	Fred Meyer
<u>BUTTER:</u>				
Horizon Unsalted Organic	12/10	ALL	D	
Tillamook Unsalted	12/10	F, Ms,P,S,Sf,Sy	D,F,P	
<u>CANDY AND GUM:</u>				
XylicheW Sugar Free Chewing Gum, Peppermint	12/10	ALL	D,E,F,H	Huckleberry's
<u>CEREALS – COLD:</u>				
Arrowhead Mills Puffed Rice Cereal	12/10	ALL	G	
Bob's Red Mill Old Country Style Muesli	12/10	ALL	F,G	
<u>CEREALS – HOT:</u>				
Bob's Red Mill 5 Grain Rolled Whole Grain Hot Cereal Plus Flaxseed	12/10	ALL	G	Fred Meyer
Bob's Red Mill Old Country Style Muesli	12/10	ALL	F,G	
Old Wessex Ltd. All Natural Creamy Oat Bran	12/10	ALL	F,G	
Old Wessex Ltd. All Natural Irish Style Oatmeal	12/10	F,P,S,Sy	G	
<u>CHEESE:</u>				
Appel Farms Gouda Smoked	12/10	D,E,F,G,H,P,S, Ss,Sy	D,F,P	Main St. Market, Spokane WA.
Ballard Family Holy Cow Baby Swiss	12/10	D,E,F,G,H,P,S, Ss,Sy	D,F,P	
Ballard Family Idaho White Cheddar	12/10	D,E,F,G,H,P,S, Ss,Sy	D	

<u>FOOD EVALUATED</u>	<u>DATE EVAL.</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>PURCHASED AT</u>
<u>CHEESE (Cont.)</u>				
Ballard Family Truffle And Salt Cheddar	12/10	D,E,F,G,H,P,S, Ss,Sy	D	
Ford Farms Costal Cheddar	12/10	D,E,F,G,H,P,S, Ss,Sy	D,F,P	
Jarlsberg	12/10	F,P	D,F	Costco
Jarlsburg Swiss	12/10	D,E,F,G,H,P,S, Ss,Sy	D,P	
Main Street Market Local Food Coop Whole Milk Mozzarella	12/10	D,E,F,G,H,P,S, Ss,Sy	D	Main St. Market, Spokane WA.
Organic Valley Organic Small Curd Lowfat Cottage Cheese	12/10	F,P,S,Sy	D,F,P	
Sierra Nevada Cheese Company Cream Cheese, Farmhouse Natural Original	12/10	ALL	D,Ss	Main St. Market, Spokane WA.
Tillamook Vintage White Extra Sharp Cheddar	12/10	ALL	D,F,Ms	
Western Family Monterey Jack	12/10	ALL	D,F,M	Rosauers
<u>CHIPS AND CRACKERS:</u>				
Garden of Eatin' Mini White Rounds Tortilla Chips	12/10	ALL	G,Ss	
Garden of Eatin' Mini White Strips	12/10	F,P	F,G	
Green Mountain Gringo Tortilla Strips	12/10	ALL	F,G,Sf,Ss	
Juanita's Tortilla Chips	12/10	ALL	F,G,Ss	
Kettle Yellow Corn Tortilla Chips	12/10	ALL	F,G,Ms,P	
Nabisco Honey Maid Honey Graham Crackers	12/10	E,F,P,M,Ms,S	D,G,Ms,P,S	
<u>CHOCOLATE AND COCOA:</u>				
Green and Black's Organic Dark Chocolate Bar 70%	12/10	ALL	D,G,S,Sy	
<u>COFFEE AND ALTERNATIVES:</u>				
Anvil Blacksmith Blend Coffee	12/10	ALL	N	Main St. Market, Spokane WA
Doma Coffee Roasting Company, MaryJane's Organic Blend	12/10	ALL	F	
<u>CONDIMENTS:</u>				
Uncle Dan's Classic Ranch Seasoning and Salad Dressing Mix	12/10	ALL	F,G,Ms,P	Fred Meyer

<u>FOOD EVALUATED</u>	<u>DATE EVAL.</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>PURCHASED AT</u>
<u>FLOUR:</u>				
Bob's Red Mill Stone Ground Whole Wheat	12/10	ALL	G	
<u>FROZEN FOODS:</u>				
Bliss Non-Dairy Frozen Dessert Dark Chocolate	12/10	ALL	D,F,M,Ms,P,S	Huckleberry's
Luna and Larry's Organic Coconut Bliss Non-Dairy Frozen Dessert Vanilla Island	12/10	ALL	D,F,M,Ms,P,S	Huckleberry's
<u>FRUIT & BERRIES (Including Fruit Spreads & Sauces):</u>				
Clif Kid Organic Twisted Fruit, Strawberry	12/10	ALL	F,P,Sf	Fred Meyer
Let's Do Organic Unsweetened Organic Coconut Flakes	12/10	ALL	F	Rosauers
Safeway Lite Yellow Cling Peach Slices	12/10	ALL	F,S	Safeway
<u>GRAINS:</u>				
Azure Farm Organic Yellow Popcorn	12/10	ALL	G	Azure Standard
Gifts of Nature Old Fashioned Rolled Oats	12/10	F,P,S	G	Amazon.com
<u>JUICES AND DRINKS:</u>				
Naked Juice Green Machine	12/10	F,P,S,Sy	F,P	
<u>MAPLE SYRUP AND SUGAR:</u>				
Maple Grove Pure Maple Syrup	12/10	ALL	N	
<u>MEATS AND MEAT BOUILLON:</u>				
Pure Country Pork Uncured Smoked Maple Bacon	12/10	ALL	M,S,Ss	
Valley Fresh Chicken Natural Premium White Chicken	12/10	ALL	F,M	Fred Meyer
Whitaker Family Farm Cube Steak	12/10	ALL	M	
Whitaker Family Farm Hamburger	12/10	ALL	M	
<u>MILK AND CREAM:</u>				
Darigold Extra Rich All Natural Sour Cream	12/10	ALL	D,M,Ms,P,Sf	Rosauers
Naturally Preferred Organic Whole Milk	12/10	ALL	D	
Spokane Family Farm Milk	12/10	ALL	D	
Strauss Organic 2% Milk	12/10	F,P,S,Sy	D,F	

<u>FOOD EVALUATED</u>	<u>DATE EVAL.</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>PURCHASED AT</u>
<u>MILK AND CREAM – NON DAIRY:</u>				
Luna and Larry's Organic Coconut Bliss Non-Dairy Frozen Dessert Dark Chocolate	12/10	ALL	D,F,M,Ms,P,S	Huckleberry's
Luna and Larry's Organic Coconut Bliss Non-Dairy Frozen Dessert Vanilla Island	12/10	ALL	D,F,M,Ms,P,S	Huckleberry's
<u>NUTS:</u>				
NOW Certified Organic Whole Raw Cashews	12/10	F,P,S,Sy	F	
Planters 100% Natural Harvest Jumbo Cashews	12/10	ALL	F,Ms,P,Ss	Rosauers
<i>NOTE: Ingredients on package do not list mine salt.</i>				
<u>PREPARED FOODS & MIXES:</u>				
Keebler Ready Crust Graham	12/10	E,F,M,Ms,P	D,F,G,Ms,P,S	
Libby's 100% Pure Pumpkin	12/10	F,P	N	
Meza Hummus Traditional	12/10	ALL	F,G,P,Sf	Costco
Pacific Natural Foods Organic Traditional 9" Pie Shells	12/10	ALL	D,G,Ss	Huckleberry's
Uncle Dan's Classic Ranch Seasoning and Salad Dressing Mix	12/10	ALL	F,G,Ms,P	Fred Meyer
<u>SEASONINGS AND SPICES:</u>				
Exotic Pepper, Bulk at Huck's	12/10	F,G,P,S	F	Huckleberry's
Kirkland Signature Saigon Ground Cinnamon	12/10	ALL	F,P	Costco
McCormick Basil Leaves	12/10	ALL	F	Trading Company
Simply Organic All Purpose Seasoning	12/10	ALL	F,P	Huckleberry's
<u>SOUPS:</u>				
Imagine Organic Free Range Chicken Broth	12/10	ALL	M,Ss	Huckleberry's
<u>SOY PRODUCTS:</u>				
Eden Organic Tamari Soy Sauce	12/10	F,P	Tested poorly for all*	
<i>*This product evaluated was not "clean" and Dr. Tish could not get a good reading from it. The reason for this is unknown.</i>				
San J Organic Tamari Gluten Free Soy Sauce	12/10	ALL	F,G,Ms,Sy	
<u>SWEETENERS:</u>				
C & H Pure Cane Sugar, Granulated White	12/10	ALL	M,S	Yoke's

<u>FOOD EVALUATED</u>	<u>DATE EVAL.</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>PURCHASED AT</u>
<u>TEAS:</u>				
Frontier Hibiscus Flowers, Bulk at Huck's	12/10	F,P	F	Huckleberry's
<u>VEGETABLES, LEGUMES & MUSHROOMS:</u>				
Birds Eye Steamfresh Fresh Frozen Vegetables, Mixed Vegetables	12/10	ALL	F,G	Albertsons
Great Value Chopped Green Chiles	12/10	ALL	F,P	Walmart
Shiitake-Ya Naturally Healthy Gourmet Mushroom Blend	12/10	D,E,F,G,P,S	N	Costco
Western Family Green Split Peas	12/10	F,G,P,S	N	Yoke's



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

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