



DRAGONFLY NEWS

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

JANUARY 2012



Photo by Sandra Strom

Begin the new year in a healthy way. Let's do it together!

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. Caryn Potenza, N.D., Staff Supporting 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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No recent changes

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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.

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 classical 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.

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

✚ No recent changes.

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:

✦ 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!**

✦ Refer a new subscriber and receive an additional 10% off your next renewal!

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. *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!

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

Thank you for helping us to achieve our goal of reaching out to as many people as possible in order to provide help, hope and answers. The more we give away, the more we receive!

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

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

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

## QUESTIONS ASKED AND ANSWERED:

### Questions Emailed to us:

*Song of Health has been given permission by our Subscribers to share our communications with you. In so doing, we all reap the benefits of learning together.*

**From Cheryl:** Sandra, I am trying to find a gluten free bread with no dairy and no fruit and sugar together. Thanks, Cheryl

**Reply from Sandra:** Hello Cheryl, I found a website that carries gluten free products - the brand is Ener-G. The site is [ener-g.com](http://www.ener-g.com). Here is a direct link to their yeast free flax meal loaf:

<http://www.ener-g.com/gluten-free/breads/sliced-breads/yeast-free-flax-meal-loaf.html>.

The ingredients listed in this bread are:

*Filtered Water, Brown Rice Flour, White Rice Flour, High Oleic Safflower Oil, Flax Meal, Leavening (glucono-delta-lactone, sodium bicarbonate, monocalcium phosphate), Methylcellulose, Sodium Carboxymethylcellulose, Orange Citrus Fiber, Salt.* Just by looking at it, I recognize the following food intolerance categories: Grain, Fruit. Potentially, it may have potato.

Another one of their products is Tapioca Loaf Thin Sliced, found on this page:

<http://www.ener-g.com/gluten-free/breads/sliced-breads/tapioca-loaf-thin-sliced.html>

The ingredients listed are: *Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Bamboo Fiber, Yeast, Methylcellulose, Guar Gum, Orange Citrus Fiber, Salt, Calcium Phosphate, Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate). Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic*

*acid and Vitamin D.*

I can guarantee this has Grain, Fruit, Potato. They don't name the yeast they're using, so we can't tell if it is sugar-based or potato-based.

They also have a Brown Rice Loaf, the issue once again being potentially sugar in the yeast.

Here's the issue...I don't recognize a blatant sugar ingredient in any of these products, however...without having our doctors at Windrose Clinic evaluate the product for hidden ingredients, your guess is as good as mine from this point on. The best I can suggest is to buy one of Ener-G's products that you think you'd like and have the Clinic evaluate a sample of it, to be safe. I would suggest the yeast-free product first, eliminating the potential sugar base of the yeast.

The best we can do is to find ingredients to make our own products. Check The Food Resource List for gluten-free flours. I saw a couple listed that evaluated positive for fruit, but free of sugar - Bob's Red Mill and Domata products.

Hope that helps. Let me know what you decide to do and how it works out for you. I'm always in the learning process! In health,  
*Sandra*

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Samples From The Forum:

IMPORTANT NOTICE: At this time, due to work overload and shortage of time, our doctors are not able to answer your questions in the category [Ask the Doctors a Question](#). They request that you refer any medical questions to them, or your personal physician, directly to their clinics, by requesting a consultation appointment. Thank you for your understanding.

Editor's Note: I realize how easy it is to miss our requests. We take full responsibility for that, and are happy to repeat them whenever necessary.

Category: [Food Questions](#)

Thread: [yogurt won't culture](#)

Posted by Clarissa, 5th December, 2011: I have been using the probiotics sold at Windrose [Clinic] to make yogurt using Spokans Family Farms whole milk. I moved out of state and now use fresh milk from a neighbor, and try as I might, the yogurt won't culture! I thought the bacteria might have died and bought new, and it still won't culture! I have always had success before. Is it something to do with raw fresh milk? I still heat the milk to 180 and cool to 108 (or 114) and that should pasteurize it. I can't use commercial yogurt as a starter since I can't have fruit. Any advice?

Posted by Sandra Strom, CEO of Song of Health: Hi Clarissa, I'll look into this for you. Maybe Dr. Tish has answers.

Posted by DR. TISH: Happy Holidays!! I don't recall how to make the yogurt. I don't have the recipe here at home. I wonder if heating the milk is killing the enzymes and the culture won't grow. What or how is the neighbor processing their milk? Are they doing something to it before she gets it?

I think the probiotic is still good because I have a lot of other folks making yogurt with it and they haven't said anything. I will ask around and find out. *Dr. Tish*

Thread: [Tillamook Cheese food test](#)

Posted by Kim Belknap, 4th January, 2012: Thank you for the latest food updates in January. I am wondering if the Tillamook Sharp Cheddar Cheese was the white cheddar that was tested. Thank you, *Kim*

Posted by Sandra Strom, CEO of Song of Health: The ingredients list annatto, added for color. So I believe it is not white, but yellow.

Category: [Specific Food Intolerance Discussions](#)

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

Posted by Sandra Strom, CEO of Song of Health, 14th November, 2011: From Sandra to Dr. Tish: I have a question re dish soap. Most are fruit-based. What do you use, and if it has fruit in it, does it bother you?

Reply from Dr. Tish: I use the Ecover Dish Soap. It seems to wash off the dishes completely and not leave a residue. I have used the hand dish soap and the dishwasher detergent of this brand for years. Yes, I think they both test [positive for] fruit. I use the Chamomile scented hand dish soap instead of the lemon or citrus one.

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 10/11 in The Food Resource List January update:

INGREDIENTS: Carrots, Onions, String Beans, Oat Bran, Soybeans, Zucchini, Peas, Broccoli, Corn, Soy Flakes, Spinach, Expeller Pressed Canola Oil, Red Peppers, Arrowroot, Corn Starch, Garlic, Corn Meal, Salt, Parsley, Black Pepper.

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. ~~~



~ 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. ~

## 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 CALL TO ACTION

***By Sandra Strom, CEO of Song of Health and Doctors Letitia Dick and Caryn Potenza***

Patients of Windrose Naturopathic Clinic in Spokane, Washington received an important letter calling for their immediate action. We are sharing it with you, for a couple reasons. First, we appreciate your active support and help by joining in and sending this important letter to the proper

departments; second, it is important for everyone in the country (and neighboring nations) to understand the seriousness and severity of a movement to once again attempt to crush effective diagnostic techniques utilized by our competent Naturopaths. Signing and sending the

document will only take a few minutes of your time, yet will benefit your life!

Following the doctors' message is the letter they request you print, (or write your own), sign, and send to the listed groups.

As we thank you for your help, remember how you benefit by the untiring work Dr. Tish Dick and her colleagues continue to invest in their fight to sustain the Classical Nature ways against powerful lobbies and vested interests who benefit from defeating Naturopathic medicine.

**This is a reality, a very serious one.**

It's all about our freedom of choice regarding our health – *who we want* to treat us and *what* kind of medicine works for us. Personally, I find it frightening how fragile our rights are regarding our intimate well being.

It truly is either a win-win or lose-lose situation for us and our doctors.

*To All My Relations, Sandra*

Letter from Drs. Letitia Dick  
& Caryn Potenza:

12/19/11

**Action Letter Needed From YOU!**

Dear Patients,

Please let the Department of Health know how you feel about your Naturopathic Doctors' loss in diagnostic techniques because of the citation given upon Windrose Clinic. You can use the form

letter provided or write your own to the addresses listed. **We are hoping to flood the office with letters before February 1st.** The next Washington Naturopathic Board meeting is February 17th. Dr. Caryn Potenza and Dr. Letitia Dick will be attending this meeting to seek a change in ruling on this Lab license issue, or to find a way to still provide the diagnostic care we do in a way that complies with the current law.

Please feel free to include any personal or family experiences you have had at Windrose that would support a case for us to continue providing this care. We want Olympia to understand that you want this care from us, that it has never done any harm to anyone, and it is a vital part of your Naturopathic Medical care.

We ask that you give us a copy of your letter also, so that we may present it personally at the meeting as well.

If you wish to donate to the legal fund to fight this FDA ruling which is superseding our Naturopathic State License, please donate to the non-profit teaching institute which Dr. Letitia Dick is president of: The Carroll Institute of Natural Healing. The Tax ID # is 75-3196778. This is a tax-deductible donation. **The \$ will be spent on legal council to get back the right to practice Naturopathy the way it has been practiced in Washington State for over 80 years.**

In Health,  
*Drs. Letitia Dick and Caryn Potenza*

Dear Board of Naturopathy,

(Date)

As a patient of Windrose Naturopathic Clinic and Drs. Letitia Dick ND; Caryn Potenza ND, I (we) are greatly concerned that our doctors' diagnostic abilities are being taken from them due to a recent citation upon Windrose.

I (we) have been evaluated by the Carroll Food Intolerance Method as well as the Bolen Blood Analysis and have received great health benefits from these Naturopathic diagnostic modalities. These methods have been utilized for over 50 continuous years at Windrose Naturopathic Clinic. There have been zero complaints or injuries from these procedures and they provide a level of care necessary in critical and difficult medical cases that is highly needed.

The Washington State Licensing Law for Naturopathy states:

Naturopathic medicine is the practice of the art and science of the diagnosis, prevention and the treatment of disorders of the body by stimulation or support, or both, of the natural processes of the human body. RCW 18.36A.040. Treatment and practice can include manual manipulation, the prescription, administration, dispensing, and use, of nutrition and food science, physical modalities, minor office procedures, homeopathy, naturopathic medicines, hygiene and immunization, nondrug contraceptive devices, common diagnostic procedures, and suggestion. RCW 18.36A.040. In addition, RCW 18.36A.020 provides the definition of **"Common diagnostic procedures"** which **"means the use of venipuncture consistent with the practice of naturopathic medicine commonly used diagnostic modalities consistent with naturopathic practice,** health history taking, physical examination, radiography, examination of body orifices excluding endoscopy, laboratory medicine, and obtaining samples of human tissues, but excluding incision or excision beyond that which is authorized as a minor office procedure".

If this law is true, why is it that our doctors are now at risk of having their medical licenses' revoked if they perform these diagnostic modalities for me (us)?

The Washington Department of Health Lab License Law should exempt or make a separate distinction regarding Naturopathic diagnosis using a bodily fluid sample, which would allow our doctors to provide the expert level of medical care we are seeking and expect from our Naturopaths as specifically recognized as an approved state diagnostic modality.

Please take the time to consider a revision of the laboratory license in regards to Naturopathy or exempt our Naturopathic doctors from this lab license issue, as they already have the State Statute to provide this care to me (us).

Sincerely,

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**Please send (3) letters, one each to:**

**Board of Naturopathy**

Attention Susan Gragg, Program manager  
PO Box 47852  
Olympia, WA  
98504 – 7852

**Washington Association of Naturopathic Physicians**

Attention Dr. Robert May, Executive Director  
9500 Roosevelt Way NE, Suite 306  
Seattle, Washington 98115  
*office* (206) 547-2130 • *toll free* (877) 788-8882 (WA state only) • *fax* (206) 547-2549 • *email* [info@wanp.org](mailto:info@wanp.org)  
E-mail address is: [executive@wanp.org](mailto:executive@wanp.org)

And a copy for us here at:

**Windrose Naturopathic Clinic**

1137 W. Garland Ave.  
Spokane, WA 99218  
Fax # 327-9813

Thank you to all of our wonderful patients in support of **your rights!**

*Dr. Letitia Dick*

*Dr. Caryn Potenza*

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*"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.

 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@songoofhealth.com](mailto:manager@songoofhealth.com).

~ 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).

Remember to check out the Recipes sections for  
Super Bowl snacks and dishes!

#### MAIN DISHES:

#### SANDY'S EGGPLANT PARMIGIANA

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:** Carrots, Onions, String Beans, Oat Bran, Soybeans, Zucchini, Peas, Broccoli, Corn, Soy Flakes, Spinach, Expeller Pressed Canola Oil, Red Peppers, Arrowroot, Corn Starch, Garlic, Corn Meal, Salt, Parsley, Black Pepper
- ✂ **Potential Hidden Ingredients:** P (salt)
- ✂ **The product was evaluated for:** ALL
- ✂ **The results were:** F,G,P,Sy
- The product is:** Dr Draeger's California Veggie Burgers



- ✂ Hidden ingredients resulted in Fruit (probably citric acid used as a preservative); Potato.

*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*



## **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>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>           |
| <b>M =</b>   | <b>Meat</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 Blackberry, Iphone or other mobile internet device? You can log on to Song of Health.com, The Food Resource List, and look up items while you shop!

## **THE FOOD RESOURCE LIST JANUARY 2012**

The items listed were purchased in the Pacific Northwest unless otherwise noted.

| <b>FOOD EVALUATED</b> | <b>DATE EVALUATED</b> | <b>EVALUATED FOR</b> | <b>RESULTS</b> |
|-----------------------|-----------------------|----------------------|----------------|
|-----------------------|-----------------------|----------------------|----------------|

### **ALCOHOLIC BEVERAGES:**

|                           |       |     |     |
|---------------------------|-------|-----|-----|
| Sky River Mead Honey Wine | 10/11 | ALL | F,H |
|---------------------------|-------|-----|-----|

(Note: trying to verify if this is sweet, semi-dry, or dry)

### **BEANS AND LEGUMES:**

|                                           |       |     |   |
|-------------------------------------------|-------|-----|---|
| Natural Directions Organic Garbanzo Beans | 10/11 | ALL | N |
| Private Selection Organic Tri-Bean Blend  | 10/11 | ALL | N |

### **BREAD:**

|                                                         |       |     |       |
|---------------------------------------------------------|-------|-----|-------|
| Essential Baking Company Organic Demi Baguettes Artisan | 10/11 | ALL | G,P,S |
|---------------------------------------------------------|-------|-----|-------|

| <b>FOOD EVALUATED</b>                                         | <b>DATE EVALUATED</b> | <b>EVALUATED FOR</b> | <b>RESULTS</b> |
|---------------------------------------------------------------|-----------------------|----------------------|----------------|
| <b><u>CEREALS – COLD:</u></b>                                 |                       |                      |                |
| General Mills Honey Nut Cheerios                              | 10/11                 | ALL                  | G,H,P,S,Sf     |
| <b><u>CHEESE:</u></b>                                         |                       |                      |                |
| Tillamook Special Reserve Extra Sharp Cheddar                 | 10/11                 | ALL                  | D,F,Ms,P       |
| <b><u>CHIPS &amp; CRACKERS:</u></b>                           |                       |                      |                |
| Beanitos Pinto Bean & Flax Chips                              | 11/11                 | ALL                  | G,P            |
| Edwards & Sons Organic Brown Rice Snaps                       | 09/11                 | ALL                  | F,G,P          |
| Mrs. Leeper's Organic Rice Vegetable Twists                   | 11/11                 | ALL                  | G,P            |
| Popcorn, Indiana Chip'ins All Natural Popcorn Chips, Sea Salt | 10/11                 | ALL                  | E,F,G,P        |
| <b><u>GRAINS:</u></b>                                         |                       |                      |                |
| Bob's Red Mill Natural Raw Wheat Germ                         | 10/11                 | ALL                  | G              |
| Eden Organic Quinoa                                           | 10/11                 | ALL                  | G              |
| Handy Pantry Organic Red Lentil Sprouting Seeds               | 10/11                 | ALL                  | G              |
| <b><u>HONEY:</u></b>                                          |                       |                      |                |
| Tuckerbee's Honey (Midwest)                                   | 10/11                 | ALL                  | H              |
| <b><u>JUICES AND DRINKS:</u></b>                              |                       |                      |                |
| Coconut Secret Raw Coconut Nectar                             | 10/11                 | ALL                  | F              |
| Jarrow Formulas Pomegranate 4X Juice Concentrate              | 10/11                 | ALL                  | F              |
| <b><u>OILS:</u></b>                                           |                       |                      |                |
| Spectrum Naturals Organic Flax Original Formula               | 09/11                 | ALL                  | G              |
| Spectrum Naturals Organic Safflower High Heat                 | 10/11                 | ALL                  | N              |

| <b>FOOD EVALUATED</b>                                           | <b>DATE EVALUATED</b> | <b>EVALUATED FOR</b> | <b>RESULTS</b> |
|-----------------------------------------------------------------|-----------------------|----------------------|----------------|
| <b><u>PICKLES:</u></b>                                          |                       |                      |                |
| Trader Joe's Organic Kosher Sandwich Pickles                    | 10/11                 | ALL                  | F,G,M,P        |
| <b><u>PREPARED FOODS AND MIXES:</u></b>                         |                       |                      |                |
| Dr Draeger's California Veggie Burgers                          | 10/11                 | ALL                  | F,G,P,Sy       |
| <b><u>SEASONINGS AND SPICES:</u></b>                            |                       |                      |                |
| The Spice Hunter Ground Cinnamon 100% Organic                   | 10/11                 | ALL                  | F              |
| <b><u>SEEDS:</u></b>                                            |                       |                      |                |
| Azure Farm Organic Golden Flax Seeds                            | 09/11                 | ALL                  | G              |
| <b><u>VEGETABLES, LEGUMES, MELONS AND MUSHROOMS:</u></b>        |                       |                      |                |
| Earthbound Farms Organic Mini Peeled Carrots (bought at Costco) | 10/11                 | ALL                  | F              |
| <b><u>VINEGAR:</u></b>                                          |                       |                      |                |
| Hain Apple Cider Raw Unpasteurized                              | 10/11                 | ALL                  | F              |



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

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