



DRAGONFLY NEWS

The Official Newsletter of *Song of Health.com*

DECEMBER 2014



A time for giving. . . the greatest gift is Love!



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!

Wishing you a season blessed in Love, and a Happy New Year!

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 DECEMBER 2014

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.



and 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.

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WEBSITE CHANGES AND NOTICES

- ✈ No new changes this month.



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

+

✈ 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](#).



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.

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 , 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.

From Heather, Nov. 29th: Hi Sandra. The purpose of my email today is to ask if you know anything about eddoes and jicama. I cooked eddoes the same way as potatoes and mashed them. They are quite a bit starchier than potatoes but are fine for a break from grains and pasta. I have not yet tried the jicama. I also wanted to make sure they are okay for a potato substitute and not part of the potato family.

Now for something completely different...I emailed you last month about monk fruit. I found a raw food supplier who sells monk fruit powder as a sweetener. It is marketed under the name Luo Han Guo. All the research I have done says it is of the gourd family and it 300 times sweeter than sugar so it should be safe for fruit and sugar intolerances, correct? Have a great day! *Heather C*

Reply from Sandra: Hello Heather, honestly, I have never heard of eddoes. Is it known by another name? Maybe Dr. Tish is familiar with it. **Jicama is Mexican potato.** I personally can't eat it (I'm potato intolerant). **We have it listed on the Potato page in the Food Categories section.**

I remember your question about monk fruit. The only way to know for sure if it is fruit is to have our doctor evaluate the product. The sweetener you mention may have something in it also, that isn't obviously identifiable. It would be great if you could send a sample in for evaluation.

Wish I could be more help than this, at this point. In health, *Sandra*

Hi again, I just looked up eddoes on line to see what they are. I would suggest sending a sample in for evaluation also. I don't feel comfortable saying they are safe for potato intolerance, as are yuca and taro. Dr. Tish is also unfamiliar with eddoes. *Sandra*

From Lenore, Nov. 30th: Hello Sandra, I'd like to show you my gluten free, potato and fruit free pie. It has milk and egg and a small amount of maple syrup. The crust is made with kidney beans and roasted pecans.

- 1.) Also, can you recommend a body lotion that's emollient?
- 2.) I'd like to try making soap to bring out the creative side of me. Will the soapmaking kit be safe to use?
- 3.) What ingredients can I use?
- 4.) Will nettle root or nettle leaf work as a hair rinse. I saw them on Mountain Rose. They are out of the tea. Thank you.

From Sandra: Hello Lenore:

1) It would be great to see your recipe! Also, I encourage you to go to The Forum and post it as a thread under the RECIPES category.

2) It is very difficult to find fruit free toiletries of all types. I personally use Jojoba Oil (Cactus) as an emollient for my face. Not that I'm fruit intolerant, but I have sensitive skin and get reactions to most things used on my face. You might want to take a look at

the pure oils that are not fruit derived, such as almond oil, shea butter, etc.

3) Regarding soapmaking: I do not recommend using any kits. Most contain fruit derived oils, such as coconut and palm; let alone, who knows what else is included. If you want to learn how to make soap, I suggest taking a class/classes to understand the process. Although you probably won't be able to use the soap yourself, you can give it away as gifts. This way, you can get an understanding of how involved a science it is; plus it can get quite expensive, especially when getting started. You need to purchase equipment as well as ingredients. I'm not trying to discourage you; it's just not something you jump into without due considerations.

The reason why I got into making *coco-sha*TM soap is because of how difficult it is to find fruit-free items. It took much research and studying to understand soapmaking, and then how I could create my own formulas, as there was nothing already out there to follow.

4) Nettle leaf is what I use to make my hair rinse. For instructions, go to the thread in The Forum under the category Miscellaneous: NEED FRUIT FREE TOILETRIES.

Mountain Rose is a great company to buy from. Hope that helps. In health, *Sandra*

Lenore: Hi There Sandra, thank you.

I love the coffee and anise oil soap. I use it at the sink to wash my hands when I get inside the house from shopping. Thank you for your beautiful thank you note. You always take the extra time. I feel as though I'm the only one to whom you write. I know you must have thousands of people to answer daily. You are extremely busy.

Many thanks again. Much love your way from me and the Universe :) *Lenore*

Sandra: Hi Lenore, thank you for the sweet and considerate words! Glad you're enjoying the hand soap. Thank you for the feedback.

From Lenore, Dec. 5th: What other gift can I get that's not so expensive?
(Note: Lenore is referring to **Guest size sample bars in a lovely organza gift bag.**)

Are hemp seeds and chestnuts fruit?
Many thanks, *Lenore*

Sandra: A gift suggestion other than the samples in bag is to order a regular size bar of soap and an organza gift bag to put it in. That is a sweet "stocking stuffer". The cost is for the bar of soap and the bag that includes attached gift tag and printed promo slip, which is \$1.49 each. So, for instance, a bar of

Earth in Sky plus gift bag is:

8.49-10%=\$7.64

+1.49 = \$9.13.

Shipping is small priority box @\$6.10.

Total would then be \$15.23.

I would recommend ordering 3 bars of soap to get the most out of shipping costs (3 bars fit in the box, including 3 organza bags). I guess it doesn't save you much, but it does make a very presentable and desired gift. I always get excited responses when I gift a bar in a bag! Then you can sign their name and yours on the tag and personalize it. You can order that directly from the website without a special invoice.

You are safe with chestnuts (a nut) and hemp seeds (I believe a grass). Not fruit in themselves; hard telling how they are processed.

Lenore: I can't seem to locate the rice bread from Trader Joe's on The Resource List. I'm making eggnog French toast on Christmas day. I know it has nutmeg, but I'm always 100% so I'm going to have my once a year eggnog! I wanted to make it with rice bread instead of Panettone. Have you any suggestions?
Many thanks, *Lenore*

Sandra: Have you ever tried allspice in place of nutmeg for your eggnog? I love allspice! I use the berries and crush them in mortar with pestle. The trick to substituting/adapting is to appreciate the tastiness of what you can use and not insist on the memory of what may end up causing you distress. Another spice you can have and is quite Christmas-y is cardamom. That one is way different than nutmeg, but is especially delicious in breads and pastries. You may decide you actually prefer it in your French toast!

For some reason, I do not have your list of food intolerances. Would you please send them to me again so I can put it on my list? Then I can better help you. I remember you are gluten intol as well as fruit. Is that all?

You may have to make your own bread with gluten free flour. On The Food Resource List, two of *Bob's Red Mill* products appear to be fruit free when last evaluated: *Bob's Red Mill GF (Gluten Free) Garbanzo & Fava*; *Bob's Red Mill Teff, Whole Grain Stoneground*. Teff is supposed to be a great grain alternative. I haven't personally tried it. I'm guessing the packaging has recipes on it. Imagine how yummy your own homemade bread will taste as French toast! I know, it is difficult to let go of some of our traditional ancestral foods. I had to give up my mother's Jewish Potato Latkes. Hardest thing of all!

I hope this helps. I wish I could wave the magic wand and make it easier. By the way, you are no imposition! I am happy to help make things easier whenever possible.

~~~~~

## THE FORUM:

**Editor's Note:** Be sure to take advantage of this wonderful opportunity to *share with your fellow Members (Subscribers)!* 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 THIS LABEL?**

The following list of ingredients is on a label from a product that is dated 11/14:

✈ **INGREDIENTS:** Pasteurized Organic Sweet Cream (Milk), Salt, Microbial Cultures.

✈ 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. ~~~



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

Try **UNSCENTED CARROT RIPPLE**
Made with Homemade Organic Carrot Juice 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-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 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-sha*™ 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:

ORDER NOW FOR THE HOLIDAYS

Priority Shipping 2 postal days.



Perfect aroma for the Season!

*Colorful choices for the
Winter Holiday Season!*

Heart Felt With Unrefined
Shea Butter
Essences of Spearmint, Cardamom, & Allspice



Colorful & Fresh Fir Scented

Earth in Sky



Member of

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*.

UNHEALTHY HABITS OUT ~ GOOD HABITS IN!

By Sandra Strom, CEO of Song of Health

December ~ the season of celebration for several religious and spiritual faiths, secular celebrations, colorful bright lights and

decorations, parties, and ringing in the new year. A month of hoopla, baking, spending money, trading gifts --- a time of bringing out

the best...and the worst in us. For many, the stress level increases dramatically. By the time New Year's Eve rolls around, the last great hoorah of the year is gratefully followed by a blessed morning of sleeping in (not applicable with small kids). Reflecting on the old, looking toward a "clean slate" for the new, we find ourselves asking, "where did we miss the mark and how can we improve --- *without suffering?*"

As I continue to age, my values of importance change along with my energy levels! I hear people around my age claim they have the same amount of energy they had when they were 30 years younger. If they are remembering right, I admire them. I'd be lying to myself to believe that about me. I have definitely slowed down from 30 years ago, and my body doesn't accept abuse to it well. Extreme activity leaves achy muscles, and eating out often dishes out retribution; uncomfortable symptoms are readily obvious from getting into something disagreeable. I don't require knowing the scientific explanations of why this phenomenon is true. What I know is that it has paid off for me having done a half-way decent job of watching my diet, eating organic, and made most of my meals from scratch for the majority of my adult life.

When I was younger the occasions of fudging on my food intolerances were probably more frequent than now. We didn't have the wonderful tools then that our Naturopaths avail us now, such as The Food Resource List of hidden ingredients. We just mainly got the basics of avoidance down and hoped for the best. When we felt ill every time we ate something, we learned to avoid it and try something else. Although I treated my body poorly in other ways during my youth, I am grateful for having been diligent, at least, about my eating habits throughout my adult life; for today I am not plagued with conditions and diseases that many people my age are, such as high blood pressure, heart conditions, cancers, etc. Although some conditions are genetic, I absolutely attribute my decent health to my diet, and stand here as witness to the difference eating healthy makes. When

we're young we believe in invincibility; we can get away with a lot of unhealthy habits and still get up in the morning and put in a full day's work. With minimal sleep we can still function with sharp brains. Adding stress to it all, what we don't realize is how much unhealthy youthful lifestyles affect our bodies in later years. Aging slowly robs us of those easy times. More sleep is required. We look to supplements to help us lessen the attrition of cells in every part of our body. Experience dictates, the better we treat our bodies from the get-go, the better our chances are for living longer productive, healthy lives.

As we close year 2014 *together*, we enter into new opportunities in 2015, *together*. It is so much easier to make necessary changes in habits when we *do it together*, and to continue on our paths of improved healthy choices *together*. More often than not, we feel like the lone wolf out there in a world of shopping promotions and displays attempting to entice us to "come hither, eat of the forbidden food." We're doing our best to look away and, instead, fill the shopping cart with fresh foods and healthy choices while the guy in front of us throws colorful boxes with cutesy names onto the checkout conveyor. This is why it is so important for us all to support each other, for we can do together what we cannot do by ourselves.

As the year on the calendar turns over, we encourage you to be courageous as an active *Song of Health* Member, by sharing your experiences with us all, asking for other Members' ideas, remembering we are all seeking the same goal of getting and staying well. **How do you manage to avoid your food intolerances while celebrating the sweet season?** We're interested!

May you and your relations all be blessed with the comfort in each other's love this season, and may we remember to carry generous, kind feelings with respect for others into our future.

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!

✈ 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!

✈ SOUPS AND SOUP GARNISHES: [BUTTERNUT SQUASH SOUP WITH BAKED CRANBERRIES GARNISH](#)

There are many recipes available for Butternut Squash Soup. This is a version of mine for this season of winter squash and cranberries. It is a hardy, delicious, healthful soup, a delightful treat in the winter weather. If you are fruit intolerant, omit the berries. Remember to check The Food Substitutions List for help in adapting this and other recipes.



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: Pasteurized Organic Sweet Cream (Milk), Salt, Microbial Cultures.
- ✈ Potential Hidden Ingredients: P (Salt)
- ✈ Obvious Ingredients: D
- ✈ The product was evaluated for: ALL
- ✈ The results were: D,F,P
- ✈ The product is: Organic Valley Cultured Pasture Butter, Lightly Salted, Artisan Crafted
- ✈ 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:** Featuring the *Select Gift Box ~ An elegant and practical choice* for the holiday season!



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 “**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](http://SongofHealth.com), The Food Resource List, and look up items while you shop!

THE FOOD RESOURCE LIST

DECEMBER 2014

NOTE: The **RESULTS** column will show the "basic" food intolerance categories: **Cactus, 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> |
|--|-----------------------|----------------------|--------------------------|---------------|
| BAKING SUPPLIES: | | | | |
| Durkee Cream of Tartar | 11/14 | ALL | F,P | |
| Enjoy Life Semi-Sweet Chocolate Mini Chips (also listed under Chocolate and Cocoa) | 11/14 | ALL | F,G,S,Sy | |
| Sunspire Organic 65% Cacao Bittersweet Chocolate Chips (also listed under Chocolate and Cocoa) | 11/14 | ALL | F,P,S (E?,Sy?) | |
| BEANS & LEGUMES: | | | | |
| S&W Premium Garbanzo Beans, 50% Less Sodium | 10/14 | ALL | G,P | |
| S&W Premium Kidney Beans, 50% Less Sodium | 10/14 | ALL | G,P | |
| BREAD: | | | | |
| Luna Restaurant (Spokane, WA) Pain au Levain Sourdough | 11/14 | ALL | G,P | |
| The Essential Baking Company Organic Bake-At-Home Sourdough | 11/14 | ALL | G,P | |
| BUTTER: | | | | |
| Kerrygold Pure Irish, Unsalted | 11/14 | ALL | D | |
| Organic Valley Cultured Pasture, Lightly Salted, Artisan Crafted | 11/14 | ALL | D,F,P | |
| CHIPS AND CRACKERS: | | | | |
| Field Day Organic Golden Round Crackers | 11/14 | ALL | F,G,Ms,P,S,Sy | |
| Luke's Organic Brown Rice Chips, Himalayan Pink Sea Salt | 10/14 | ALL | F,G,P,Sy (H?,M?,Ms?,Sf?) | |
| CHOCOLATE AND COCOA: | | | | |
| Enjoy Life Semi-Sweet Chocolate Mini Chips | 11/14 | ALL | F,G,S,Sy | |
| Mountain Rose Herbs Cacao Nibs Roasted Organic | 11/14 | ALL | F | |
| Mountain Rose Herbs Cacao Powder Roasted Organic | 11/14 | ALL | ALL | |
| Mountain Rose Herbs Cocoa Butter Organic | 11/14 | ALL | N | |
| Mountain Rose Herbs Cocoa Butter Wafers Organic | 11/14 | ALL | N | |
| Sunspire Organic 65% Cacao Bittersweet Chocolate Chips | 11/14 | ALL | F,P,S (E?,Sy?) | |

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|--|-----------------------|----------------------|----------------|---------------|
| CONDIMENTS: | | | | |
| Winco Horseradish Mustard, All-Natural | 11/14 | ALL | ALL | |
| EGGS: | | | | |
| Humane Harvest Cage-Free | 11/14 | ALL | E | |
| Wilcox Family Farms Organic Brown | 11/14 | ALL | E | |
| FRUIT & BERRIES (INCLUDING SPREADS & SAUCES): | | | | |
| Azure Standard (Bulk) Organic Black Mission Figs | 11/14 | ALL | F | |
| Azure Standard (Bulk) Organic Medjool Dates, Unpitted | 11/14 | ALL | F | |
| Huckleberry's (Bulk) Apricots Dried Organic | 11/14 | ALL | F | |
| Huckleberry's (Bulk) Date Roll | 11/14 | ALL | F | |
| Trader Joe's Just Fruit Dried Mango Slices, Unsulphured & Unsweetened | 11/14 | ALL | F | |
| Trader Joe's (Bulk) Organic Thompson Seedless Raisins | 11/14 | ALL | F | |
| Trader Joe's Organic Turkish Apricots Dried Fruit | 11/14 | ALL | F,P,Sy | |
| MEATS & MEAT BOUILLON: | | | | |
| Hempler's Bacon Natural Uncured | 11/14 | ALL | H,M | |
| Hempler's Bacon Natural Applewood Smoked Center Cut | 11/14 | ALL | H,M | |
| Pure Country Pork Ground Pork | 11/14 | ALL | M | |
| MILK AND CREAM (NON-DAIRY) | | | | |
| Natural Value Organic Coconut Milk | 11/14 | ALL | F | |
| WestSoy Organic Unsweetened Soy Milk, Plain (also listed under Soy Products) | 11/14 | ALL | Sy | |
| MISCELLANEOUS: | | | | |
| Fred Meyer Produce Bags | 10/14 | ALL | ALL | |
| If You Care Unbleached Coffee Filters, Certified Compostable | 11/14 | ALL | ALL | |

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|--|-----------------------|----------------------|-----------------------|---------------|
| NUT BUTTERS: | | | | |
| Once Again Organic Peanut Butter
Crunchy, No Salt Added | 11/14 | ALL | N | |
| NUTS: | | | | |
| Azure Standard Peanuts Organic
Roasted, No Salt Added | 11/14 | ALL | Sy | |
| PREPARED FOODS & MIXES: | | | | |
| Pita Pal Organic Hummus Roasted
Garlic | 10/14 | ALL | F,G,P (H?,M?,Ms?,Sf?) | |
| SEASONINGS AND SPICES: | | | | |
| Mountain Rose Herbs Black
Pepper Organic Ground | 11/14 | ALL | F | |
| Mountain Rose Herbs Chipotle
Powder Organic | 10/14 | ALL | F,P | |
| Mountain Rose Herbs Cinnamon
Powder Organic | 10/14 | ALL | F | |
| Mountain Rose Herbs Clove
Powder Organic | 11/14 | ALL | N | |
| Mountain Rose Herbs Cumin
Seed Powder Organic | 10/14 | ALL | P | |
| Mountain Rose Herbs Garlic
Powder Organic | 10/14 | ALL | P | |
| Mountain Rose Herbs Mesquite
Powder Organic | 11/14 | ALL | ALL | |
| Mountain Rose Herbs Onion
Powder Organic | 10/14 | ALL | N | |
| Mountain Rose Herbs Thyme Leaf
Organic | 11/14 | ALL | F | |
| Simply Organic garlic 'n herb | 11/14 | ALL | F,G | |
| Simply Organic Mustard (Seed
Ground) | 10/14 | ALL | N | |
| SEEDS: | | | | |
| Azure Standard (Bulk) Pumpkin
Seeds, Raw | 10/14 | ALL | N | |
| Mountain Rose Herbs Organic
Chia | 11/14 | ALL | N | |
| Mountain Rose Herbs Organic
Poppy | 11/14 | ALL | N | |
| SOY PRODUCTS: | | | | |
| WestSoy Organic Unsweetened
Soy Milk, Plain | 11/14 | ALL | Sy | |

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|--|-----------------------|----------------------|----------------|---------------|
| TEAS:
Good Earth Sweet & Spicy Herbal
Caffeine Free | 11/14 | ALL | F | |



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

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