



## DRAGONFLY NEWS

The Official Monthly Newsletter of *Song of Health.com*

**FEBRUARY 2013**



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

~ Say "You're Special" With *coco-sha* soaps ~



**You're special to us! Wishing you much love & health on Valentine's Day!**



**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](mailto: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 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**

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

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

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

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FEBRUARY 2013

### **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](mailto:manager@songofhealth.com).*

Song of Health.com actively promotes physicians and professionals who support our work, and companies who act with integrity and are honest about their products and services.

Check out your [Goods and Services section](#) at Song of Health.com.

**Those interested in advertising at Song of Health.com,** please go to <http://www.songofhealth.com/advertising.html> or email us at [advertise@songofhealth.com](mailto:advertise@songofhealth.com).

## WEBSITE CHANGES AND NOTICES

- ✂ **RECIPES SECTION:** The recipe for [GLUTEN FREE CORN BREAD](#) has been updated and improved!
- ✂ **ARCHIVE OF ARTICLES:** The page has been uniformly formatted and streamlined, which should make it more convenient for you to find topics.

### ✂ [ARE YOU SIGNED UP ON THE ALERT LIST YET?](#) ✂

Stay notified of any 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:contact us at manager@songofhealth.com).**

### [WAYS TO SAVE \\$\\$ ON YOUR NEXT SUBSCRIPTION RENEWAL.](#)

#### ✂ **Give and you shall receive!**

Honor your friends and family with a subscription to .

For your generosity **YOU** will be honored with **an additional 10% off your next subscription or 2 free bars of *coco-sha* 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!** (Shipping will also be free.)

To receive your discount coupon, email [manager@songofhealth.com](mailto: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](mailto:manager@songofhealth.com)**

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

**✈ Renew 6 months early** and receive additional months and \$\$ off!

**✈ Use the promo codes in the renewal notifications emailed to you** for other special discounts!

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

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## **SUBSCRIBERS SPOTLIGHT**

### **STORIES, COMMENTS AND QUESTIONS**

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

Our goal is to serve you. Please help us by sharing what you would like to see in *Dragonfly News* and we will do our best to accommodate you. We also invite you to share other suggestions, comments and favorite recipes with us. **Please contact us at: [newsletter@songofhealth.com](mailto: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 at *Song of Health*, you provide an opportunity to reach out to those who still suffer, yet are apprehensive about our dietary lifestyle working for them. By reading how our lives were dramatically changed, it gives them encouragement to try. **WE WOULD BE HONORED TO INCLUDE YOUR STORY** about how you came to follow the Carroll Food Intolerance way of life. We reserve the right to edit for grammar and spelling correctness, however we will not change your story content.

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

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

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

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

*The more we give away, the more we receive!*

**A note of encouragement:** A Subscriber was concerned that her story was uninteresting.

**There is no such thing as a boring.**

**uninteresting story!** We are here to support each other and every contribution helps, no matter how small or large the content. Please don't let that stop you! We invite you to check

out [Subscribers Testimonials](#) to read what other Subscribers have shared. *Thank you.*

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## QUESTIONS ASKED AND ANSWERED:

### EMAIL CORRESPONDENCE:

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

**From JD, Jan. 28<sup>th</sup>:** Sandra, thanks for the soap! Holy smokes...it is so amazing to have skin that does not resemble sandpaper after a weekend of washing my hands what feels like 50+ times a day while on heavy chore duty. I can't tell you how much difference this makes. No more cracked, screaming digits!

I made liquid soap from one bar by shredding and dissolving in hot water. I'm going to experiment with that more to get the right consistency. My mom hates bar soap and she needs this more than I do so it's been a godsend. Thanks for taking the time to make this great product for us fruit intolerant folks. J. PS-I will be ordering more soon :)

**From Subscriber L, Feb. 4<sup>th</sup>:** Dear Sandra, thanks for the welcome! This food intolerance is a lifestyle change I never saw coming. I am in need of good recipes for household cleaning products (laundry, dish/dishwasher & all purpose) that are 'fruit free' (my main intolerance). I just noticed on your site yesterday that sodium laurel sulfate counts as a fruit, and I am a hairdresser that's inundated with that and numerous other ingredients that are fruit. Oh boy...I am not sure what to do, so if you have any suggestions, they would be most welcome. I'm so glad that you offer this amazing information, as I came to her [Naturopath] because of multiple chemical sensitivities at work. I am ready for good health. Thank You!  
L

**Reply from Sandra:** Hello, I'll do my best to guide you along your path of avoiding fruit.

What products to use that are safest for you:

If you'll go to the [coco-sha](#) soap page at [Song of Health](#) (login first and go to the

Subscribers side, as you receive discounts on the products), you'll see that all the soaps are fruit-free, and are actually safe for everyone but the cactus intolerants. For them, I have a cactus free unscented soap. The soaps may be used as shampoo bars also. Sometimes it takes the hair several days to a week to accustom itself to the new product and to feel clean. It works though, and I use it all the time. For hair conditioner I use nettle tea. Go to the December newsletter on the website for more, but this is one option:  
By the way, you can also use other herbs, such as rosemary (if you want to enhance red highlights); and, chamomile. You'll find the nettle tea is fabulous.

**TO MAKE THE NETTLE HAIR TEA:** Using fresh (best) or dried nettle leaves, place in pot with water. Bring to a boil, then turn down to simmer for 15-20 minutes, until tea is quite dark. Cool and place in containers. To preserve, a couple drops of tea tree oil may be added.

Here is a thread in The Forum that you may find useful:

[What dish soap to use if fruit intolerant?](#)

If you are logged in to [Song of Health](#), you may click on the link and go directly to the thread.

I started to use Dawn [dish soap], New Zealand Springs Scent. It is phosphate free, and I figure if it's safe for ducks then hopefully it's safe for the environment. It doesn't specify what scent is used, but it doesn't smell like citrus, as most of them do. All the health food store brands contain citrus, the ones I have found anyway.

To be extra safe, you can add white vinegar to the water and it will cut through everything as well as sanitize. That is what I use to clean all of my soap equipment to ensure nothing is contaminated with a fruit or other intolerance. The vinegar combined with very hot water cuts through the soap oils, neutralizes the lye, and cleans to a sparkle.

For laundry detergent, there are a couple options. I personally use my soap scraps

mixed with boiling hot water to make a "gel" and then add a scoop of it to my laundry, along with 1/4 cup baking soda. Works great. I don't actually have it on the website for sale, but if you are interested, I could shred some soap for you, and sell you a bag of it that you can place in a container and pour the boiling water to it.\* I just use a strong, recycled plastic container; you can also use a glass jar (wide mouth). I have also used Arm and Hammer perfume-free unscented liquid detergent. It probably has fruit in it, but I also add the baking soda to the load, which neutralizes odors.

Regarding work and exposure to many harmful chemicals, besides fruit being harmful for you: I would wear gloves to protect my hands and skin while using them. **(I am adding here: wear a mask to prevent inhalation of fumes.)**

One more thing to consider: toothpaste and deodorant. If you peruse threads in The Forum, you'll find several addressing products. You can use baking soda for tooth powder; for deodorant you can mix 1/2 each of baking soda and corn starch. That is what I use, and it works great and is safe. The baking soda deodorizes, the corn starch soaks up moisture.

Hope that helps, as a start. Let me know whatever I can answer and help you with. Maybe we can hone your list some as we go along. In health, Sandra  
\* If any of you are interested in soap shreds, please email me for a price and invoice.

## THE FORUM:

CATEGORY: [Specific Food Intolerance Discussions](#)

THREAD: [Fruit Free Soap Recipe?](#)

**New post to old thread:** Posted by Sandra, 5th February, 2013: Reminder of follow-up on the Shea butter, in case you previously missed mention of it: Dr. Tish re-evaluated it and determined that it is, in fact, neutral. The prior test sample had been tainted.

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

**IMPORTANT NOTE:** When posting a question or comment in 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!

**MAKE YOUR VOICE HEARD!**



## FOOD LABEL QUIZ

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

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

**INGREDIENTS:** [Tomato puree \(water, tomato paste\)](#), [distilled vinegar](#), [corn syrup](#), [salt](#), [raisin paste](#), [crushed orange puree](#), [spices and herbs](#), [dried garlic and onion](#), [caramel color](#), [potassium sorbate \(to preserve freshness\)](#), [xanthan gum](#).

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 at the bottom of the New Recipes section,  
just above The Food Resource List Updates. ~~~



## THE SOAP CORNER

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

**coco-shā soaps** are excellent used as SHAMPOO BARS too!



*Lavender Annie  
With Purple Clay*



VALENTINES DAY IS SOON!



*Show you care... Give the intimacy of beautiful,*

*wonderfully scented* **coco-shā soaps**

Here are just a few Valentine suggestions:

**UNSCENTED CARROT RIPPLE**  
Made with Homemade Organic Carrot Juice

**Calypso Bay** ~ SOAP BALLS  
Bay Rum, Lemongrass, & Clove Bud

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

**Lavender Annie** ~ Premium Lavender and Anise Essential Oils

**REMEMBER TO USE YOUR SUBSCRIBER PROMO CODE TO RECEIVE 14% OFF ALL ORDERS: yummy soap**

The word is out and **coco-shā** soaps are flying off the shelves. Admittedly, I wasn't ready for the amazing response and, consequently, have temporarily run out of the following soaps. You are welcome to place your back order, which will be shipped as soon as the soap is cured: (Average shipping time is 2-3 days.)

**Unscented** With Unrefined Shea Butter

Available Feb. 15<sup>th</sup>

**GMB (GOOD MORNING BOYS!)**  
Soap and Shaving Bar

Avail. After Feb. 15<sup>th</sup>



~ 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*.

**READING SUGGESTION: From Dragonfly News, February 2011: ["A QUICK REMINDER – LOVE YOURSELF TOO!"](#)**

## BEING SWEET TO OUR HEARTS

*By Sandra Strom, CEO of Song of Health*

"Sharing Experiences" is intended to offer me a format to share my personal experiences with you. Every time you share what you are dealing with --- the disappointments and joys, frustrations and aha moments, sickness and healing, questions and answers --- I am afforded an invaluable wealth of opportunities from which to apply in my own days' challenges. Hopefully, we may share a common bond of learning how to live life on life terms from each other, making our trek a little easier.

I was recently presented with a serious, uncomfortable challenge from "someone near" to me who overstepped acceptable behavioral boundaries. The actions and words of betrayal could have wreaked incredible damage between other friends and me; fortunately, the others know me well enough to realize I do not exhibit *intentionally* disruptive motives. (Obviously, none of us are perfect.) Instead, a dispirited cloud was shed upon the "someone near."

My first inclination was to just let it all go, deciding the hurtful words were untrue and so had no bearing on my life. I slept on it, prayed on it, then woke up the next morning angry as a hot hornet! I didn't plan to stay there, in anger mode. I have learned from past experience, though, to

recognize what I am feeling, honor it, talk about it, walk through it, then get to the other side of it. Boy, for a while, was I ready to let 'em have it! I rattled it back and forth in my mind, toward finding a solution to this challenge. What should I say, how, when and where to share my insights with "someone near" --- is it worth it?

### **What does this have to do with food intolerances? Nothing!**

It does address how our health can be affected by our actions; and by how we choose to act or react to others' behavior can have a direct and often immediate effect on our health. Have you ever felt your blood pressure rise when you're upset? Experienced heart palpitations while in the midst of an anxious moment? Has your body ever felt flushed in frustration? Or maybe your stomach got "tied in knots"? You see, our emotions and attitudes absolutely affect our well-being!

Our bodies can absorb momentary slips from serenity. It can become a real health issue, though, when a person's "norm" is to be reactive, high-strung, nervous, uptight, constantly frustrated, or angry. And, if our behavior is less than honorable, we can cause another person's well-being to be compromised, not to mention what we do to ourselves. In my recent personal case, I was called to the challenge of how best to

resolve this problem *for me*. I have no power over the outcome of another's behavior, but I am responsible for my own happiness. The more I calmed down and settled into a rational state of mind the happier I felt, which led to feeling more relaxed, and consequently, able to make sound and rational choices for my remedy. Ahhh, sigh of relief! I'm no longer anxious about the outcome, as I am ready to meet the challenge calmly and sanely. I believe my blood pressure is back to normal. This

time, it didn't take me as long to get here as it has in past circumstances. As with anything, the more we practice healthy behavior, the better we get at it.

As Valentine's Day approaches and we are expected to demonstrate acts of caring and loving, once again I ask you to remember to be good to your own hearts. You deserve to be happy, healthy, and loved too!

*To All My Relations, Sandra*

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



## **NEW RECIPES**

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

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

~ **REMEMBER TO EAT ORGANICALLY GROWN, LOCAL FOODS WHENEVER POSSIBLE.**

~ *We recommend you use Celtic sea salt, which is Neutral and pure...and delicious!*

 **REMEMBER TO: REFER TO THE FOOD SUBSTITUTIONS LIST FOR ALTERNATIVES AND THE FOOD RESOURCE LIST FOR HIDDEN INGREDIENTS.**

## **LIST OF NEW RECIPES**

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

**Is there a recipe you would like to have, or need help adapting? I'm happy to help!**

Contact me at [manager@songofhealth.com](mailto:manager@songofhealth.com).

### **BISCUITS, BREADS & CRACKERS:**

The recipe for [GLUTEN FREE CORN BREAD](#) has been updated and improved!

### **PIES, PASTRIES & COBBLER:**



Here is a great idea for Valentine's Day. This month I am sharing a recipe tip rather than a new recipe:

### **NO CRUST PIE**

**Any pie can be made without a crust. The filling will "set" itself on the bottom. This is a great way to make wonderful desserts for those who are gluten intolerant.**

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

### ANSWERS TO THE FOOD LABEL QUIZ:

- ✈ Listed Ingredients: Tomato puree (water, tomato paste), distilled vinegar, corn syrup, salt, raisin paste, crushed orange puree, spices and herbs, dried garlic and onion, caramel color, potassium sorbate (to preserve freshness), xanthan gum.
- ✈ Potential Hidden Ingredients: G,Ms,P
- ✈ The product was evaluated for: ALL
- ✈ The results were: F,Ms,P,S
- ✈ The product is: A1 Steak Sauce



- ✈ Hidden ingredients resulted in: Ms,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:** *Heart Felt* with Unscented Shea Butter Essences of Spearmint, Cardamom, & Allspice ~ one of the many *coco-sha soaps* that make



perfect gifts for anyone!



### 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

|              |                    |             |                        |
|--------------|--------------------|-------------|------------------------|
| <b>ALL =</b> | <b>Bad for All</b> | <b>M =</b>  | <b>Meat</b>            |
| <b>C =</b>   | <b>Cactus</b>      | <b>Ms =</b> | <b>Mine Salt</b>       |
| <b>D =</b>   | <b>Dairy</b>       | <b>N =</b>  | <b>Neutral for All</b> |
| <b>E =</b>   | <b>Egg</b>         | <b>P =</b>  | <b>Potato</b>          |
| <b>F =</b>   | <b>Fruit</b>       | <b>Sf =</b> | <b>Seafood</b>         |
| <b>G =</b>   | <b>Grain</b>       | <b>Sy =</b> | <b>Soy</b>             |
| <b>H =</b>   | <b>Honey</b>       | <b>S =</b>  | <b>Sugar</b>           |

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

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

✂ The items are listed per category.

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

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

✦ Under "**Purchased At**" we no longer furnish where the product was purchased; however, if the product was purchased outside the Pacific Northwest area, the region will be noted. Sometimes, I will be able to locate a place to purchase a product for you, if requested.

**If you have any questions, please contact us at:**

**[manager@songofhealth.com](mailto:manager@songofhealth.com).**

**We are happy to help!**

- **SHOPPING SUGGESTION:** Do you have a smart phone? You can log on to Song of Health.com, The Food Resource List, and look up items while you shop!

## THE FOOD RESOURCE LIST

FEBRUARY 2013

*No new updates are available yet. Any new updates will be emailed to you and posted in The Food Resource List.*



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

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