



DRAGONFLY NEWS

The Official Newsletter of *Song of Health.com*

FEBRUARY 2014



coco-sha
soaps ~ Gifts From The Heart ~

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

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

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

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

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

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

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The Carroll Institute of Natural Healing is an educational opportunity for Naturopathic physicians and students to further their education in the classical methods of Naturopathy, not otherwise taught in the Naturopathic colleges. This is where physicians and students learn about the Carroll Food Intolerance Evaluation methods, constitutional hydrotherapy and other important methods handed down by Classical Nature Doctors.



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.

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

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

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

WEBSITE CHANGES AND NOTICES

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

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

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

✈ ARE YOU SIGNED UP ON THE ALERT LIST YET? ✈

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

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

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

✈ **Give and you shall receive!**

Honor your friends and family with a subscription to *Song of Health!*.

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

✈ Refer a new subscriber and receive an additional 10% off your next renewal or 2 free bars of *coco-sha* soap (your choice of soap)! (Shipping will also be free.)

To receive your discount coupon, email manager@songofhealth.com and tell us the name of the person you are referring. Once they subscribe, you will receive your 10% discount or free soap. *It's that easy!* **To order: Contact manager@songofhealth.com**

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

✈ Renew 6 months early and receive additional months and \$\$ off! When you renew early you will receive an additional \$10.00 off the discounted renewing price plus 1 additional month.

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

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## **SUBSCRIBERS SPOTLIGHT**

## **STORIES, COMMENTS AND QUESTIONS**

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

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

### **Share your story with others.**

**SUBSCRIBERS, please help others by sharing your story.** When you allow us to publish it in *Dragonfly News* and *Subscribers' Testimonials*, a dedicated section at *Song of Health!*, you provide an opportunity to reach out to those who still suffer, yet are apprehensive about our dietary lifestyle working for them. By reading how our lives were dramatically changed, it gives them encouragement to try. **WE WOULD BE HONORED TO INCLUDE YOUR STORY** about how you came to follow the Carroll Food Intolerance way of life. We reserve the right to edit for grammar and spelling correctness, however we will not change your story content. You will receive the draft prior to publishing for your approval.

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

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

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

*The more we give away...*

*The more we receive!*

**A note of encouragement:** A Subscriber was concerned that her story was uninteresting. **There is no such thing as a boring, uninteresting story!** We are here to support each other and every contribution helps, no matter how small or large the content. Please don't let that stop you! We invite you to check out [Subscribers Testimonials](#) to read what other Subscribers have shared. *Thank you.*

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QUESTIONS ASKED AND ANSWERED:

EMAIL CORRESPONDENCE:

Song of Health has been given permission by our Subscribers whose names appear, to share the following with you, so that we may all benefit. Some have chosen to stay completely anonymous, in which cases you'll see the name as "Subscriber" or initial. Other correspondence has been received from outside our membership; however, we feel it is pertinent information to share with you.

From P., Jan 21st: Are there any plans to make the [food] testing available to people individually, where each of us can test our own food in our own home? Since the food list is only a guide, it makes more sense to do it that way. I don't know how complicated this testing system is, but not enough people can be benefited in the broadest way possible.

Thanks.

Reply from Sandra: Thank you for contacting me. Regarding The Food Resource List and the statements on the Intro page as it being a guide only: We need to state this in writing to legally protect ourselves, for a few reasons. First, similar to reasons why medications come with a sheet of indications, there may be individuals who are not able to tolerate a specific food even though it was analyzed to be free of their food intolerance. For the majority of us, we should be able to follow The List accurately, so long as (secondly) the manufacturer does not alter the ingredients or sources of them for a product.

The latter is usually what causes us issues; you'll note in The List how some foods have been evaluated more than once and the results changed. This is because the manufacturer altered something. It could be the salt used, which may affect whether or not it contains potato, for instance. This is why I strive to teach our members how to read labels and identify the "red flag" ingredients. Personally, I follow The List explicitly as well as read the label ingredients, careful to determine if something suspicious has been added in the particular batch.

It is not possible for an untrained individual to perform the Carroll Evaluation method

themselves. The doctors who are able to do so have not only been trained but have also gone through scrutinizing examination of their analyses to guarantee they have been 100% correct in their results. It is an intricate process, and not everyone can perform it with success. We wish it could be that easy, as it would save a lot of people much discomfort and frustration. My suggestion is for you to submit specific foods or products that you use often to our doctors at Windrose Clinic. If you are logged in to the Subscribers side at Song of Health, you can click on this link "[Submit Sample for Evaluation](#)" and go to the page for instructions on how to properly submit a sample and where to send it.

As always, our best choices for buying foods are the ones least processed --- fresh is always best whenever possible. Use The Food Resource List as your shopping guide; familiarize yourself with iffy ingredients that could be listed.

I hope this helps. I'm always here to do my best to answer any and all questions you may have. In health, *Sandra*

From J., Jan 22nd: Hi there, we've been tested positive for potato, dairy, and fruit with sugar through the Carroll Food "test". As we figure out what we CAN now eat (overwhelming), we have a ton of questions. I looked through your list of tested food.

Before I submit my own foods for testing, I am wondering, how exactly do you "test" to see what foods have potato and dairy in them? Is it just by examining the ingredients list? Or do you perform some kind of lab test? What is the lab test looking for? Citric acid (fruit)? Lactic acid (dairy)? Something else? Seems like it would be looking for a needle in a haystack! Thanks! This is all very confusing.

Reply from Sandra: Hello - great questions. I understand how confusing this all can be when you're starting out on avoiding your food intolerances.

Basically, our Doctor Tish uses the same Carroll Food Intolerance Evaluation method to analyze a food product as she uses to evaluate your food intolerances. It is sort of like doing the process "in reverse." It is a complicated process, yet spot on accurate. If there is even the slightest trace of a food category, such as dairy, it will be detected in the analysis process. It's about detecting hidden ingredients in a product, rarely listed on the food labels. I highly recommend submitting foods you're concerned about. Does that help? In health, *Sandra*.

From Environmental Working Group, Jan 31st: Dear Sandra, welcome news! Johnson & Johnson, one of the world's leading personal care products companies, has made good on its promise to reformulate its baby products to phase out a toxic formaldehyde-releasing chemical.

Sold with an "improved formula" label, Johnson & Johnson's popular "No More Tears" baby shampoo no longer contains quaternium-15, which releases small amounts of formaldehyde inside the bottle to serve as a preservative. The federal government declared formaldehyde to be a known human carcinogen in 2011.

The company also says it has reduced levels of a suspected carcinogen, 1,4-dioxane, to traces in both its baby and adult products. By 2015, it has pledged to remove more chemicals from both its baby and adult product lines.

Johnson & Johnson is the first major personal care products manufacturer to take such important actions in favor of its customers' safety.

This is a major victory for Americans' health and safety. Please take a minute today to join EWG in thanking Johnson & Johnson for doing the right thing!

[Click here to sign our petition thanking Johnson & Johnson for taking a leading role in the personal care products industry by reformulating some of its products.](#)

Our research - and our work with the Campaign for Safe Cosmetics - helped push Johnson & Johnson to produce safer products. And we couldn't do this work without

supporters like you. Thank you for standing with us and helping us move markets.

Sincerely, Ken Cook

President, Environmental Working Group

Editor's Note: *You are not expected to make a donation to them in order to sign the petition of thanks. It is not our intent to encourage you to contribute to anything other than your own personal desire. We merely wish to share this great information with you!*

From The Xerces Society for Invertebrate Conservation, Jan 22nd: A new website to help you identify and protect bumble bees

We want to share some exciting news: BumbleBeeWatch.org, a website that allows you to identify and help protect bumble bees in North America is now live! Through BumbleBeeWatch.org you can connect with experts and enthusiasts to help track the status of these essential pollinators.

If any pollinator is iconic, it's the bumble bee. Furry and hardworking, the many species of bumble bees help to deliver bountiful harvests to farmers markets and grocery shelves. Their labor also provides seeds and fruits for songbirds and many mammals, while helping to keep healthy plant populations in our meadows and backyards. In short, they are essential to wildlands, gardens, and farms. Alarmingly, many recent reports suggest that we may be losing their familiar buzz from our summer landscapes. Habitat loss, insecticide use, disease, and climate change all pose threats to North American bumble bees. More information is needed to determine their conservation status, and that process demands a continent-wide collaborative effort.

We have an amazing community of citizen scientists who have helped us follow a handful of bumble bee species. This new website will generate greater awareness and make it easier for more people to join this community and to track all bumble bee species. The more people that we have directly helping to study these fascinating insects, the more likely we are to implement the changes necessary to protect them. Join us at BumbleBeeWatch.org today!

Bumble Bee Watch is a partnership between the Xerces Society, Wildlife Preservation Canada, the University of Ottawa, the

Montreal Insectarium, the Natural History Museum in London, and BeeSpotter.

From The Xerces Society for Invertebrate Conservation, Jan 21st: POLLINATOR MANAGEMENT FOR ORGANIC SEED PRODUCERS A new guide by the Xerces Society and Organic Seed Alliance

From alfalfa to zucchini, it all begins with a seed. Whether you save seeds in your garden or produce seeds on a larger scale, considering pollination is a critical step. A new publication from the Xerces Society and Organic Seed Alliance provides clear strategies for conserving pollinators, managing crop isolation distances, and reducing unintended outcrossing between organic and non-organic seed crops.

[Click here to download a PDF of the publication.](#)

More than 80% of the world's flowering plants depend on insect pollinators--especially bees--to produce seed, including more than two-thirds of all food crop species. Seed growers and seed savers can play a role in supporting declining managed and wild bees, while also benefiting from their pollination services. Organic seed producers face an additional challenge, the risk of genetic contamination of their seed crops (e.g. the accidental movement of pollen from genetically modified crop varieties).

This new publication will aid organic seed producers in understanding the role and diversity of seed crop pollinators, as well as strategies for reducing pollen movement between organic and conventional farms. Profiles of common pollinators, strategies for managing pollination, and guidelines for specific crops are all included.

Beyond the value of pollinators to seed production, incorporating pollinator conservation into an organic farm system can also help growers meet the biodiversity requirements for organic certification, and can

THE FORUM:

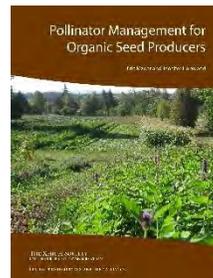
Editor's Note: The new *Song of Health* website format will be available soon, which

support beneficial insects that control crop pests.

Workshop: Pollinator Conservation Strategies for Organic Seed Producers

Saturday, February 1, 1:30 - 3:00 pm

This Organic Seed Growers conference workshop will support organic seed producers with the latest science-based information on maximizing crop yields through the conservation of native pollinators, while at the same time helping them to reduce the risk of outcrossing with non-organic crop varieties. Specific topics include the: ecology of specialist seed crop pollinating insects,



foraging behaviors and flight range of key native bee groups (and the impact of those foraging ranges on crop isolation), bee-friendly farming practices, development of pollinator habitat on working farms, accessing USDA technical and

financial resources for pollinator conservation, and more.

Through support from eXtension.org, this workshop is available as a webinar. To find out more about the webinar broadcast, or to register [click here](#).

THE XERCES SOCIETY

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

ORGANIC SEED ALLIANCE

Organic Seed Alliance is a nonprofit organization dedicated to advancing the ethical development and stewardship of the genetic resources of agricultural seed.

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*will include a wonderful new forum format. In the meantime, please continue to share with*

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

## MAKE YOUR VOICE HEARD!



### FOOD LABEL QUIZ

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

The following list of ingredients is on a label from a product that is dated 01/14:

 **INGREDIENTS:** ORGANIC MILK CHOCOLATE (ORGANIC RAW CANE SUGAR, ORGANIC WHOLE MILK POWDER, ORGANIC CHOCOLATE, ORGANIC COCOA BUTTER, SOY LECITHIN (EMULSIFIER), ORGANIC VANILLA EXTRACT).

As part of my goal to help you in the quest of eating safely in accordance with your personal food intolerances, this section is another way to help you identify suspicious ingredients and ... *HAVE SOME FUN!*

-  First, identify obvious food categories, i.e. potato starch = potato.
-  Next, identify potential hidden ingredients, i.e. guar gum = potato.
-  Finally, if you can answer this, you are exceptionally brilliant: What product is this?

~~~ The answers are below the New Recipes section, just above The Food Resource List Updates. ~~~



THE SOAP CORNER

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

 may be used as **SHAMPOO BARS** too!

Reminder: Your 14% Member Discount Taken Automatically

when you log in to the Subscribers side on the website to order your

 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
14% DISCOUNTED PRICE.**

Slice your own bars off the 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:

The following soap is on back order:

Camper's Friend
Repels Bugs ~ Not People!

It will be available around February 25th.

There are a few bars left of:

GMB (GOOD MORNING BOYS!)
Soap and Shaving Bar

More will be available soon.

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



Shipped USPS 2 day priority mail. There's still time!
Wow ~ won't your special person be delighted!



Consider saying
"You're Special" by presenting this beautiful
Select Gift Box of **coco-sha** soaps.



Add this practical as
well as charming looking **Hand Carved Pine
Soap Tray** in your gift box. It is presented in
the **ORGANZA DRAWSTRING GIFT BAG**
with Guest Size Soap Samples.

You may also wish to custom select any **coco-sha** products and personally wrap them yourself.



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

The warm scent of love from the heart!



Lavender
Premium Essential Oil

Always a Desired Scent



Lavender Annie

Premium Lavender & Anise ~ Yum!



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...

ENVIRONMENTAL UPDATES FROM THE U.S. EPA:

EPA Releases Bristol Bay Assessment Describing Potential Impacts to Salmon and Water From Copper, Cold Mining *Agency launched study after requests for action to protect Bristol Bay watershed from large-scale mining*

SEATTLE -- The U.S. Environmental Protection Agency today released its final Bristol Bay Assessment describing potential impacts to salmon and ecological resources from proposed large-scale copper and gold mining in Bristol Bay, Alaska. The report, titled "An Assessment of Potential Mining Impacts on Salmon Ecosystems of Bristol Bay, Alaska," concludes that large-scale mining in the Bristol Bay watershed poses risks to salmon and Alaska Native cultures. Bristol Bay supports the largest sockeye salmon fishery in the world, producing nearly 50 percent of the world's wild sockeye salmon with runs averaging 37.5 million fish each year.

"Over three years, EPA compiled the best, most current science on the Bristol Bay watershed to understand how large-scale mining could impact salmon and water in this unique area of unparalleled natural resources," said Dennis McLerran, Regional Administrator for EPA Region 10. "Our report concludes that large-scale mining poses risks to salmon and the tribal communities that have depended on them for thousands of years. The assessment is a technical resource for governments, tribes and the public as we consider how to address the challenges of large-scale mining and ecological protection in the Bristol Bay

watershed."

To assess potential mining impacts to salmon resources, EPA considered realistic mine scenarios based on a preliminary plan that was published by Northern Dynasty Minerals Ltd. and submitted to the U.S. Securities and Exchange Commission. EPA also considered mining industry references and consulted mining experts. Numerous risks associated with large-scale mining are detailed in the assessment:

Risks from Routine Operation

Mine Footprint: Depending on the size of the mine, EPA estimates 24 to 94 miles of salmon-supporting streams and 1,300 to 5,350 acres of wetlands, ponds, and lakes would be destroyed. EPA estimates an additional 9 to 33 miles of salmon-supporting streams would experience altered streamflows likely to affect ecosystem structure and function.

Waste and Wastewater Management:

Extensive quantities of mine waste, leachates, and wastewater would have to be collected, stored, treated and managed during mining and long after mining concludes. Consistent with the recent record of similar mines operating in the United States, polluted water from the mine site could enter streams through uncollected leachate or runoff, in spite of modern mining practices. Under routine operations, EPA estimates adverse direct and

indirect effects on fish in 13 to 51 miles of streams.

Risks from Accidents and Failures

Wastewater Treatment Plant: Short and long-term water collection and treatment failures are possible. Depending on the size of the mine, EPA estimates adverse direct and indirect effects on fish in 48 to 62 miles of streams under a wastewater treatment failure scenario.

Transportation Corridor: A transportation corridor to Cook Inlet would cross wetlands and approximately 64 streams and rivers in the Kvichak River watershed, 55 of which are known or likely to support salmon. Culvert failures, runoff, and spills of chemicals would put salmon spawning areas in and near Iliamna Lake at risk.

Pipeline: Consistent with the recent record of petroleum pipelines and of similar mines operating in North and South America, pipeline failures along the transportation corridor could release toxic copper concentrate or diesel fuel into salmon-supporting streams or wetlands.

Tailings Dam: Failure of a tailings storage facility dam that released only a partial volume of the stored tailings would result in catastrophic effects on fishery resources.

The assessment found that the Bristol Bay ecosystem generated \$480 million in economic activity in 2009 and provided employment for over 14,000 full and part-time workers. The region supports all five species of Pacific salmon found in North America: sockeye, Coho, Chinook, chum and pink. In addition, it is home to more than 20 other fish species, 190 bird species, and more than 40 terrestrial mammal species, including bears, moose and caribou.

In 2010, several Bristol Bay Alaska Native tribes requested that EPA take action under the Clean Water Act to protect the Bristol Bay watershed and salmon resources from development of the proposed Pebble Mine, a copper, gold and molybdenum mining venture backed by Northern Dynasty Minerals Ltd. Other tribes asked EPA to wait for a mine permitting process to begin before taking action on the potential environmental issues Pebble Mine presents.

Before responding to these requests, EPA identified a need for a scientific assessment to

better inform the agency and others. EPA and other scientists with expertise in Alaska fisheries, mining, geochemistry, anthropology, risk assessment, and other disciplines reviewed information compiled by federal resource agencies, tribes, the mining industry, the State of Alaska, and scientific institutions from around the world. EPA focused on the Nushagak and Kvichak River watersheds, which support approximately half of the Bristol Bay sockeye salmon runs.

EPA maintained an open public process, reviewing and considering all comments and scientific data submitted during two separate public comment periods. The agency received approximately 233,000 comments on the first draft of the assessment and 890,000 comments on the second draft. EPA held eight public meetings attended by approximately 2,000 people. EPA consulted with federally recognized tribal governments and Alaska Native Claims Settlement Act village and regional corporations.

The study has been independently peer reviewed for its scientific quality by 12 scientists with expertise in mine engineering, salmon fisheries biology, aquatic ecology, aquatic toxicology, hydrology, wildlife ecology, and Alaska Native cultures.

The agency reviewed information about the copper deposit at the Pebble site and used data submitted by Northern Dynasty Minerals Ltd. to the U.S. Securities and Exchange Commission, including the document titled "Preliminary Assessment of the Pebble Project, Southwest, Alaska," which provides detailed descriptions of three mine development cases representing 25, 45 and 78 years of open pit mining. The 45-year development scenario was presented as the reference case in the Northern Dynasty report.

Over the course of the assessment, EPA met with tribes, Alaska Native corporations, mining company representatives, state and local governments, tribal councils, fishing industry representatives, jewelry companies, seafood processors, restaurant owners, chefs, conservation organizations, members of the faith community, and members of Congress.

EPA produced the report with its authority to perform scientific assessments under Clean Water Act section 104. As a scientific report,

this study does not recommend policy or regulatory decisions.

For more information on the EPA Bristol Bay

Assessment, visit

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

Follow @EPAnorthwest on Twitter:

<https://twitter.com/EPAnorthwest>

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*.

FOOD SENSITIVITIES...IS DR. OZ ON TO SOMETHING?

By Sandra Strom, CEO of Song of Health

Change is coming! It's been a very slow process, and I daresay, if we follow the money we will understand why. While the majority of Allopathic medical doctors still follow the old outdated antics of the AMA and pharmaceuticals, who have done their best to convince doctors and patients alike that the answer to feeling good is more drugs and surgeries, there have been a few brave ones who have broken rank and stepped up to consider alternate options to treatment. Our own Naturopaths know to look for the *cause* of a problematic condition and treat that versus just going after the *symptoms* of discomfort. They have been waiting a long time for even just a few influential and respected Allopaths to cross the forbidden fence and listen to them. Of course, the credit is always given to anyone but the Alternative Healers; as I said, it's a very slow process.

Dr. Mehmet Oz is a "breakthrough" celebrity. He has been introducing alternative concepts on his show for some time. Lucky for us, the AMA hasn't dragged him off stage with a cane yet. With Dr. Oz's huge following and popularity, I believe they realize it would hurt their cause to do so. As much as I wish he would give credit where it's due, I am happy to see some progress in the area of foods affecting health.

On his Feb.4th, 2014 show, --- Cracking The Code on Food Sensitivity --- he discussed how the answer to what causes common symptoms of discomfort could be food sensitivity. He continued, "The evidence keeps growing that sensitivities to these foods are what's behind many of America's biggest health problems."

Needless to say, I found it cynically comical that he exclaimed, "It's a radical new understanding! Until recently, food allergies were thought to cause big, quick, life-threatening symptoms. But now, cutting-edge research suggests that even minor sensitivities could trigger an immune reaction." What "cutting edge research" could more accurately detect a person's food intolerances than the Carroll Food Intolerance Method? As I said...it's a very slow process toward understanding.

Dr. Oz does have a clear way of explaining and demonstrating to people that even children can understand the concepts he's teaching. This is definitely a positive improvement in opening more eyes to the truths. He explained how:

"The body answers this food attack with inflammation; which some experts now link to joint pains, weight gain, chronic pain, and even mood swings. But, because it can take days - or weeks - for symptoms to emerge, you never connected the dots. So, how can you tell if food sensitivity is the real problem behind your health issues?

"The first up in detecting a food sensitivity is to recognize the symptoms. ...The entire body can be affected by food sensitivities."

The doctor then named symptoms similar to ours listed on the Song of Health public home page:

| | | | |
|----------------|---------------|-----------------|------------------|
| fatigue | nausea | vomiting | dizziness |
|----------------|---------------|-----------------|------------------|

| | | | |
|---------------------|--------------------|----------------------------|--|
| <i>headache</i> | light-headedness | <i>grogginess</i> | stomach ache (especially 20-45 minutes after eating) |
| bloated stomach | <i>nervousness</i> | aching muscles | irritability |
| <i>flushed skin</i> | dizziness | <i>changed disposition</i> | persisting symptoms |
| PMS | ADHD | chronic disease | and other uncomfortable conditions |

He also added weight gain; maybe I will add to our list, as well. How many times have I been told that an individual immediately began to lose weight when they cleaned up their diet of food intolerances!

Dr. Oz explained how many of the foods that are causing problems were never thought to be an issue before. "But now, we are living in a food sensitivity epidemic."

I want to remind us --- there is a major difference between how our bodies are affected by "food sensitivity" and "food intolerance", although incurred symptoms may emanate as the same. Food sensitivities, as do allergies, trigger the immune system to respond. Food intolerances cause a digestive disruption, ultimately triggering the immune system to try to go after something it cannot resolve. Due to an inability to digest the foods sitting in the organs, the body is confronted with a whole set of problems.

It is quite possible that a person can have both intolerance and sensitivity to certain foods. We agree with Dr. Oz in emphasizing there are far more incidences of sensitivities today than years before. According to nutritionist and author Nora Gedgaudas, who was guest on Dr. Oz's show that day, there are a few major food groups that are the biggest problem causers. She named all grains and wheat as the biggest culprit of food sensitivities; and how insidious it is to try to identify them hidden in so many foods. Sound familiar? What makes them worse today?

Why is the corn we eat today so different from the corn our grandparents ate?

Due to increased hybridization, the grains are no longer the same. Dairy is another causal food group, according to Ms. Gedgaudas, due to a number of potentially problematic proteins. Soy was named also. She shared a little of her life experience and how dramatic changes occurred when she removed foods she was sensitive to, including relief from bouts of depression.

Note that food intolerances are a genetic issue that supersedes any issues of how food is grown today.

As followers of the Carroll Food Intolerance Evaluation method, I'm sure we all agree that it's ludicrous to say identifying food sensitivities is a "brand new concept." I am, however, glad to see that the reality of how foods affect our wellbeing, both as acute (short term) and chronic conditions, is finally being taken seriously in the media. Thanks to Dr. Oz, with his immense popular following, it is just the beginning, but it is a start. My hope is that our brilliant Naturopaths who have made food intolerance and sensitivity avoidance a first priority in the cause and effect of our health will soon be taken seriously by enough people to finally change popular mind-sets; that we will no longer be in the minority; that our understanding of how food affects us will be the norm. We've got a long ways to go, baby! Maybe, just maybe, in the near future Dr. Oz will feature our Dr. Tish as the expert she is.
To All My Relations, Sandra

Reference: Videos of Dr. Oz show February 4, 2014:
<http://www.doctoroz.com/episode/cracking-code-food-sensitivity>
http://www.doctoroz.com/episode/cracking-code-food-sensitivity?video_id=3151749955001

"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.**

Sure to be a hit for any occasion, they are easy to make if you have a food processor to mince the stuffing ingredients.

 **DIPS AND HOR DUERVES: VEGAN STUFFED MUSHROOMS**



Pasta and Veggies, shown with Tinkyada brand Rice Pasta Macaroni, broccoli, cauliflower, grape tomatoes, diced carrots and celery, minced garlic; grated cheese on top.



Keeping it simple ~ In a hurry? Heat water to boiling in a pot with a pinch of salt and 1 Tbsp. oil. Add organic rice pasta with vegetables of preference. Cook just until pasta is "al dente." Adjust seasoning. Serve. If desired, grate cheese over top. Wa-la! Dinner is served.

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

ANSWERS TO THE FOOD LABEL QUIZ:

- ✂ Listed Ingredients: ORGANIC MILK CHOCOLATE (ORGANIC RAW CANE SUGAR, ORGANIC WHOLE MILK POWDER, ORGANIC CHOCOLATE, ORGANIC COCOA BUTTER, SOY LECITHIN (EMULSIFIER), ORGANIC VANILLA EXTRACT).
- ✂ Potential Hidden Ingredients: F,G (Vanilla Extract)
- ✂ Obvious Ingredients: D,S,Sy
- ✂ The product was evaluated for: ALL
- ✂ The results were: D,F,G,S,Sy
- ✂ The product is: Green & Black's Organic Milk Chocolate Bar
- ✂ Hidden ingredients are: F,G



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:



~ displayed as gift ideas.



FOOD RESOURCE LIST UPDATES

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

Use the codes below to translate the Results Column.

KEY FOR RESULT CODES

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

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

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

The items are listed per category.

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

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

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

If you have any questions, please contact us at: manager@songofhealth.com. We are happy to help!

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

THE FOOD RESOURCE LIST

FEBRUARY 2014

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

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|--|-----------------------|----------------------|----------------|---------------|
| ALCOHOLIC BEVERAGES: | | | | |
| Big Sky Brewing Company
Powder Hound Winter Ale | 01/14 | ALL | G,P,S | |
| Fess Parker Winery Frontier Red
California Red Wine | 12/13 | ALL | F | |
| BAKING SUPPLIES: | | | | |
| Let's Do Organic Organic Corn
Starch | 12/13 | ALL | G | |
| CEREALS – COLD: | | | | |
| Nature's Path Organic Pumpkin
FlaxPlus Granola | 12/13 | ALL | F,G,S,Sy | |
| CHOCOLATE AND COCOA: | | | | |
| Frontier (Bulk) Cocoa Powder | 01/14 | ALL | N | |
| Green & Black's Organic Milk
Chocolate Bar | 01/14 | ALL | D,F,G,S,Sy | |
| Green & Black's Organic White
Chocolate Bar | 01/14 | ALL | D,F,G,S,Sy | |
| FLOUR: | | | | |
| Huckleberry's (Bulk) Brown Rice | 01/14 | ALL | G | |
| MEATS & MEAT BOUILLON: | | | | |
| Organic Prairie Organic Pork
Bratwurst | 01/14 | ALL | F,G,M,P,S | |
| MILK AND CREAM: | | | | |
| Pure Éire Grade A Organic
Raw Milk | 01/14 | ALL | D,Sf | |
| Pure Éire Skim Milk
Unhomogenized | 12/13 | ALL | D | |
| NUT BUTTERS: | | | | |
| Huckleberry's (Bulk) Almond | 01/14 | ALL | F | |
| Organic and Alive Sesame Tahini | 01/14 | ALL | G | |
| NUTS: | | | | |
| Kirkland Signature (Costco)
California Pistachios Naturally
Opened | 01/14 | ALL | F | |

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|--|-----------------------|----------------------|----------------|---------------|
| NUTS (CONT.): | | | | |
| Now Real Food Almonds Roasted Salted | 01/14 | ALL | P | |
| Now Real Food Brazil Nuts Whole Raw | 01/14 | ALL | N | |
| SEAFOOD: | | | | |
| Trader Joe's Anchovy Fillets in Olive Oil | 01/14 | ALL | F,Sf | |
| Trader Joe's Sardines Unsalted in Spring Water | 01/14 | ALL | Sf | |
| SEASONINGS & SPICES: | | | | |
| Starlight Herb & Spice Co. Chipotle Powder | 01/14 | ALL | N | |
| SWEETENERS: | | | | |
| Wholesome Sweeteners Organic Powdered Sugar | 12/13 | ALL | P,S | |
| VEGETABLES: | | | | |
| Farmer's Market Organic Pumpkin (Canned) | 01/14 | ALL | N | |



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

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