



DRAGONFLY NEWS

The Official Newsletter of *Song of Health.com*

JANUARY 2015



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

Think coco-sha™ for Valentines Day!

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

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

IN THIS ISSUE

✦ WEBSITE CHANGES AND
NOTICES

✦ SUBSCRIBERS SPOTLIGHT:

✦ FOOD LABEL QUIZ

✦ SOAP CORNER:

✦ ENVIRONMENTAL UPDATES FROM
THE U.S. EPA

✦ SHARING EXPERIENCES:

See below

Stories, Comments, Questions Asked and Answered

Can You Guess The Food Categories of
Ingredients Listed on This Label?

News & Updates

No article this month

"The Unsuspecting Food Intolerance in GMO Foods"

By Sandra Strom

✧ RECIPES:

✧ FOOD RESOURCE UPDATE:

MAIN DISHES: CHICKEN BREASTS POACHED IN ROSEMARY AND LEMON VERBENA BROTH (NO FRUIT)
JANUARY 2015

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



and work together to reach as many people as possible in order to educate and help in understanding the importance of avoiding personal food intolerances, applying Classical Naturopathic methods of healing, and naturally restoring the body to health.
We invite everyone to contact us with any questions you may have at manager@songofhealth.com.

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WEBSITE CHANGES AND NOTICES

✧ **FOOD CATEGORIES SECTION: Additions have been made to the following Food Intolerance Categories:**

Egg: Some cottage cheese products contain an enzyme(s) derived from Egg.

Seafood: Beware of non-organic, GMO tomato products. They most likely contain seafood.

✧ **SHIPPING CHARGES FOR SOAP:** Due to an increase in USPS shipping costs, a few of our shipping charges have been minimally increased to meet these new costs.

✧ **RECIPES SECTION:** The recipe [YUCA AND CABBAGE WITH TUNA](#) was incorrectly misspelled. This is the correct spelling; the recipe on the website has been changed.



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



MEMBERS' SPOTLIGHT

STORIES, COMMENTS AND QUESTIONS

What information would you like to have in your newsletter?

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

Share your story with others.

MEMBERS, 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.

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

The more we give away...

The more we receive!

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



QUESTIONS ASKED AND ANSWERED:

EMAIL CORRESPONDENCE:

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

Correspondence are emails received from outside our membership; however, we feel it is pertinent information to share with you.

From Lenore, Dec. 19th, 2014: Do naturopaths believe in colonoscopies?

Reply from Sandra: I believe it depends on the Naturopath. I think it also depends on age and condition of patient. You need to ask your doctor about that. In health, *Sandra*

From Lenore, Dec. 29th, 2014: Do you think I could use ghee instead of oil in the corn bread? I can't use large amounts of oil and they go rancid. Thank you and much love your way. *Lenore*

Reply from Sandra: Ghee is butter (D) that has been totally clarified and cooked down. You want to make sure the brand is safe for you. In The Food Resource List, Purity Farms Organic Ghee, Clarified was evaluated in 06/12 and was just Dairy. You might want to try it and see how you do.

I use Napa Valley Organic Safflower oil a lot. It is "neutral", healthful, and costs less than a lot of other oils. Plus, it doesn't impart a flavor of its own into anything. I use it for frying as well as baking. I find it to be a good all-around "guilt-free" oil! You can purchase it in quart bottles. It lasts a long time. I keep it in the cupboard, but if you're worried about it going rancid (never has for me but I go through it pretty quickly) then you can keep it in the refrigerator. Hope that helps. Have a very good New Year. In health, *Sandra*

From Lenore, Jan. 5th, 2015: Hi Sandra, I'm having fun with my new life! I've been told that cucumber, Persian, is a fruit?

Reply from Sandra: Hello Lenore, so glad to hear you're finding joy in getting healthier! It is fun, isn't it?

Cucumbers are not fruit for our purposes. They are in the VINES food intolerance grouping. I'm not familiar with "Persian" kind. I will ask Dr. Tish if she has heard of it.

Hello Lenore, I'm following up on your question about Persian cucumbers. I looked up to see if it is a member of the cucumber family or if the name is deceiving. It is, in fact, a cucumber, which is a vining plant. You are safe to have it. As with all foods, I recommend eating organic, to be sure it isn't treated with something that could contaminate it. In health, *Sandra*

Reply from Dr. Tish: Persian cucumber is a cucumber and is part of the "VINE" grouping of intolerances.

Lenore: Are sesame seeds considered a grain? I'm getting different answers on the Internet. In addition to the sesame inquiry, I'd like to know if Trader Joe's or Navidad brand Chia is OK to eat.

Also, my hair feels oily and straw like after I use the carrot soap. The nettle tea, softer rinsing through, does not seem to help. Any suggestions? Thanks.

Sandra:

1) Dr. Zeff evaluated Head n Shoulders a number of years ago; his wife is fruit intolerant and that shampoo resulted free of fruit. You might try a dab of it along with the carrot soap and see how that works for you. Be sure to use the nettle rinse or other herb rinse that works for you.

2) Sesame seed is listed in Food Categories under Grain. It is a grain.

3) I only have the same info you have regarding specific products, so if they are not listed as having been evaluated I cannot know. There are a number of chia products listed that you can have. Hopefully you find them located near you. Hope that helps.

From Elizabeth, Jan. 9th: Dear Sandra, the attached letter is from Dr. Green. Please review and send me your advice on a diet. Thank You, *Elizabeth* <Dr. Green Letter.pdf>

*Editor's Note: I'm not printing the letter; it does indicate the following food intolerances, which is what we are addressing here: **Egg, Seafood, Grain/Sugar combination.***

Sandra: Hello Elizabeth, this will take some time, which includes asking you some specific questions. I will do my best to help you as soon as possible. First, I'm not clear what you want me to focus on for you. I need to know what you like to eat and what your daily meals generally consist of. This will give me some direction of understanding where we can start from. So, if you would think about this, and also what you've been eating often that you are now required to omit from your diet, then email me this information, this will be a great help and start! In health, *Sandra*

Elizabeth: Sandra, I guess my main concern is what foods to avoid or

substitute. I was a huge fish eater, basically my main diet. I am not a vegetarian, so I've been eating chicken and steak mainly, since the diagnosis included trying to avoid tomatoes. I'm a little confused about the sugar and grain thing. I am 64 years old, have always tried to eat fairly healthy; not any junk foods.

Editor's Note: In his letter, Dr. Green indicated that commercial tomatoes may contain Seafood, due to additives during the growing process. See below for Dr. Tish's explanation.

Sandra: Elizabeth, it sounds as though you have the *Seafood intolerance* pretty much in hand, other than non-organic tomato products being an issue. To be honest, reading Doctor Green's letter is the first time I've heard of seafood in tomato agriculture. I have emailed this to our Dr. Tish to get her feedback and determine if we need to add it on to our Food Categories Seafood List on the Song of Health (SOH) website. For your benefit, you can have organic fresh and organic canned tomatoes.

If you are logged in to SOH, please click on the link [Food Categories](#), which takes you to the Directory page for the food category lists of each food intolerance. Or you can click on this link:

<http://www.songofhealth.com/subscribers/foodcategories/foodindex.html> which will take you to the page if you are logged in. There, you will find a list of all the food intolerance categories. I highly recommend you click on each page of your food intolerances: Egg, Seafood, Grain, Sugar. Print out the pages for your convenience to study and refer to, getting familiar with everything. I know this sounds like a lot to take in, but after a while, knowing what to avoid will become second nature to you.

You didn't mention having an issue with the *Egg* intolerance, so I'll bypass this for now unless you need further assistance with it.

Grain/Sugar combination: The combinations are usually the most difficult to understand, yet they are common. Yours is 4 hours. This means that you can have both grain or sugar, but you cannot have them both within a 4 hour period of each other. Your body has the enzymes to digest both of these; however, when combined your body cannot produce the enzymes to break down the foods to

digest. The result is mal-digestion and a host of symptoms and ailments that can follow. Some people choose to have a "*grain*" day and not have sugar, etc. to make it easier for them. I personally count the hours. Mine is fruit/sugar within 6 hours. I do not keep sugar in the house; I use raw honey (local whenever available), organic pure maple syrup (not the sugary stuff for pancakes) or raw organic agave syrup. You can have any of these.

I suggest getting used to the following sections on the website to help avoid, and then adapt your diet. You can click on the links and go directly to the pages:

- 1) **[Food Categories](#)** section: Study the pages pertaining to you.
- 2) **[The Food Resource List](#)**: This is your shopping guide. Foods and products that have been evaluated by Windrose Clinic for hidden ingredients are listed. This will help you to best choose what you can have. Remember, it is not foolproof, as companies often change ingredients for numerous reasons. It is a great start though. (I follow it closely, as I am potato intolerant and this is one of the most hidden ingredients in food.) The FDA doesn't require companies to list ingredients if their amounts are under a required percentage. Our bodies will still react to them, no matter how minute.
- 3) **[The Food Substitutions List](#)**: I think you'll find this an easy list to follow for learning how to substitute and adapt your cooking and baking to meet your needs. For instance, if you'll scroll down the list, you'll find a number of substitutes for *Egg*. The substitutes are also categorized for their food intolerance categories. This is a great aid for baking!
- 4) **[Recipes](#)**: This is the cookbook section ~ *The Food Intolerance Cookbook*. All the ingredients in the recipes are coded for their basic food intolerance categories. Hopefully, you'll find many options in this section to add to your cooking and baking repertoire. After a while, you'll find it fairly easy to substitute what is needed. Most of the recipes do not contain "Sugar" so you'll be safe there.

Boneless skinned chicken can be substituted for many seafood recipes. I guess I will need to focus on more chicken recipes for those of you who eat meat. I don't, so you'll notice that I have included some meat recipes but not nearly as much as vegetarian or seafood. You can always add meat to vegetarian dishes if you wish.

Be sure to include fresh vegetables in your diet. For pasta, Tinkyada organic rice pastas are great choices, as they have all been evaluated to be grain only. You can find them in most natural food stores.

Are there any questions you have on specific foods or recipes? Of course, you are welcome to email me at any time with questions and I will get back to you as soon as I'm able.

I hope this information helps you to get started. I know there's a lot on the website to wade through; I'm happy to help guide you. I look forward to hearing from you.

Elizabeth: Thank you for your feedback; it helped explain a few things for me.

From Sandra to Dr. Tish, Jan 10th: One of our supporting physicians diagnosed a patient/SOH Member for Egg, Seafood and Grain/Sugar combo. He furnished information on a couple items that are not on our list. Please verify if we need to change these on our Food Categories Lists:

- 1) Not all corn syrups contain Sugar.
- 2) Some commercial tomato products now contain Seafood.
- 3) Some cottage cheeses contain Egg.

Reply from Dr. Tish:

- 1) I have found an organic corn syrup which is only corn and not a sugar...so this is true.
- 2) I also just saw at Trader Joe's a [cottage] cheese that has an enzyme listed as containing **egg**....so we do need to watch for this.
- 3) I don't know about tomato products and **seafood**.... but it could be the Flavor Savr (GMO) tomato issue when they put fish flounder DNA into the tomato. This was the first patented GMO organism and has been around many years now.

I don't know how you would put it on your list because these products test bad and won't sort out "ok" for people. But perhaps you can add it into the warning about reading labels.

This is why I push for non-GMO foods that are properly labelled, or don't eat them!

Editor's Note: See "Sharing Experiences" for more info on this subject.

From Lenore, Jan. 12th: Trader Joe's just started carrying organic raw almonds from Spain. I bought them anyway. I can't

worry so much anymore. It's driving me a little crazy. They are from Spain and are heavenly!

Also, using Longevity Warehouse Organic Raw Chocolate Cacao Powder. They are usually very pure. Do you know David Wolfe? That's where he sells all of the products. I trust his products are pure.

Any ideas where to purchase a pure shatavari powder?

Sandra: Good morning Lenore, I understand how overwhelmed you must be feeling. I would suggest taking it a step at a time; in other words, try the almonds from Spain. If you feel ok afterward, and it makes you happy to have them for now, then enjoy them and concentrate on what you know you need to avoid at this point. It's a continuing process and progress. We want to get well and stay well so we can live happy and extended lives. It's our choice how we plan to accomplish this. No sense beating ourselves up when we have "slips." Personally, when I get into a food intolerance and consequently feel lousy, I choose not to abuse myself with that food again. I really hate feeling sick! I also know that it takes time for our bodies to get well. The cleaner our systems from toxins, the better the body can get the job done.

I think David Wolfe is a "nutrition guru?" For our purposes, without evaluating the product, we have no idea what could be hidden in it. No fault to him or others; they are not on the same page as we are when it comes to The Carroll Food Intolerance Methods. How grand it would be if everyone got it!

If the cacao powder you like is something you have often, I would highly suggest sending a sample to Windrose Clinic to be evaluated. I know I sound like a broken record, my answers always going back to the same thing. This is the only way to be sure, though. Anything else is just pulling guesses out of the air!

Amazon sells shatavari powder, as do other places that can be found on line. Just a reminder, it is a medicine and should be treated as such. We always stress conferring with your physician before taking any medicinal remedies.

Dr. Tish forwarded the following email she received from one of our supporting Naturopathic physicians,

January 21st: Message to BRM (Bob's Red Mill):

When are you going to stop manufacturing your cereals and flours on shared machines with soy? Do you have any idea how much you are contributing, albeit unknowingly, to diseases in this country? 95% plus of all soy is GMO which means it was sprayed heavily with Roundup, which causes all kinds of diseases, especially cancer. Stop, just Stop. Do the right thing. Be the example other companies should follow. I'm telling all of my patients to stay away from your products.

Dr. Tish, an email I received from Bob's Red Mill in response to mine.

Hello D,

This Company has had a commitment to purchase only non-GMO products for over 10 years and this still hasn't changed. Though it is not on our bag yet, we have recently enrolled in the NON-GMO Project and you can find the details of this in the link provided below. We have over 400 products and our bags will be updated to reflect this in time.
<http://blog.bobsredmill.com/featured-articles/update-our-non-gmo-policy/>
We are a peanut & egg free facility. We have 2 segregated milling & packaging rooms; one is a dedicated gluten free facility and the other is our conventional facility. Nothing ever enters our Gluten Free Facility without having been tested to be free of gluten; so if you don't see the GF symbol on the front of the package (red circle around wheat with a slash mark through it), then the product was packaged in our conventional facility. Our Conventional Facility processes almonds, cashews, hazelnuts, pecans, walnuts, soy, wheat, corn and milk. Our Gluten Free Facility processes almonds, hazelnuts, soy, and corn. We clean our machinery thoroughly with high pressure air and vacuums between each change in product, as well discard the first 15-25lbs before retail packaging begins. Despite these precautions, we are unable to guarantee that cross-contact has not occurred because of air borne and proximity issues. Our products do run on shared production lines and we only test for Gluten absence in our Gluten Free Facility. Please feel free to contact me if you have any more questions and have a wonderful day.

Ben Griswold

Customer Service

Bobs Red Mill Natural Foods

www.bobsredmill.com

OTHER COMMUNICATION

I thought you might find this interesting, as I did! Sandra

From Migratory Dragonfly

Partnership: A View Through the Eye of a Dragonfly

Vision is an integral part of the lives of many animals, and insects are no exception. Although insects may often be seen as "simple" creatures, many possess sophisticated vision that helps them orient their bodies, carry out complex navigational moves, locate and capture food, find mates, and avoid predators. Despite the superior acuity of the human eye, our own visual system would not suit the needs of a butterfly, dragonfly, or bumble bee. What these and many other insects have instead is a pair of multifaceted compound eyes, which can detect the wavelengths of the visible spectrum of light as well as ultraviolet light. Each compound eye is composed of individual structures called ommatidia, which create the characteristic "facets" of the insect eye. Each ommatidium contains a light-focusing lens, light-sensitive visual cells, and pigment cells that help keep each ommatidium separate from its neighbors. Insects also have up to three small simple eyes, called ocelli that detect light and shadow.

The compound eyes of different insects can have different numbers of ommatidia, ranging from a single ommatidium per eye in some ants, lice, and fleas, to more than 30,000 ommatidia per eye in some dragonflies. Differences in compound eye complexity and sensitivity help insects make a living within their specific environment. Bees can be attracted to yellow and red flowers by the pattern of ultraviolet light that the flowers reflect, for example, and some species of butterflies have UV-reflecting scales on their wings that aid in mate recognition. Increasing numbers of ommatidia provide corresponding increases in depth perception, detection of movement, and visual acuity. Fast-flying and predatory insects generally have more ommatidia, and so it comes as no surprise that dragonflies, the fastest-flying predators of them all, are at the top when it comes to their numbers of ommatidia.

With about 30,000 ommatidia each (one actual count of a Common Green Darner eye found 29,247), a dragonfly's compound eyes are so massive they cover almost the entire head. Each ommatidium points in a

slightly different direction; together, these miniature lenses create a mosaic image formed from smaller, partially overlapping images. As hunters of other speedy insects, dragonflies' enormous multifaceted eyes work in concert with coordinated wing and neuronal actions to allow them to determine distance, direction of movement, and speed of their prey to make a quick meal in flight. Their big bulging eyes also give dragonflies an almost 360 degree field of vision, allowing them to see in every direction except directly behind their heads—a good approach for the eager dragonflyer to remember!

If you look closely at a dragonfly's eyes, you may see dark bands or spots. These aren't just reflections of the light—they are "acute zones" formed by clusters or bands of larger ommatidia that provide better detection of movement. The centers of these acute zones are visible as striking dark spots, also called pseudopupils. The position of these acute zones differs in different dragonflies, based on their foraging behavior and habitat type. These differences allow a dragonfly in a forest to discern the horizon above the line of tall trees, or to perceive a small moving prey item against the backdrop of a bright sky.

We know that dragonflies' spectacular eyes enable them to detect and capture prey with great efficiency, but do they also play a role in their long-distance migration? Does their excellent vision help dragonflies hug the coastlines of the Atlantic and Pacific Oceans, follow the shorelines of the Great Lakes, track visual landmarks such as the horizon and mountain ranges, and detect suitable habitat to feed or perch for the night? It has been noted that some of the large migratory dragonflies, such as North America's most famous migrant, the Common Green Darner (*Anax junius*), have impressive high-resolution acute zones comprised of a band of enlarged ommatidia that encircle the top of the eye, allowing them to take advantage of a greater amount of light coming from the sky above in order to catch fast moving prey as they are flying to their next destination. So the next time you are face to face with a dragonfly, gaze deeply into its eyes and ponder the beautiful complexity of vision in these "simple" insects.

From Food & Water Watch, Jan. 14th:
Don't Let Corporations Take Away Your
Right to Know What You're Eating

[Tell Congress to Reject Monsanto's Dream Bill: The DARK Act!](#)

Over 90% of Americans Want GMOs Labeled
Let_Me_Decide_KK.png
Congress Needs to Protect Our Right to Know!

Dear Sandra, it's 2015, and the new Republican-controlled Congress is now in session. Conservative legislators have already begun tackling their priority issues, and it's only a matter of time before what's known as the Deny Americans the Right to Know (or DARK) Act is re-introduced. If passed and signed into law, this act would overturn state laws that require the labeling of genetically engineered (GMO) foods.

[Tell Congress to protect GMO labeling, not corporate secrets!](#)

Over 90% of Americans support the labeling of GMOs, a rare consensus that crosses all party lines. We have a right to know what's in the food we eat — and a right to make informed choices about what we feed ourselves and our families.

[Elected officials should stand with their constituents, instead of corporations.](#)

State after state has introduced measures that would require GMO labeling, with some passing outright and others, notably in Oregon, coming within a stone's throw of success. It's just a matter of time before more states pass labeling laws, which is why the Grocery Manufacturers Association, representing corporations like Monsanto, Nestlé and Dow, hopes its allies in Congress will pass some version of the DARK Act and take away states' rights to determine whether genetically engineered ingredients need to be disclosed on labels.

"Let the market decide" has long been a rallying point for politicians favoring limited regulation of corporations, so maybe it's time to tell those members of Congress that the market has spoken, and it wants labels.

[Ask your members of Congress to listen to the overwhelming majority of Americans and reject the DARK Act.](#)

At the end of the day, it all comes down to who gets to decide what you are eating. Shouldn't that person be you?

Thanks for taking action,
Amanda Byrnes
Online Campaign Organizer
Food & Water Watch
act(at)fwwatch(dot)org

~~~~~

**THE FORUM:**

**Editor's Note:** Be sure to take advantage of this wonderful opportunity to *share with your fellow Members (Subscribers)!* Also, *ask the SOH staff questions, leave your*

*comments and suggestions. All is appreciated.*

**MAKE YOUR VOICE HEARD!**



**FOOD LABEL QUIZ**

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

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

**INGREDIENTS:** Organic wheat flour, organic palm oil, organic dried cane syrup, organic malt extract, organic invert syrup, salt, ammonium bicarbonate, sodium bicarbonate, monocalcium phosphate, natural enzymes.

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. ~~~~



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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.

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information and/or to place your order, please email me at manager@songofhealth.com. Tell me which *coco-sha*™ soap you want, or if you prefer to have your own custom made. You will be emailed an invoice from which to pay. Expect curing time of at least 4 weeks from time of order. **It's that easy!**

SOAP NEWS AND UPDATES:


Order Now For Your Special Valentine!


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

Delicious!

~ Beautiful choices
sure to please ~



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

Perfect for Him!

*A Wonderfully spicy scent
Contains Green Clay for "slip"*

~~~~~

✈ **NOTICE OF CHANGE IN SOME SHIPPING CHARGES:** The post office has increased some shipping costs. Consequently, you will see a few of our charges have been minimally reflected to meet our costs.



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**We are dedicated to preserving the environment to the best of our ability.**

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~ 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:**

No article 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*.

### **The Unsuspecting Food Intolerance in GMO Foods**

*By Sandra Strom, CEO of Song of Health*

The following information, also discussed in this month's *Email Correspondence* section, was furnished to a fellow SOH Member from her Naturopath when her food intolerances were identified, which includes Seafood:

*"By fish I mean any fish or shell fish, or any foods or supplements that contain fish products or fish oils, including sushi, caviar, fish oil supplements, anchovies, and some tomato products. Recently, some commercial tomatoes have been genetically altered with a[n] added fish gene to increase their frost resistance. Fish intolerant people will react to these tomatoes as if they are eating fish. Eat only organic, natural tomatoes, and avoid commercial tomatoes or tomato products, sauces, ketchup, etc."*

I forwarded the information to Dr. Tish for her input, in which she responded:

*"I don't know about tomato products and seafood.... but it could be the Flavor Savr (GMO) tomato issue, when they put fish flounder DNA into the tomato. This was the first patented GMO [genetically modified organism] and has been around many years now."*

*Flavr Savr* is a seafood derived enzyme which was produced by the company Calgene (later purchased by Monsanto); its purpose was to alter the DNA of tomatoes, genetically modifying them. This affected the maturing process of the tomato by inhibiting degradation of pectin in the cell walls, which causes softening of the fruit. This would allow the tomato to ripen on the vine and still be easy to

handle while presenting a desired product to store shelf. *Flavr Savr* disappointed researchers, though. Shelf life met expectations, but the tomato's firmness did not, so they had to be harvested conventionally after all. The *Flavr Savr* tomato was recorded as being sold from 1994 through 1997 and then discontinued. This tomato was the first commercially grown genetically engineered food to be granted a license for human consumption by the U.S. FDA.<sup>1</sup> Other consequent genetically altered products have flooded the consumer market.

Certain environmental factors such as frost, drought, and increased salinity will limit the growth of tomatoes. Cited in [Wikipedia.org](http://Wikipedia.org), there are supposedly no GMO stress tolerant plants being currently cultivated for commercial use, though "transgenic genes" are being injected to alter the DNA of plants' offspring. *"An early tomato was developed that contained an antifreeze gene (afa3) from the winter flounder with the aim of increasing the tomato's tolerance to frost, which became an icon in the early years of the debate over genetically modified foods, especially in relation to the perceived ethical dilemma of combining genes from different species as the tomato gained the moniker fish tomato...The antifreeze protein was found to inhibit ice recrystallization in the flounder blood, but had no effect when expressed in transgenic tobacco...The resulting tomato was never commercialized, possibly because the transgenic plant did not perform well in its frost-tolerance or other agronomic characteristics."*<sup>2</sup>

An article by the University of Florida IFAS Extension, asks the question, "Are There Health Concerns About GM Foods?"

"One issue that is brought up from time to time is the potential for GM foods to cause allergic reactions. Food allergens are specific proteins naturally found in products such as milk, eggs, wheat, fish, tree nuts, peanuts, soybeans, and shellfish—these products are responsible for 90 percent of food-related allergies (FDA 2009). The fear is that if a protein from one of these food types were to be incorporated into a food where it is not normally found, people who are allergic to these substances could unknowingly consume them and suffer an allergic reaction. The approval process currently in place is designed [to] prevent such a scenario by requiring each producer of a GM product to present scientific evidence that they have not incorporated any allergenic substance into their product. If this evidence cannot be produced, the FDA requires a label to be put on the product to alert consumers. To date, there has been no documented allergic reaction associated with GM food (Lehrer and Bannon 2005)." <sup>1</sup>

Here, they refer to "allergens"; we also apply this to food intolerances. Recognize common categories? Dairy, Eggs, Grain, Seafood, and Soy are the obvious ones cited. Do you believe that all companies follow the FDA requirements for labeling of such additives, as stated above? I have my skepticisms!

### **Here's where it gets even stickier for you and me:**

"The FDA stated that special labeling for these modified tomatoes was not necessary because they have the essential characteristics of non-modified tomatoes. Specifically, there was no evidence for health risks, and the nutritional content was unchanged." <sup>1</sup>

Whether we choose to believe that or not, the more important point is that there is no requirement for a company to label such modified food, which means we are kept in the

dark regarding what foreign derivatives are in an unsuspecting product, i.e., seafood in tomatoes!

The issue of whether, and how, to avoid GMO products will continue as long as they are available. There seems to be no end to them in sight, as the companies producing GMO enzymes and agricultural products using them have been given the green light from the U.S. federal administration to already produce several just since the beginning of this year.

Even closer to home for us, what the enzymes used to alter the DNA of plants are derived from, becomes a specific issue as they may be derived from our food intolerance. Are they labeled as such? They're supposed to be! Yet, loopholes are discovered in the labeling of our foods all the time.

With the information at hand, and what we can't get our hands on about modifications presenting in the science lab with our foods, it makes prudent sense to **eat organically produced foods**. It has become a difficulty for organic farmers to protect their crops from foreign GMO pollens and seeds disrupting their purity, yet it is obviously the best chance we have for consuming non-questionable foods and avoiding potential long-term hazards of altered products, as well as the issue of avoiding unsuspecting food intolerances.

I urge you to also be aware of your state's laws governing the labeling of foods, which has been brought to a vote in numerous states, often to be squelched by big money advertising and promotion. How we spend our consumer dollars ultimately creates the greatest effect on suppliers.

To All My Relations, *Sandra*

<sup>1</sup> <http://edis.ifas.ufl.edu/fs084> and [http://en.wikipedia.org/wiki/Genetically\\_modified\\_tomato](http://en.wikipedia.org/wiki/Genetically_modified_tomato)

<sup>2</sup>

[http://en.wikipedia.org/wiki/Genetically\\_modified\\_tomato](http://en.wikipedia.org/wiki/Genetically_modified_tomato)

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

## NEW RECIPES

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

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

- ~ REMEMBER TO EAT ORGANICALLY GROWN, LOCAL FOODS WHENEVER POSSIBLE.
- ~ We recommend you use Celtic sea salt, which is Neutral and pure...and delicious!

✈ REFER TO THE [FOOD SUBSTITUTIONS LIST](#) FOR ALTERNATIVES AND THE [FOOD RESOURCE LIST](#) FOR HIDDEN INGREDIENTS.

### ✈ [LIST OF NEW RECIPES](#) ✈

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

*I have received several requests for "Meat" recipes, especially for our Seafood intolerants. The following is easy to make, and healthy. Vary the herbs and other ingredients, or add vegetables to your desire. Adding diced or sliced carrots to the broth imparts a sweet flavor and add nutritious value.*

✈ MAIN DISHES: [CHICKEN BREASTS POACHED IN ROSEMARY AND LEMON VERBENA BROTH \(NO FRUIT\)](#)

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

**Is there a recipe you would like to have, or need help adapting? I'm happy to help!**  
Contact me at [manager@songofhealth.com](mailto:manager@songofhealth.com).

### ✈ [ANSWERS TO THE FOOD LABEL QUIZ:](#) ✈

- ✈ Listed Ingredients: Organic wheat flour, organic palm oil, organic dried cane syrup, organic malt extract, organic invert syrup, salt, ammonium bicarbonate, sodium bicarbonate, monocalcium phosphate, natural enzymes.
- ✈ Potential Hidden Ingredients: **Ms, P** (Sodium bicarbonate, Salt), **Sy** (Natural enzymes)
- ✈ Obvious Ingredients: **F** (Palm oil), **G,S**
- ✈ The product was evaluated for: ALL
- ✈ The results were: **F,G,Ms,P,S,Sy**
- ✈ The product is: Field Day Organic Golden Round Crackers
- ✈ Hidden ingredients are: **Ms,P,Sy**



*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:** Showcasing unique and extraordinary features of natural homemade soaps, **GMB (GOOD MORNING BOYS!) Soap and Shaving Bar** is a beautiful example of "soap making its own artistic creations!"



## 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 “**Region**”, if the product was purchased outside the Pacific Northwest area, the region will be noted. Sometimes, I will be able to locate a place to purchase a product for you, if requested.

**If you have any questions, please contact us at: [manager@songofhealth.com](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](http://SongofHealth.com), The Food Resource List, and look up items while you shop!

## THE FOOD RESOURCE LIST

JANUARY 2015

**NOTE:** The RESULTS column will show the "basic" food intolerance categories: Cactus, Dairy, Egg, Fruit, Grain, Honey, Meat, Potato, Sugar, Seafood, and Soy. Be aware that the less common categories are not shown.

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

<u>FOOD EVALUATED</u>	<u>DATE EVALUATED</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>REGION</u>
<b>ALCOHOLIC BEVERAGES:</b>				
Samuel Smith Pure Brewed Organic Lager	11/14	ALL	G,P,S	
<b>BAKING SUPPLIES:</b>				
Let's Do Organic...Organic Cornstarch	12/14	ALL	G,P	
<b>BEANS &amp; LEGUMES:</b>				
Simple Truth Organic Dark Red Kidney Beans	11/14	ALL	N	
Simple Truth Organic Garbanzo Beans	11/14	ALL	N	
Simple Truth Organic Tri-Bean Blend	11/14	ALL	N	
<b>BREAD:</b>				
Dave's Killer Bread Blues Bread Organic With Blue Cornmeal Crust	01/15	ALL	G,P,S	
Dave's Killer Bread Rockin' Rye Organic	01/15	ALL	G,P,S	
<b>BUTTER:</b>				
Trader Joe's Organic Unsalted	01/15	ALL	D	
<b>CANDY &amp; GUM:</b>				
ICE CHIPS® Cinnamon Xylitol Mints	12/14	ALL	ALL	
Reed's Ginger Candy Chews	12/14	ALL	G,S	
SparX® Xylitol Candy Berry	12/14	ALL	ALL	
SparX® Xylitol Candy Citrus	12/14	ALL	ALL	
SparX® Xylitol Candy Fruit	12/14	ALL	ALL	
SparX® Xylitol Candy Berry	12/14	ALL	ALL	
Spry Sugar Free Cinnamon Gum	12/14	ALL	D,E,F,H,M,Ms,P,Sy	

<u>FOOD EVALUATED</u>	<u>DATE EVALUATED</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>REGION</u>
<b>CHEESE:</b>				
Sierra Nevada Cheese Company Organic Raw Milk White Cheddar	12/14	ALL	D	
<b>CHIPS AND CRACKERS:</b>				
Nabisco, Rice Thins, White Rice Original, Thin Rice Snacks, Gluten Free	11/14	ALL	G,P (M,Ms?)	
Snyder's of Hanover Old Fashioned Pretzel Rods	11/14	ALL	E,G,M,Ms,P,S	
<b>CHOCOLATE AND COCOA:</b>				
Flying Bird Botanicals Cacao Vanilla Orange Organic Drinking Chocolates	12/14	ALL	F,P	
Nestlé® Toll House Cacao	12/14	ALL	F,Sy	
<b>COFFEE &amp; ALTERNATIVES:</b>				
Green Mountain Coffee Breakfast Blend K-Cup	11/14	ALL	G	
Green Mountain Coffee Organic House Blend, Ground	12/14	ALL	F,Sy	
Javatopia Organic Coffee French Roast	12/14	ALL	F	
San Francisco Bay Coffee Organic Rainforest Blend, Whole Beans	12/14	ALL	F	
<b>CONDIMENTS:</b>				
Follow Your Heart Vegenaïse Soy-Free	11/14	ALL	F,G	
<b>COOKIES AND TREATS:</b>				
RiseBar Rise Protein Bar Crunchy Carob Chip	11/14	ALL	D,G	
<b>EGGS:</b>				
Huckleberry's Organic Brown, Free Roaming Large	11/14	ALL	E	
Kirkland Signature (Costco) Organic Eggs, Large Grade AA	12/14	ALL	E,F,Sy	
Organic Valley Organic Brown Large	01/15	ALL	E	
Simple Truth Natural Cage Free Omega-3 Large Brown Grade A	01/15	ALL	E,Sy	

<u>FOOD EVALUATED</u>	<u>DATE EVALUATED</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>REGION</u>
<b>EGGS (CONT.):</b>				
Simple Truth Organic				
Large Brown	12/14	ALL	E,F	
Western Family Grade AA Large	12/14	ALL	E	
Wilcox Family Farms Organic				
Brown	01/15	ALL	E,F	
<b>GRAINS:</b>				
Huckleberry's (Bulk) Yellow				
Popcorn	12/14	ALL	G	
Trader Joe's Brown Jasmine Rice	12/14	ALL	G	
<b>MAPLE SYRUP AND SUGAR:</b>				
Coombs Family Farms Organic				
Pure Maple Sugar	11/14	ALL	F	
<b>MEATS &amp; MEAT BOUILLON:</b>				
Winco All Natural Chicken	12/14	ALL	M,Ms	
<b>MILK AND CREAM:</b>				
Darigold Whipping Cream,				
Ultra-Pasteurized	12/14	ALL	D,F,Sf	
Organic Valley 100% Whole Milk				
Ultra-Pasteurized	01/15	ALL	D,F,Sf	
Rose Hill Dairy Raw Whole				
Cow's Milk	12/14	ALL	D	
Spokane's Family Farm				
Whole Milk	01/15	ALL	D,P	
Springs of Hope Ranch Whole				
Raw Milk From Grass Fed Cows	12/14	ALL	D,F	
<b>MISCELLANEOUS:</b>				
Connoisseur Rockline Basket				
Coffee Filters	11/14	ALL	ALL	
<b>NUTS:</b>				
Kirkland Signature (Costco)				
Walnut Halves & Pieces	12/14	ALL	F,Sy	
<b>OILS:</b>				
A&M Gourmet Foods Pure				
Sunflower	12/14	ALL	F,G	
Mountain Rose Herbs Organic				
Black Cumin Seed	01/15	ALL	Sy	
Mountain Rose Herbs Organic				
Safflower	01/15	ALL	N	

<u>FOOD EVALUATED</u>	<u>DATE EVALUATED</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>REGION</u>
<b>OILS (CONT.):</b>				
Now Solutions Vegetable Glycerine	01/15	ALL	F,Sy	
<b>SEASONINGS AND SPICES:</b>				
Gator Hammock Gator Sprinkle	12/14	ALL	F,P	
Mountain Rose Herbs Cinnamon (Cassia) Chips Organic	01/15	ALL	ALL	
Mountain Rose Herbs Peppercorn, Black Organic	12/14	ALL	N	
Mountain Rose Herbs Peppermint Leaf Organic	11/14	ALL	N	
Mountain Rose Herbs Valerian Root Powder Organic	12/14	ALL	N	
Mountain Rose Herbs Vanilla Bean Whole Organic	12/14	ALL	N	
Tony Chachere's Original Creole Seasoning	12/14	ALL	F,P	
<b>SWEETENERS:</b>				
KAL Pure Stevia Extract Powder	12/14	ALL	ALL	
Mountain Rose Herbs Stevia Leaf Powder, Organic	11/14	ALL	N	
Now Real Food Xylitol 100% Pure Natural Sweetener	12/14	ALL	ALL	
<b>TEAS:</b>				
Mountain Rose Herbs Press 'N Brew Tea Bags	12/14	ALL	ALL	
Traditional Medicinals Organic Roasted Dandelion Root	12/14	ALL	N	
<b>VEGETABLES, LEGUMES, MELONS AND MUSHROOMS:</b>				
Libby's Naturals Cut Green Beans	11/14	ALL	N	
Libby's Naturals Sweet Peas	12/14	ALL	F	
Libby's Naturals Whole Kernel Sweet Corn	11/14	ALL	G	
Libby's Sliced Beets	11/14	ALL	N	
Libby's Sliced Carrots	12/14	ALL	F	



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

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