



DRAGONFLY NEWS

The Official Monthly Newsletter of [Song of Health.com](http://SongofHealth.com)

FEBRUARY 2011



Pansies - They're edible! They make beautiful cake decorations too.

Photo by Sandra Strom

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

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

~ IN THIS ISSUE: ~

✈ WEBSITE CHANGES AND NOTICES:

**Food Categories: Fruit Page
Food Resource List: Baking Supplies**

- ✂ **SUBSCRIBERS SPOTLIGHT:** **Stories, Comments, Questions Asked and Answered Testimonial from Kim B.**
- ✂ **NEW: FOOD LABEL QUIZ** **Can you guess the food categories of ingredients listed on this label?**
- ✂ **ARTICLE:** **An excerpt from "STIMULATING THE IMMUNE SYSTEM" By Dr. Letitia Dick, ND**
- ✂ **ENVIRONMENTAL UPDATES FROM THE U.S. EPA:** **EPA Removes Confidentiality Claims on Studies of Chemicals Submitted under TSCA**
- ✂ **SHARING EXPERIENCES:** **"A QUICK REMINDER – LOVE YOURSELF TOO!"**
By Sandra Strom, CEO of Song of Health
- ✂ **RECIPES:** **CAKES:**
SANDY'S HONEY POUND CAKE
- ✂ **FOOD RESOURCE UPDATE:** **February 2011**

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 methods, constitutional

hydrotherapy and other important methods of the traditional Nature Doctors.

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

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

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WEBSITE CHANGES AND NOTICES

- ✂ **Under Food Categories, the Fruit Page:** The following has been added:
 - Common Fruit Derivatives and Additives: Sorbitan has been added.

- You may have the following: Carob...Carob is a pod that grows on trees, but is not fruit. Be careful of carob powder, however - it often tests positive for fruit.
- Further discussion may be found in The Forum, under the category [Miscellaneous](#), the thread [bread](#).

✂ **The Food Resource List, under [Baking Supplies](#):** SAF Yeast results: F,P,S.

Note: The last date evaluated is not known; everytime Dr. Tish has evaluated this, results have been the same.

✂ **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).**

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

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If you need help or have any questions, feel free to [contact us](#).



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.

TESTIMONIAL FROM KIM B., Feb 1st, 2011 ~

About a year ago I started to become very shaky, panicky and emotional, and started losing five pounds overnight despite my constant hunger. I went to see an MD and she prescribed a heavy narcotic for my emotions and panicky feelings. I told the MD I was not depressed and that something else was wrong with me. She took some blood tests. (I was against taking the narcotic as I knew that was not the problem.) Three days later the MD called me and said, "Do not take the narcotic." She said my T3, T4 and TSH (this is all thyroid talk) were off the charts. The meds would make me worse. I noticed a lump on my thyroid and swelling. I was referred to a specialist, but after

researching what the usual protocol for thyroid problems were, I knew that more meds and possible thyroidectomy was not what I needed either. I prayed, opened up the phone book, and it eventually led me to Windrose Naturopathic Clinic. I was pretty much going downhill --- bad headaches, dizzy and unable to go to work. Prior to all of this, I had been diagnosed with extreme dry eyes for which I was prescribed Restasis, but it did not improve the debilitating condition.

My three young girls and husband were scared for me. Dr. Tish referred me to a specialist to see exactly what the diagnosis was, but it took a three month waiting period to get in. So I self-diagnosed my condition as Graves

Dis-ease. After seeing the specialist, that is exactly what was going on. I just felt relieved to know what was really wrong with me, and that there was a name to it.

After seeing Dr. Tish and finding out I was intolerant to potato, and could not have fruit and sugar within 8 hours of each other, I knew it was the answer. I knew that it was something my body was rejecting that made my eyes dry. After about a week of my new way of eating I felt a bit better and could go to work.

Day by day I would feel better, but then I would get worse. There were still things I was eating and drinking that I didn't realize contained my food intolerances. Dr. Potenza had me bring the water I was drinking into the clinic for testing, and it tested positive for potato. My refrigerator water hoses were giving me doses of potato; it was causing me heart palpitations every 3 minutes. Believe me, I know that sounds very strange and unbelievable, to have potato in your water from the refrigerator. Dr. Potenza was very kind and helpful after hours and during the holiday to help me with the heart palpitations. She knew exactly what I needed. A pinch of Celtic sea salt in my water did the trick and instantly helped calm my heart palpitations. I had to quit drinking water and ice from the fridge also!

I also found the Hydrotherapies very beneficial. After 20 of them I felt nearly healed, dry eyes and all. I no longer use

the medicine, Restasis, for my dry eyes. I know, without a doubt, that it was my intolerance to potato and eating the combination of fruit and sugar that caused all my discomfort. As an extra benefit, I no longer have pain or stiffness in my shoulder and knee from an old injury; nor do I have hip pain. It was the eating of my intolerance that caused swelling in my body. It is so nice to be pain free! I did go through a healing process where the pain got worse before it got better.

This has not been an easy journey, trying to figure out what foods I can eat; but I feel it is the answer to most sickness and dis-ease. I believe with my whole being that our bodies need foods that it can digest properly, as I have seen firsthand by my own healing that getting rid of your food intolerance is the path to being well and feeling good, mentally and physically.

My three girls and husband are witnesses to how I have healed and am able to live life feeling great. They have also found out what their food intolerances are and generally stick to their diet. Sometimes they can sneak something in at a function and feel okay, but other times they get sick. I guess that is the chance they are willing to take. As for me, I like to feel good so I stick to it.

Thank you, Dr. Tish and Potenza! You are a blessing. I could never be where I am today without your knowledge and compassion. **"There is always hope!"**

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 Bonnie: I personally would like to see articles from the Dr.'s in the monthly newsletter. It looks as if that was a regular feature in the past...I have enjoyed going back through the archives and reading some of them.

Reply from Sandra: We have been very fortunate in the past to have them write articles for SOH. They have become so booked now, however, with not only helping patients but other doctors, contributing to a textbook in the process, etc etc, that they aren't able to fit it in. So that's why you haven't seen recent ones from them. If there's

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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 ASK THE DOCTORS A QUESTION: blood test results**

**Posted by Dawn, 20th January, 2011:** In Dr. Zeff's note in the January newsletter, he indicated that tests were performed on an individual's blood sample to determine intolerance to certain foods; however, test results for one patient to a food can vary from another patient, even though they are intolerant to the same food category. If I am understanding this correctly, how do we rely on The Resource List if the results vary from one person's blood test to another?

I mentioned in an earlier note, I live in an area with limited access to health/whole food stores, so I have to rely on the ingredient labels and cross-referencing products to The Resource List. With no access to many of the products on The Resource List, I am challenged to find products such as plain yogurt, cottage cheese, tomato paste/puree, honey, etc. that I can eat. The label may indicate the item is ok, but then I cross-reference it with the list only to find out it's not.

I understand eating whole foods is the simplest way to go; however, working full time and feeding a family with teenage boys, it gets very difficult for me to completely eliminate my intolerance, and I have been trying diligently to follow it for almost two months! I know I need to be patient to get results; however, if I struggle nearly every

a topic you'd be interested in me researching and writing about, let me know!

**Editor's note:** Dr. Tish was kind enough to allow me to print an excerpt from a wonderful article she wrote a couple years ago. Please see it in the Articles section of this newsletter.

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day to eliminate my intolerance, and when I do think I've succeeded, I often find out I haven't, I question my ability to sustain a health plan such as this. It sounds like many people are successful; I know there must be a way. **Your insight or direction is appreciated.**

Posted by Sandra Strom, CEO of Song of Health:

Hello Dawn, I think most all of us can feel your frustration and empathize with you. No matter where we live, it's not always easy to find "clean" foods for our safe diets. Darn those food producers, anyway! Wouldn't it be nice if they all understood how important it is for them to get their ingredients right...even more so, stop making adulterated foods! That's our job as consumers, to make noise. But, that's not your personal issue here...

It sounds to me like you may need additional personal counseling beyond what is available on the website here. I suggest clicking on the square box to the right of the page "Information And Advice Personal Lessons", which takes you to the page <http://www.songofhealth.com/subscribers/advice.html>. See if the counseling services that I have available sounds like what will help you.

Here's a suggestion for getting products that you can have into stores where you shop: Oftentimes, you can talk to the store manager and request that specific products be made available. I have requested items many times in the store(s) I shop in, and they are always willing to cooperate if possible. If a product never sells, then they'll pull it. But I've found that several products I asked for are still being sold, so it's not just me that wanted them.

The foods that are listed in The Food Resource List have been evaluated by Doctors Tish and Potenza at Windrose Clinic, and are about as close to safe as we aware of. I follow the list religiously and find that I'm good with it most of the time. If I don't feel right after I've eaten something, even though it appears to be ok for me, I'll evaluate what else I've eaten, how my stomach feels in general for the day, my energy level, and general well being prior to eating. I'm stubborn, so I'll probably try that food again. If the same uncomfortable result occurs, then I know it's definitely that food that is causing disruption. From that point, I no longer consume it, whether it's supposed to be safe for me or not. For me, that is a rarity, getting sick from a food that is on The List and says it is safe for me to eat. Hope that helps, *Sandra*

Posted by Dawn: I have never had internal organ pain, i.e. stomach, intestines. I am trying this health plan for chronic pain, migratory pain in muscles, spine, tendons, that I have had for decades. I'm approximately 7 weeks into following the plan and haven't noticed a difference in pain. I know it takes time, but I am wondering, once my system is 'cleaned out' and I hopefully no longer have chronic pain, will my body tell me I have eaten a wrong food by a reaction I feel in areas such as my stomach, etc., which I currently don't feel, or will my body react through pain in areas that I battle with now? Hope that makes sense.

Posted by [Sandra Strom, CEO of Song of Health](#): Hi Dawn, yes - your question makes a lot of sense! Is there something in particular that we can expect? There is no universal answer as to what specific symptoms you'll experience versus another person's. Rest assured, though, that the chronic pain you are saddled with is also a common result from indulging in foods we are intolerant to. Depending on what is the weakest place in your body, that's what is going to be affected most likely first and hardest. That will also change with age.

I'll give my own experience as an example:

When I was in my twenties, it was my reproductive organs that took the heaviest hit of illness. As I've gotten older and now am in my sixties, and after thirty-something years of watching my diet, when I get into my food intolerance now, my joints will ache along with other symptoms. My back has sustained numerous injuries through the years, from car wrecks and falls (I've lived an active life!), so it is now affected as well; it too, will become weakened and painful. My energy level really suffers, and can send me into a state of chronic fatigue. These latter symptoms I never felt when I was younger.

The point is that we are all different, our bodies react differently, but what is a common thread is that eating our food intolerances causes our bodies to become prone to weakness, which allows a number of acute states to occur. If not addressed, these acute states will morph into chronic states, be it joint pain or liver disease, back injuries or lupus, diabetes, heart disease, etc. Once in a chronic state of dis-ease, more damage has been done, often permanent, and it will take the body a longer chunk of time to reverse the process than if it were checked in the acute state. You may be feeling joint pain now, but not making the necessary changes can lead to even more serious conditions.

Dr. Harold Dick (Dr. Tish's father, who was my original Naturopath) once explained it to me like this: Think of the body in terms of a car - he was originally a mechanic! When we maintain the car on a regular basis - oil changes, tune-ups, flushing radiators, the car will stay in good running condition for a very long time. The motor won't freeze up on us, the radiator won't overheat and cause damage to the engine, the pistons won't freeze up on us, causing a major breakdown, etc. If we do nothing to maintain it, we'll be lucky to have it for several years before it's run into the ground. Our bodies are similar - maintain it and it will last us, in good running condition, for a long time. Abuse it, or ignore warning signs (acute), and something will break down on us. Continue in the same fashion (consuming food intolerances, for

example) and the condition will worsen (chronic). Eventually, the suffering will end --- the body will have been put to its final resting place.

My idea of living is to do what it takes to be as healthy as possible. This will allow me to enjoy life to the best of my ability --- lessening potential pain, staying as mobile as possible, and sharing my experiences with others in hopes that I've been able to give even a little back from all the blessings I've been granted. When we feel lousy, it makes it more difficult to give a rip about that sense of contribution. Rightfully so, we become needy --- we need a lot more help than somebody making us a tasty cup of tea.

Let me know what I can continue to help you with. In health, *Sandra*

blood type and food intolerances

Posted by Dawn, 25th January, 2011:

I was at my local health food store yesterday, and the owner is an advocate for the blood type diet, which I read the book, "Eat Right for Your Blood Type," I believe, was the title, many years ago. He discussed some things that were familiar to what our NDs' philosophy and practices promoted. How do these diets compare/contrast?

Posted by [Sandra Strom, CEO of Song of Health](#): Hello Dawn, first, **I just want to remind everyone that our doctors are no longer able to answer questions posted, as they are overwhelmed in work. (See the thread OUR DOCTORS ARE UNABLE TO ANSWER QUESTIONS AT THIS TIME.)** I will do my best to respond to your question:

The method of eating for your blood type (and ancestry) follows a similar premise as the Carroll Food Intolerance Evaluation methods --- that our digestive systems do not contain all the enzymes required to break down and digest all foods. Consequently, the food sits there and ferments while calling out the soldiers of the immune system to go find the enemy and conquer. The fermenting process causes its own health issues also. If

we stay clear of those foods that cause us problems, our immune systems will be stronger and we will stay healthier.

From what I understand of the blood type food avoidance concept, it is believed that people with the same blood type - O, A, B, or AB - and within the same ancestry, have evolved from areas where some foods were necessary for survival and others weren't available, or otherwise dangerous, to eat. This is the DNA that has been passed down to the descendants. It is also believed that Type O people can get away with eating their food intolerances better than the others because their stomach acid is stronger, as is their digestive enzymes. Type A's and AB's should not eat meat, as A blood is considered thicker than others, and will lead to heart disease when animal fat is consumed. So on and so forth.

An actual blood sample is not taken from a patient and tested with foods to determine specifics for that person. The blood type method basically lumps everyone into one group or another.

As our DNA is hereditary, by using the Carroll Food Intolerance methods, it appears that our food intolerances tend to be hereditary. For instance, mine are potato and fruit/sugar combo. My sister's is dairy (I don't remember her combo). One of my nephews is exactly the same as mine and the other's is the same as hers. Her husband and our parents have not been evaluated for theirs.

Regarding Type O people being able to eat like goats (pots and pans!) and live long lives, it seems best for them to avoid bread and potatoes. I am Type O and I am very intolerant to potatoes; however, I am perfectly ok with all grains, in any form. In fact, I feel good when I eat whole grain foods. According to the Blood Type method, bread and potatoes could cause diabetes or high blood pressure because the unused food is stored as fat.

At first glance, it appears that there are similarities. However, our doctors have found, through the many years of their work and that of their predecessors, that actually taking a sample of a person's blood and evaluating according to the Carroll method, the results are far more accurate; and the rate of a patient healing when avoiding their food intolerances, according to the Carroll method, greatly increases.

Hope that gives you a basic idea of how the Carroll method differs from all others. The percentage of accuracy using the Carroll method is also far greater than any other method. In health, *Sandra*

Posted by Dawn: Thank you, Sandra. You did a great job explaining the similarities and differences of the two.

EDITOR'S NOTE: It is recommended that you refer to this category for information already posted, but that you post your new threads in the other categories. *Thank you.*

UNDER THE CATEGORY [FOOD QUESTIONS:](#)

[naturally derived citric acid](#)

Posted by Dawn, 22nd January, 2011: I am fruit, grain/sugar intolerant. I found a pasta sauce with naturally derived citric acid. What does that mean, and is it ok to eat?

Posted by [Sandra Strom, CEO of Song of Health](#): It is usually derived from a citrus fruit. "Naturally derived" means that it is coming from an actual food and not a chemical. Once in a while we'll find lime that is derived from the natural mineral lime and not the fruit, in which case it is ok for fruit people. We have found this to be the case with tortilla chips, such as the Que Pasa brand, where the mineral lime is used. In canned tomato products the "naturally derived citric acid" is most likely fruit. In health, *Sandra*

P.S. which product is it? I'm assuming it's not on our list? You can always have it evaluated to be sure...

Posted by Paulina, 11th February, 2011:

I am dairy intolerant, with a fruit/sugar combination. I am looking for a non-dairy, non-hydrogenated spread. Any out there?

Posted by [Sandra Strom, CEO of Song of Health](#): Hello Paulina, I have looked through The Food Resource List and haven't located a margarine that is dairy-free. There are nut butters (under Nut Butters in The Food Resource List), and mayonnaise (under Condiments) that you can have. That doesn't mean to say there isn't a margarine out there that is dairy-free. There just isn't one that our doctors have evaluated and listed. I searched on line for a couple name brands that are considered good products. One is Mother's. I checked out their margarine. However, the ingredients include whey, so that leaves dairy intolerants out. I'll continue to research, but I would suggest finding a product that doesn't list any dairy derivative (see the Dairy page under Food Categories for a list) and then have our doctors test it for dairy.

One suggestion is to refrigerate an oil that you can have, such as olive or safflower. When chilled, the oil solidifies and can be used as a spread.

Wish I could be of more help. This is truly a challenge for you, I understand. In health, *Sandra*

Posted by Terri Bade: I have two sons who are dairy intolerant and they enjoy fruit spread that I make without sugar, using honey. Just let the mashed fruit & honey cook down (in a crock pot on low) for a day or so, until the moisture evaporates to leave behind a thickened sweet fruit spread. Also, you can make nut butter spreads which are wonderful. Experiment with different combinations of nuts and oils and salt to make one that is really to your liking. Or make one sweet with honey or agave. I have made a pumpkin spread; found the recipe online and adjusted it to meet my food intolerance. It is wonderful on whole wheat toast! If you make a large quantity, it freezes well in small jars making it less stressful to have often!

Editor's Note: Remember to look in Recipes, **[NUT BUTTERS to make your own nut butter.](#)**

UNDER THE CATEGORY [MISCELLANEOUS:](#)

Hydrotherapy question

Posted by Dawn, 31st January, 2011:

Are you familiar with thermophore products? If yes, can the large moisture heating pad and cold pad be used for home hydrotherapy for added convenience instead of using towels? I need to do four hydrotherapy sessions per week but don't have access to the clinic. I would like to be more self-reliant in administering them, and these products seem like they might provide assistance. The website is listed below.

Thank you.

<http://www.thermophore.com/thermophore/heat-pads/large-back>

Posted by Sandra Strom, CEO of Song of Health:

Hello Dawn, I'm not familiar with this particular brand, so I'm not qualified to answer this question for you. I recommend you ask your physician about it. My question is mainly regarding the cold pack, as it doesn't appear to be moist.

It's interesting that you ask this question now, as I've been considering writing February's article on Constitutional Hydrotherapy and how important it is in the healing process. Dr. Dick has a nice description of its benefits on her website at <http://www.windroseclinic.com/hydrotherapy.html>.

I do hydro treatments at home, although I don't have the benefit of the electro-stimulator. I take a hot bath or shower, have a damp cold hand towel ready, then hop out and immediately lay down on my back, place the cold damp towel over the torso, and cover up with a blanket. I stay this way for about 5 minutes, until the body temp has warmed up the towel.

If you have someone there who can place the towels on you, have them alternate with the hot towel, then cold, first on the torso, then on the back.

Again, your physician can give you further tips on how to give yourself hydros at home. In health, *Sandra*

UNDER THE CATEGORY SPECIFIC FOOD INTOLERANCE DISCUSSIONS:

Food Tests

Posted by Bon, 18th January, 2011: Hi All, I noticed the January newsletter did not list any new foods for The Resource List. I had 8 foods tested so I'm not sure why they are not on the list. My primary reason for subscribing is to have access to the list so I thought others may feel the same.

Here are the foods I had tested. I had everything tested for ALL so we could all benefit. My specific intolerances are Potato and a Fruit/Sugar Combo.

Here is a list of what I just had tested. I know some will probably not interest you at all, but I will include them just in case: Land O Lakes Whipping Cream: D, F, Sf Madhava Agave Light: OK (not sure why they didn't give me the details on this one...)

Mezzetta Homemade Style Marinara Sauce: F, S, P

Sun Luck Coconut Milk: F

Pace Picante Sauce: F, P, G, Ms, Sf

Montana Wheat All Purpose White Flour: P, G

Wild Harvest Organic Popcorn: G (bought at Albertsons on 57th)

Spectrum Mayo: The message they left told me positive for potato and negative for fruit and sugar. Not sure about the other categories although I did request it be tested for ALL. *Bon*

Posted by Sandra Strom, CEO of Song of Health:

Hello Bon and Subscribers, thank you for sharing your information. There are a couple of reasons why these have not been made available to everyone, yet:

First, I make the food evaluation results available to you, Subscribers, as soon as they are furnished to me. As our doctors are up to alligators in their work, they do their best to compile lists of results that are viable for most everyone.

Second, not all tests done for one person will apply to everyone with the same food intolerances. It depends on how, what, and why it was tested. As we are all unique, sometimes the products you bring in for testing will not apply to anyone else. It takes time for our doctors to go through all the different test results for each person to determine if it should be published for everyone's knowledge.

Please remember that The Food Resource List is a guide only.

Also, ***I hope that you are benefiting from all of the other services available to you at Song of Health, including The Forum.*** It is so important to have this way to interact with each other - to learn, help, support.

Thanks again, for sharing. In health, *Sandra*
P.S. I have forwarded Bon's list to Dr. Tish for verification of whether they can be added to The Food Resource List. Thanks again, Bon. *Sandra*

Posted by Mary Jo Kringas: Hello Sandra, could you please explain more on why a given test result for one person may not be applicable to all, and/or appropriate for publishing? Thanks, *Mary Jo*

Posted by Kim Belknap: I also had things tested. I do know Windrose has a new front desk lady so they might be a little behind. I am potato and fruit/sugar also.

I had Napa Valley Organic Olive Oil tested for all and was told it was okay.

Napa Valley Organic Safflower Oil was fish.

Posted by Bon: Hi Sandra, I too am curious about the statement "not all tests done for one person will apply to everyone with the same food intolerances." I hope we can find some clarification on this. I remember reading several times on this forum that the tests were a guide only and that sometimes they are tested for a specific person and may not be useful to others with the same intolerance.

I have had 17 foods tested so far and prior to having them tested I asked that question specifically. I spoke to two people at Windrose. Not sure if it's appropriate to mention names so I won't, but the first person was newer and wasn't able to answer my question, so she handed the phone to someone with more knowledge. I asked her if the foods I submitted were tested specifically for me using my blood sample or if they were tested using another sample with the results being a guideline useful to everyone. I explained that the reason I wanted to know this [was] because of what I had read here; and if my tests would be useful to other's I wanted them tested for all rather than for just my specific intolerances. I understand that testing for all is a little more involved and I did not want to request that if it wouldn't be of use to anyone other than myself. She told me that it was a standard sample and would be useful for others. Because of that answer I have had foods tested for all. That is why I felt comfortable sharing the unpublished results here.

It sounds like other's have similar questions/concerns about the food tests, so hopefully we can learn more about this. Thanks! *Bon*

Posted by Sandra: You are all so great! You read, ask questions, listen and research to get down to the truth. For all of our efforts, together we not only learn, our doctors understand what and how to best focus on our need-to-know issues.

In regards to your queries about who can benefit from what evaluations, and why: When you are tested for your personal food intolerances, your own blood is used in conjunction with food from the different food categories, i.e. potato, sugar, etc. When a food is evaluated, 2 basic methods are used: 1) For the individual, the person's own blood is used to test to the specific product; or 2) to test for everything, many blood samples are consistently used, then a process of elimination is done. For example, a couple of the blood samples used will be

from potato intolerant people, dairy, fruit, etc. Now, those people will also generally have another main intolerance or a combination. So the blood samples are mixed and matched, so to speak, determining by a process of elimination, what is actually in that food. As you can expect, this second method is a very time consuming process.

Why one person might react to something and another not, and they have the same food intolerance, is truly a mystery! It must be attributed to other conditions present in the body that may not be obviously apparent. This is why our doctors continue to stress that the results of the evaluations for everyone are a guide and not a bible. If you have something specifically evaluated for yourself, you can be rest assured that you are safe.

Reminder: Manufacturers aren't beholden to producing their products with exactly the same ingredients every time, although they work to maintain consistency in taste, etc. Examples: They may not use the same kind of salt in every batch. Corn chips may not contain corn from the same supplier; where the corn has been processed this month may be contaminated from something in the equipment that had potato on it, whereas, before this wasn't the case. This is another reason why the list is a guide. We just cannot guarantee that after a product was evaluated, or maybe a shipment to Spokane was different from one to Los Angeles, that the results will always be the same.

My intention here is not to darken your hopes and feelings of being safe. Do the best you can with the tools we provide and the knowledge you have acquired; continue to submit foods to be evaluated; and...**Enjoy your lives!** The safest way you can eat is to eat fresh and local --- vegetables, meats, seafood, fruit (providing you're not intolerant, of course!). Not only will you find that you have more energy and feel renewed, but you'll find it easier to maintain a healthy weight!

My primary purpose here, at Song of Health, is to help and guide you to be educated in reading labels, adapting recipes, easily finding substitutes for your food intolerances, help you to be happy cooking and eating, and continue to update and answer questions as best I can.

I am grateful to you all for bringing up these questions, discussions, and responses to each other. Keep up the great work.

Posted by [Sandra Strom, CEO of Song of Health](#): In follow up to Bon's list of foods evaluated: Dr. Tish verified the list to be applicable for everyone. They will be added to The Food Resource List today.

Bon's question about the agave: It is neutral, ok for everyone.

Thank you again, Bon, for taking the time and effort to share this information. I personally can attest to how time consuming this is to do. In health, *Sandra*

Posted by [Sandra Strom, CEO of Song of Health](#): Re more results for food tests: I spoke with Dr. Tish. They are in the process of putting together the list of at least 60 items; it will be available possibly next month.

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. So far, we haven't received any comments, so we'll keep the format the same until otherwise discussed.

Thank you. *Sandra*

MAKE YOUR VOICE HEARD!



NEW: FOOD LABEL QUIZ

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

As part of my goal to continually improve on helping you in the quest of eating safely in accordance with your personal food intolerances, this new section is another way to help you identify suspicious ingredients for you 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 at the bottom of the New Recipes section, just above The Food Resource List Updates.

The following list of ingredients is on a label from a recent product that is included in this month's Food Resource List updates:

Expeller Pressed Organic Soybean Oil, Pasteurized Organic Whole Eggs, Pasteurized Organic Egg Yolks, Filtered Water, Organic Honey, Organic Distilled White Vinegar, Sea Salt, Organic Dry Mustard, Organic Lemon Juice Concentrate. (Gluten Free)



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.

**An excerpt from
STIMULATING THE IMMUNE SYSTEM
By Dr. Letitia Dick, ND**

The following is an excerpt from the article published in "Naturopathic Doctor News & Review" (NDNR), April 2007. Although it is directed to Naturopathic physicians, I believe you will understand the important and interesting message that Dr. Dick imparts:

Autoimmune diseases are considered by allopathic physicians as incurable, life-long illnesses that they "manage" with painkillers, muscle relaxants, steroids, anxiolytics [anti-anxiety drugs] and chemotherapeutics. It is a blessing if the patient survives the therapy. Everything is done to suppress and stop the immune system, with the underlying thought that the immune system is not functioning correctly: It has somehow gone renegade and must be

stopped at all costs, before it kills the person it occupies. What a misconception.

Allopathic Treatment

Western medicine strives to suppress symptoms, somehow assuming that if the pain and inflammation are decreased or gone, then the disease is treated; the patient is not complaining as much and all is well. Brewing inside, though, is a pool of diseased tissue, teeming with toxins and begging for a way out. And now the gates are shut. All mechanisms of removal of waste have been closed and locked. Normal adrenal function is impaired due to use of exogenous [produced outside the body] steroids. Anti-inflammatory drugs stop the wisdom of the immune-complexes, pituitary and thyroid. This tricks the brain into thinking there isn't anything to worry about, so the cavalry of WBCs [white blood cells] doesn't

come to save the day. Lymph flow is impeded by the muscle relaxants. The heart exerts more effort to filter blood through the liver and kidneys. The biliary tree is congested, so the liver doesn't process the pool of putrefied matter in the blood. The liver is slow to conjugate the toxins into the bile for elimination. Stagnation of chi [life force] and blood causes pain, which then leads to more painkillers, and the cycle continues. Patients become sicker, requiring more medications to control hypertension, myalgia, tissue atrophy and a progressive degenerative disease. They get sicker and often die.

This all can be prevented with proper diet; avoiding food intolerance; and keeping the liver, thyroid and adrenal glands functioning well with exercise and glandular extracts. How quickly and how well a person heals depends on the vital force and the will of the person. They have to want it.

The autoimmune reaction occurs because the tissue is so toxic that the immune system basically can't tell the good guys from the bad guys. It then starts attacking the tissues where the toxins are pooled. Because connective tissue has less blood supply than other tissues, this is often a sight of autoimmune reactions. The toxins can't move out as easily through tendons, ligaments or cartilage.

If you help the body to detoxify through its own means of eliminatory pathways via the kidneys, liver, lungs, skin and lymph, then the immune system can recognize what is normal, healthy tissue and what is toxic matter. Simply put, the body heals itself.

Suppressing the immune system with stronger and stronger chemotherapeutics isn't the road to curing, or even the answer to managing, the disease. It is a death sentence for many.

My dad, an ND, would treat very ill patients and say, "You will have more and more good days, less bad days. Stick with it." "The flare-ups won't be as bad or last as long." "Look at your diet; it is the key to healing." This all makes perfect sense. Don't be afraid to stimulate the *vis* [*vis medicatrix naturae* – *refers to the body's self-healing abilities*], stimulate the lymph, stimulate the immune system. It is the only way to heal these diseases.

Case Study 1

My mother, Ruby Dick, was critically ill with rheumatoid arthritis when she was in her late 20s. Dr. O.G. Carroll refused to treat her. He felt she would surely die soon because allopathic physicians had put her on medications that caused liver failure. (Dr. Carroll had been in jail several times before, for taking care of patients who ultimately died. In the 1940s and '50s, this was an automatic jail sentence for any sanipractor or naturopathic physician.)

After most of Ruby's relatives had seen Dr. Carroll for their health concerns, he finally agreed to at least run the Carroll Food Intolerance test for Ruby. With this test, he determined she was potato intolerant. Ruby's family raised and ate a lot of potatoes. This is when her arthritis began. After avoiding potatoes for only a few months and stopping many of her prescription drugs, Ruby was well enough that Dr. Carroll accepted her for constitutional hydrotherapy treatments at his sanatorium in Spokane, Washington. He told her it would take a month of healing for every year she had had the condition. A year and a half went by, and she healed. She has no arthritis currently, and she is in her 80s.

On a side note, my father, Dr. Dick, was so impressed with this medicine that he sold his land and his garage business in Idaho, went to Western States Chiropractic College, and graduated in 1955 with his DC and ND degrees. He then began a three-year residency at Dr. Carroll's sanatorium to learn the medicine that healed himself, his wife and his family.

Case Study 2

A 43-year-old woman with severe rheumatoid arthritis presented in January 2005. She was a physically fit athlete who ran marathons. Suddenly, she couldn't stand due to piercing pain in her feet. Then, it progressed to her hips, shoulders and hands.

Her arthritis actually began in 2001 when she became acutely ill. She tested positive for human parvovirus. She had chronic diarrhea, yeast infections, flu-like symptoms and then a progressive joint inflammation. She was diagnosed with arthritis.

Her medications included hydroxychloroquine to treat lupus-like symptoms, and NSAIDS [non-steroidal anti-inflammatory drugs]. She was also taking a supplement...for its immune modulating effect. She refused [another prescription]...due to the risk of cancer. In 2002, her thyroid gland was removed due to "gland failure."

In January 2005 I found she had a food intolerance to all fruits, with a combination of potato and grains that would digest well if eaten eight hours apart. If she didn't follow this diet regimen, her inflammation would return. She was diagnosed with Lyme disease in May 2005 via fluorescent antibody titer...

Through these years, this woman has had 50 clinical constitutional hydrotherapy treatments. She utilizes acupuncture regularly. We also have given her many Bowen manipulation therapies, which are

soft tissue manipulations often described as a "homeopathic massage." The constitutional hydrotherapy treatments often included extra sine wave (EMS) or diathermy therapy to the inflamed joints or limbs...

This wonderful woman is off all prescription medications except for 105 mg. of thyroid glandular. She now can put her long, brown hair up and is able to reach above her head. She has wrist movement and her ankles can move side to side, as well. Knee pain comes and goes, but the hip and low back pain have resolved. Her shoulder, elbow and wrist pain

are still lingering. Occasional flare-ups occur due to stress or a slip of the diet. If she wakes with pain at night, she is able to return to sleep. She can drive her car and care for her young son and family. It has been two years of hard work, but the health improvements for this woman are astounding.

To read the unabridged article, including additional case studies of autoimmune disease, go to <http://ndnr.com/2007/04/stimulating-the-immune-system/>.

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 Removes Confidentiality Claims on Studies of Chemicals Submitted under TSCA **Action part of ongoing commitment to transparency**

WASHINGTON -- The U.S. Environmental Protection Agency has notified five companies that the identities of 14 chemicals associated with a number of health and safety studies submitted under the Toxic Substances Control Act (TSCA) and claimed as confidential are not eligible for confidential treatment. The action comes as part of Administrator Lisa P. Jackson's continued efforts to increase public access to chemical information to help Americans understand risks posed by chemicals in our environment.

Last year, EPA put in place a plan to review confidentiality claims for the name of

chemicals addressed in health and safety studies. Under these new procedures EPA is moving to declassify many chemical identities so they are no longer secret. More chemical names connected with health and safety studies will be released in the future. The agency plans to deny confidentiality claims for chemical identity in health and safety studies provided to the agency under TSCA unless the chemical identity contains process or mixture information that is expressly protected by the law.

"The public deserves access to critical health and safety information on chemicals, but if the name of the chemical is kept secret in the health and safety report, the information is of no real value to people," said Steve Owens, EPA's assistant administrator for the Office of Chemical Safety and Pollution Prevention. "We are committed to increasing the American people's access to this important information."

Under TSCA, companies may claim that information they submit to EPA should be treated as confidential business information

(CBI) and not be disclosed to the public. Companies that manufacture, process, or distribute chemicals are required to immediately provide notice to EPA if they learn that a chemical presents a substantial risk of injury to health or the environment. The reports are made available on EPA's website, but when the identity of the chemical has been claimed confidential by a company, the name of the chemical has been removed from the copy of the report that is made public.

EPA has begun reviewing past CBI claims for chemical identity in health and safety studies. Where EPA determines that the information is not eligible for confidential treatment under the law, the agency will

notify companies of the determination and that EPA will make the information public on the 31st day after receiving the determination unless the company challenges the disclosure in federal court.

More information on EPA's efforts to increase transparency, for a copy of the letter, and additional information on the notifications on declassifications: <http://www.epa.gov/oppt/existingchemicals/pubs/transparency.html>

Editor's Note: We've still got a long ways to go, Baby, but this is a good start! Sandra

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.

A QUICK REMINDER – LOVE YOURSELF TOO!

By Sandra Strom, CEO of Song of Health

I have been under the weather the last couple weeks, so I'll make this note short.

First, on this Valentine's Day, as you remember to show your love and care to those dear to you, remember to add yourself to the list. Have patience with yourself, and compassion. This is not a self-serving action; instead, it is remembering to honor all that got you where you are today, including choices we'd rather forget. By taking care of ourselves, we are telling the ones we love that we want to stick around on this Earth with them, in the best health possible, so we can be happy and share the joy.

Next, so often I hear the doubts, frustrations, anger, and hopelessness of whether avoiding your food intolerances will work for you, and how long it takes to feel good again. Dr. Tish has been gracious to allow me to print an excerpt of her article,

above, which was directed to fellow Naturopaths. It describes some "lost cause" cases who not only survived, but were able to live normal healthy lives once again. I feel assured that her article will uplift your spirits and give you the courage to keep on keeping on, by following the natural approach of allowing your body to heal as it was designed to do.

Remember, we remove the cause of the problem and the symptoms will heal themselves!

It is so easy to forget this vital concept, with all the constant inundations created by pharmaceutical promotions and advertisements – Buy a drug for dry eyes, sleeplessness, incontinence, impotence, diabetes, COPD and asthma, heart disease, tons of cold remedies, etc. It's all designed to hypnotize us to buy buy buy drugs like yummy candies. All the pharmaceutical

drugs for all these symptoms will never cure the real problems; they merely mask what is truly causing the suffering.

Together, we remind each other of the truths, how to be good to ourselves, to heal and be well – to stay strong and trust that our Naturopathic doctors will help us. With continuing treatment, they will eventually be able to get us weaned from most of the chemical solutions that we once thought

were our only options. They can only do so much, though. They need us to do our part, to avoid our food intolerances, to follow their instructions, to be co-partners for our own health.

I wish you all the blessings of love and happiness that Valentine's Day reminds us to pass on, each and every day of our lives.
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.**

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.

CAKES:
SANDY'S HONEY POUND CAKE



✈ **ANSWERS TO THE FOOD LABEL QUIZ:** ✈

- 1) Expeller Pressed Organic Soybean Oil (Sy), Pasteurized Organic Whole Eggs (E), Pasteurized Organic Egg Yolks (E), Filtered Water, Organic Honey (H), Organic Distilled White Vinegar (G), Sea Salt (Ss), Organic Dry Mustard, Organic Lemon Juice Concentrate (F). (Gluten Free)
- 2) Potential Hidden Ingredients: (G) The mustard may contain grain; (P) The sea salt may contain potato, as may the mustard. Note of warning: "Gluten free" does not equate to "grain free."
- 3) The product is Spectrum Organic Mayonnaise. Hidden ingredients resulted in (P) potato.



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*



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

FOOD RESOURCE LIST FEBRUARY 2011

IMPORTANT NOTE: Windrose Clinic is still in the process of completing their new method for furnishing us their updated food results. Please continue to have your appreciated patience. We hope to get you the complete list of updated results within the month. As soon as they are available, they will be emailed to you, and published on the website. *Thank you.*

<u>FOOD EVALUATED</u>	<u>DATE EVAL.</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>PURCHASED AT</u>
<u>CONDIMENTS:</u>				
Pace Picante Sauce, Mild (Also listed under "SALSA" in Food Resource List)	12/10	ALL	F,G,Ms,P,Sf	
Spectrum Organic Mayonnaise	12/10	ALL	E,F,G,H,P,Ss	
<u>FLOUR:</u>				
Montana Wheat Natural White All Purpose Unbleached	12/10	ALL	G,P	
<u>GRAINS:</u>				
Wild Harvest Organic Popcorn	12/10	ALL	G	Albertsons on 57 th , Spokane WA
<u>MILK AND CREAM:</u>				
Land O Lakes Heavy Whipping Cream	12/10	ALL	D,F,Sf	
<u>MILK AND CREAM – NON DAIRY:</u>				
Sun Luck Coconut Milk	12/10	ALL	F	
<u>SWEETENERS:</u>				
Madhava Agave Nectar Light	12/10	ALL	N	
<u>TOMATO PRODUCTS:</u>				
Mezzetta Napa Valley Bistro Homemade Style Marinara	12/10	ALL	F,P,S	



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

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