



DRAGONFLY NEWS

The Official Newsletter of *Song of Health.com*
JANUARY 2016



Unusual ~ Sunny January Morning in Beautiful Northwest Oregon!

HAPPY NEW YEAR!

From the SOH Staff

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

TOGETHER WE ACHIEVE...GREAT HEALTH - GREAT LIFE!

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

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JANUARY 2016

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

 No new changes.



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If you need help or have any questions, feel free to contact me at manager@songofhealth.com.



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  , 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 Member 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 "Member" or initial. Other Correspondence are emails received from outside our membership; however, we feel it is pertinent information to share with you.*

**From Kristin B., Dec. 5<sup>th</sup>:** Hi Sandra, I am so excited about getting my soaps! I used the one with the pine needle scent. (I think mountain something) and it was AMAZING! I love it! I noticed there is no conditioner and face wash. I ordered the soap you could use as a shampoo and can't wait to try. But with my potato starch intolerance, can you recommend any conditioner, or face wash product that is not contaminated? Or maybe a natural element you may use? I have extremely dry hair and could use some help!

Do you use the *Nature's Gate* toothpaste?

**Reply from Sandra:** The soaps are great for face too. I think you'll find them soothing, moisturizing and healing! I believe you are referring to Mountain Sun which is lemongrass, clary sage, juniper berry and fir needle.

I mostly use coconut oil and baking soda, but I sometimes use a brand name mint at night. Current brand in use is Dr. Bronner's. Honestly, I haven't had any evaluated for potato.

(Editor's Note: I shared our information on making herbal tea for hair conditioner with Kristin. Please note this is also discussed in the email below.)

**From Suzanne, Jan. 7<sup>th</sup>:** 1. **I have a fruit and potato intolerance** - and there are SO many bi-products that seem to permeate a lot of everyday things. Do you have recommendations for shampoos / soaps / toothpastes that do not contain fruit or potato derivatives?

2. **My daughter has a dairy intolerance.** Do you have a recommended calcium supplement?

3. **[With my] fruit intolerance as well as a potato/grain combination intolerance,** it's easier for me to just cut out potato or grain rather than try to keep track of both in combination. Do you have any thoughts on which is easier to cut out? I assume the grain is easier to cut out given all the potato derivatives.

If I then do cut out grain, do you have any recommendations for cooking oils, given how I can't use olive oil, coconut oil, sunflower seed oil, etc.? Is vegetable oil okay to use?

4. **Is Canola oil fruit & grain free (for cooking)?**

5. **Do you know of any calcium and vitamin c supplements that are both fruit free and grain free?**

Many thanks in advance for your time!

**Reply from Sandra:** Hello Suzanne, these are all great questions; I will do my best to answer them, hopefully in a semblance of order that will help to better organize and plan. At times, I will refer you back to your physician.

**The most important change (if you haven't already) is to cook and bake from scratch.** You will need to be careful of what ingredients you use, but you have a much better chance of succeeding. Even more important, the food you eat should be far more nutritious when cooking fresh.

**I highly recommend using the tools available to you on the website;** especially, the *Food Intolerance Category Pages*, which identify what foods are in your intolerance categories; *The Food Resource List*, which identifies hidden ingredients found by our doctors who evaluated products; *The Food Substitutions List*, which guides you to alternatives you may have instead of your intolerances. As you have different intolerances than your daughter, you may find it easier to make separate dishes for both of you. However, you both will be able to have the same vegetables (not counting potato as a vegetable), so this is a great place to begin. You will get the most nutrition from fresh vegetables, which can help to eliminate the need for supplements (I will address this later for your daughter.)

#### **Do your best to eat organic foods.**

1) Let's first address your food intolerances: FRUIT, POTATO/GRAIN Combo

A) **How to deal with combinations** ~ as examples of what we do...Mine is fruit/sugar within 6 hours, so I mostly refrain from having any refined sugars. Those days that I'm sure I will partake, generally if eating out or at a gathering, I refrain from fruit or at least make sure that I have the necessary time allotted before eating sugar, i.e. 6 hours. It is

rare that I consume foods containing refined sugars, as I don't bring in processed foods to the house, so I only have to be careful on rare occasions. Dr. Tish has a fruit/grain combo intol. She decides that morning if it is going to be a fruit day or a grain day for her. For you, you will eventually find your own rhythm and what works best for you. I personally think it would be easier for you to abstain from potatoes than grain, but you may yearn for a potato now and then. On that day, either refrain entirely from a grain product, or count the hours you must wait so you don't mix the two up.

When you refer to the *Potato Food Intolerance Page*, please note that most mined salt contains potato. So, stay clear of Morton salts, even their sea salt. They aren't healthy for you anyway. You can have Celtic sea salt, Himalayan Pink, and most sun dried "hand collected" sea salts. Refer to *The Food Resource List* for salts you can have.

Be very careful of flours and grains. Refer to *The Food Resource List* for those you can have that do not contain fruit. Oftentimes, citric acid is added as a preservative to extend shelf life in grain products. Check *The Food Resource List* under FLOURS and GRAINS.

**OILS YOU MAY HAVE:** **We highly recommend refraining from using Canola oil.** It is rapeseed, an inexpensive oil that has unhealthy attributes. Go to *The Forum* to the category [General Health Discussions, thread: canola oil](#) to read more. You may have SAFFLOWER OIL, which is neutral and a good high-heat oil - in other words - you can cook with it as well as use raw. Remember to buy ORGANIC. Safflower is a healthy alternative to many other oils. PEANUT oil is also ok, as peanuts are neutral; it can also be used in baking and cooking, as it can withstand high heat. (My mother swears by it for baking cookies!)

**FRUIT FREE TOILETRIES:** This is probably the toughest issue of all, in my opinion. This is why I formulated [coco-sha](#) soaps. They are all fruit-free, and your daughter can use them too, as they are Vegan friendly. I recommend using the Unscented and

Cactus-Free Unscented soaps as shampoo bars as well as for hand and body. I suggest logging in, then going to the [coco-sha](#) soap page to read about my soaps and to see what is available. As an SOH Member, you receive 10% discount on all soaps.

I use homemade herbal teas for hair rinse/conditioner, specifically Nettle. Rosemary, Chamomile, and Lavender also make wonderful rinses. This same question has been previously discussed (you're not alone, many people have fruit intol), regarding what you can have. Please go to *The Forum*, to this link (if you are already logged in you can click on this link: [Category: Miscellaneous Threads: NEED FRUIT FREE TOILETRIES; fruit free toothpaste, water, etc?; What do fruit people do for shampoo and toothpaste?; fruit free makeup?; fruit free sunscreen?](#)

These threads will give you a good feel for how to avoid fruit products. **For toothpaste, you may also use baking soda.** Please refer first to *The Food Resource List*, as some contain potato (Arm and Hammer).

**CALCIUM AND OTHER SUPPLEMENTS:** This is where you need to confer with your doctor regarding the necessity for any supplements. As with other medications, you can "overdose" on vitamins and minerals too. Calcium is a trace element. There are other, even better sources of calcium per serving than dairy. Broccoli is a wonderful source for calcium. Your daughter will probably get all the calcium she requires just by eating properly. You can google "Vegetables containing calcium" and find lists of foods you can have also. I found one that lists parsley, kale, spinach, collard greens, turnip greens, arugula, leeks, green onions, etc. Again, please contact your physician to determine his recommendations.

I think I've addressed all of the questions. Please feel free to continue to ask me for assistance. It is very challenging, especially to start. I assure you, it gets easier; however, we are continually having to refer to and update our lists, as market producers are free to change methods as they please. I will always inform our SOH Members whenever possible, of any changes we become aware of.

**From Suzanne, Jan. 9<sup>th</sup>:** Is pearl barley okay for me to eat if I'm not to have potatoes or fruit? I didn't see it listed in the fruit list (looks like I should only mainly avoid rice). I think tapioca pearls was listed in the potato list - so was not sure if that extended to barley pearls. I appreciate your help!

**Reply from Sandra:** Hello Suzanne, Barley is Grain, and is listed in The Food Categories Section on the Grain page. If you'll go to The Food Resource List and click on GRAINS, you will find a listing for Bob's Red Mill Pearl Barley:

|                             |       |     |   |
|-----------------------------|-------|-----|---|
| Bob's Red Mill Pearl Barley | 10/15 | ALL | G |
|-----------------------------|-------|-----|---|

This shows it was evaluated in October 2015 for all the main categories (not the minor ones) and the Results were Grain only. So you can have this one.

Most Tapioca Pearls (our doctor found one that isn't) are coated in potato starch to keep them from sticking together. Tapioca is also known as Cassava, Yuca, and Manioc. Under the category FLOUR in The Food Resource List:

|                           |       |     |   |
|---------------------------|-------|-----|---|
| Anthony's Organic Tapioca | 10/15 | ALL | G |
|---------------------------|-------|-----|---|

Hope this helps! In health, *Sandra*

### OTHER COMMUNICATION

**From Xerces Society, Nov. 12<sup>th</sup>: ALL ABOARD THE MONARCH EXPRESS!**

Of all the butterflies in North America, the monarch can probably claim the largest fan club. Over recent decades, love for the monarch spawned a network of loyal enthusiasts growing milkweed and creating backyard oases across the country. Despite this, years of declining populations in both the eastern and western U.S. led to a **petition** to protect the butterfly as threatened under the Endangered Species Act, as well as the focused attention of the White House's **national pollinator strategy** released in May of this year. The government is still considering whether to give the butterfly federal

protection, but thanks to the impetus resulting from these national efforts, many organizations are stepping up to climb aboard what might be called the "Monarch Conservation Express."

Because the Xerces Society has been involved in monarch conservation since the 1980s, we are well placed to be able to help move forward the protection of this amazing insect. Our executive director, Scott Hoffman Black, serves as an ex officio member of the Federal Monarch Butterfly High Level Working Group and as co-chair of the Monarch Joint Venture. Xerces staff are also engaged in the U.S. Geological Survey-led Monarch Science Partnership, and serve on the Keystone Monarch Collaborative Steering Committee. In addition to these collaborations, which enable us to guide national-level policy, we are involved in a host of initiatives at the regional and local level across the United States. The following are just some highlights made possible thanks to all of you!

- We work with farmers across the U.S. to implement habitat projects for the benefit of monarchs and are working with the NRCS to develop their monarch conservation strategy.
- We are helping develop management guidance for the Monarch Highway project with the goal of improving habitat in a swath of land that extends for 100 miles on each side of Interstate 35 from Texas to Minnesota.
- We are at the forefront of the national development of **milkweed production best practices**, so growers can produce monarch host plants for restoration.
- We are working with the NRCS to develop region-specific monarch nectar plant lists for restoration practitioners. While milkweed is essential for breeding, adults need nectar plants to fuel their migration and to store fat for the winter. Two lists have been released for the **Midwest and Southern Plains**.
- We collaborated with monarch scientists to develop a **policy statement** about the risks associated with mass releases of farmed monarchs.
- We are gathering records of **milkweeds and breeding monarchs** in the western U.S. To support this effort, we produced **Milkweeds and Monarchs in the Western U.S.**, which includes how land managers can

- contribute data to Xerces mapping efforts. We also have a brochure about **Western Monarchs in Peril**.
- We are working with the U.S. Fish & Wildlife Service to create a western monarch habitat suitability model to guide restoration and enhancement efforts. As part of this, we conducted milkweed surveys on nine national wildlife refuges this last summer. This will be synthesized and used to develop conservation and habitat management recommendations for monarchs in natural landscapes in the western states.
- In collaboration with the U.S. Forest Service, Bureau of Land Management, and U.S. Fish and Wildlife Service, Xerces scientists are developing best management practices for management of monarch habitat on public lands in the western U.S.
- The Western Monarch Thanksgiving Count now has 150 volunteers counting overwintering monarchs in California, coordinated via an updated **website** and **Facebook group**. There is also a smartphone app in development.

With all of these ongoing efforts from Xerces Society scientists, as well as other NGOs, agencies, citizens, and homeowners, we hope to turn around the steady declines we have seen in monarch populations over the past twenty years. As was written in the national pollinator strategy, we will need an "all hands on deck" approach to turn this ship around -- or rather, keep the express on time.

What can you do to help monarchs? The best thing is to make your garden (or park or farm) monarch friendly by growing milkweed and nectar plants. There is information in the links in this e-newsletter or you can get a copy of ***Attracting Native Pollinators***.

**From Oregon Senator Jeff Merkley, Dec. 21<sup>st</sup>:** Dear Sandra, I have some great news to share with you—last week, the United States Senate unanimously passed landmark legislation to better protect our kids and families from dangerous toxic chemicals in everyday products.

Read more about this historic victory >>> ["Senate Passes Landmark, Merkley-Backed Legislation to Protect Consumers from Toxic Chemicals"](#)

I worked hard to strengthen this legislation and to move it forward because our chemical laws are badly broken. That reality leaves our health, and the health of our kids, constantly at risk to the objects around us—from the poisonous flame retardants in our couch to the nonstick coating on our frying pans.

We shouldn't have to worry that our couches or cooking utensils might kill us.

It's outrageous that in the most powerful nation on earth, we've been powerless to protect our families from incredibly damaging toxic chemicals in everyday products. Now, we're closer than ever to taking action to change that. The passage of this bill is an enormous milestone on the path toward a safer, healthier future.

In the coming months, I'll be working with our bipartisan coalition in the Senate and our colleagues in the House of Representatives to pass a final bill and get it to the President's desk.

Please know that at every step of the way, I'll keep fighting to protect our health and to finally achieve the strong, effective chemical safety reform our families deserve.

All my best, Jeffrey A. Merkley,  
United States Senator

**From Ocean Conservancy, Jan. 11<sup>th</sup>:**

Thank Congress for banning plastic microbeads! 2016 has barely started and we can already share a huge win for our ocean. Thanks to the support of ocean advocates like you, Congress has backed a bill banning the use of microbeads in personal care products. And just last week, President Obama signed this bill into law.

Microbeads might be tiny, but this legislation is huge. The new law means companies will phase out the sale of products containing microbeads over the next two years, and stop making personal care products with microbeads altogether by July 1, 2017.

These small plastic particles have been a staple ingredient in everyday products we use like body washes, facial scrubs and toothpastes. Since they're too small to be filtered out by water treatment plants, they flow straight from our sinks to the ocean and into the mouths and gills of sea creatures around the world.

The ban on microbeads is a big step towards stopping plastics from entering our ocean.

This new legislation shows a growing bipartisan dedication of lawmakers to create a more sustainable ocean—a mission we can all get behind. We are proud of those who served as a voice for our ocean in Congress, and we hope this is just the start of more ocean legislation to come.

[Let's take this opportunity to thank our lawmakers for their support of this bill, and](#)

#### **THE FORUM:**

**Editor's Note:** Be sure to take advantage of this wonderful opportunity to *share with your fellow Members!* Also, ask the SOH staff questions, leave your comments and suggestions. All is appreciated.

**Category: [Food Questions, Thread: Eating at Restaurants with Fruit Intolerance](#)**

**Posted by Suzanne, 8th January:** How do people with fruit intolerance eat at restaurants, given restrictions on types of cooking oils that we can eat? I will generally always be cooking from home, but don't want to rule out possibility of going to restaurants completely. Many thanks!

**Posted by Sandra Strom, CEO of SOH**

Hello Suzanne, this is a very tough situation; I'm potato intolerant, and fruit/sugar combo; I have the same problem, as do most of us. For fruit, you can always ask the waiter to find out what oil they are using to cook with. You are best to stay away from flour products, as

[remind them how important it is to keep pushing for a healthier, more resilient ocean.](#)

Thank you for your support. Here's to many more ocean victories in 2016!  
For the ocean, Nicholas Mallos  
Director, Trash Free Seas, Ocean Conservancy

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they often contain citrus acid to preserve the flour.

Dr. Tish has in her apothecary a capsule called #50 caps. They are ground gentian and skullcap. When I eat out, I take a cap just prior to eating. It isn't sure-proof, but it does help to collect toxins and flush them out. If I feel discomfort after the meal, I take homeopathic Nux Vomica. We all respond differently to meds, including natural ones, so I recommend you confer with your physician about these remedies.

Just do the best you can, as it is a real gamble when you eat out. You can often make special requests at restaurants, as many of them have become savvy to people's allergies and intolerances, and are often willing to accommodate whenever possible.



FOOD LABEL QUIZ

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

The following list of ingredients is on a label from a product that is dated 01/16:

 **INGREDIENTS:** Filtered Water, Sprouted Organic Soybeans, Nigari (Magnesium Chloride, a Natural Firming Agent), Calcium Sulfate. **CONTAINS:** SOY.

 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!**

- Dragonfly First, identify obvious food categories, i.e. potato starch = potato.
- Dragonfly Next, identify potential hidden ingredients, i.e. guar gum = potato.
- Dragonfly 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.**

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Try **Unscented** With Unrefined Shea Butter and  
 **CACTUS FREE UNSCENTED** as  
SHAMPOO BARS too!

**Dragonfly Remember to log in to the Members side on the website to receive your Member discount on your orders of  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.

**Dragonfly SAVE ADDITIONAL \$10.00**

**~ ORDER A FULL 5 LB. LOAF OF**

**SOAP (=16 4-oz. bars uncut) AND  
SAVE \$10.00 OFF YOUR ALREADY  
DISCOUNTED PRICE.**

Slice your own bars from a 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](mailto:manager@songofhealth.com). Tell me which  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:

**On back order ~ The following soaps are currently out of stock:**

*Lavender Annie*

*Calypso Bay* Bay Rum, Lemongrass, & Clove Bud *Earth in Sky*

**We apologize for any inconvenience to you.**

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Think coco-sha® for Valentines Day!



*Our beautiful soaps make wonderfully romantic (and practical) gifts ~
Both men and women will enjoy.*

Lavender
Premium Essential Oil



UNSCENTED CARROT RIPPLE
Made with Homemade Organic Carrot Juice



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

~ Choose from any of the individual soaps or the beautiful gift selections ~



*Select Gift Box
~An elegant and practical choice~*



*Individual bars in a colorful
transparent drawstring gift bag*



Member of

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



~ 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 new 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*.

ARE ALL GENETICALLY MODIFIED FOODS THE SAME?

By Sandra Strom, CEO of Song of Health

A reputable TV show recently aired a segment on GMO foods, which included the “pros and cons” according to experts on both sides of the issue. Both sides represented good points. You’re probably wondering how I could possibly say that, considering my stand on GMO, organic, and labeling of foods. As you read on, it will quickly become obvious what the real issues are, as I see it.

As defined by the Non-GMO Shopping Guide, “A GMO (*genetically modified organism*) is the result of a laboratory process of taking genes from one species and inserting them into another in an attempt to obtain a desired trait or characteristic, hence they are also known as transgenic organisms. This process may be called either Genetic Engineering (GE) or Genetic Modification (GM); they are one and the same.”¹

An argument for genetically modifying crops and animals is that for many years farmers have been grafting trees and plants together and cross-breeding animals, in order to blend characteristics of both to create a superior product, and have been quite successful without any noticeable threats to our health. This is true; however, the genes and DNA of

one type of fruit have been grafted to another fruit, a breed of pig, for example, has been bred with a different breed of pig. Thus, new apples and new breeds of pigs are born. This is often referred to as traditional breeding rather than genetically modified. Note that fruit is to fruit, animal species is to same species, etc. The offspring of such cross-breeding still have the ability to reproduce. Often, the purposes of creating such “genetically modified” foods using these methods is to create products that are hardier to the elements, tastier, larger. This is how we have filberts today, created from wild hazelnuts, domestic onions and carrots originally created from wild ones --- you get the picture. We have been eating the produce from these mixed genes for years, without any apparent health issues. The processes follow natural mutating, and I am quite ok with it.

Traditional breeding is very different from genetically modified breeding. With GMO, DNA strands and genes of a plant or animal are infected, injected, or otherwise mechanically introduced into a totally different species! Here are a few odd combinations that genetic engineers have created:

- Spider genes were inserted into goat DNA, in hopes that the goat milk would contain spider web protein for use in bulletproof vests.
- Cow genes turned pigskins into cowhides.
- Jellyfish genes lit up pigs' noses in the dark.
- Arctic fish genes gave tomatoes and strawberries tolerance to frost.
- Potatoes that glowed in the dark when they needed watering.
- Human genes were inserted into corn to produce spermicide.
- Corn engineered with human genes (Dow)
- Sugarcane engineered with human genes (Hawaii Agriculture Research Center)
- Corn engineered with jellyfish genes (Stanford University)
- Tobacco engineered with lettuce genes (University of Hawaii)
- Rice engineered with human genes (Applied Phytologics)
- Corn engineered with hepatitis virus genes (Prodigene)²

That sure doesn't look like grafting or cross-breeding to me! Nor do any one of the above mentioned experiments sound appetizing; nothing I'd want to consume.

Monsanto's GMO "accomplishments" include the DNA of products, such as corn and soy, which have been injected with the DNA from poisons in order to produce a crop that is supposedly immune to pests. They cheer and shout, what a success their work has been! What does that mean for the populace, the consumer who ingests such products? First, if "you are what you eat" is true, then ingesting the DNA strands of toxic pesticides can't be a positive thing for our bodies. There hasn't been enough time and studies to determine what mutations in our bodies might occur due to the consistent ingestion of these mutated products. It has already been proven that exposure to the actual sprays are carcinogenic. We can look at the Red River Valley in Minnesota and count the inordinate numbers of people who have been stricken with cancer in heavily sprayed farmland areas. If this is the case, we can imagine what effect consuming the actual DNA of poisons could have on us. Frankly, I'm not interested in being a guinea pig in finding out. Furthermore, it has been

shown that pests actually mutate and become resistant to pesticides being used; so, it's just a matter of time that the GMO crops aren't immune from them either!

An issue discussed in the aforementioned TV program was, how years ago, papayas grown in Hawaii were diseased with ringspot virus (PRSV), a common virus which consequently wiped out huge sections of plantations in Puna. In the late 1990s, farmers desperate to retain what they still had and hoped to re-establish what was already lost, embraced genetically modified papayas which were resistant to the virus. Today, the papaya farmers who grow these "Rainbow" strains and hybrids using the Rainbow papaya are satisfied with their production. Opponents of the GMO strains emphasize that there are a number of papaya varieties that never succumbed to PRSV, are delicious and healthy to consume. You can find a list of what to avoid and what is ok to eat at the website <http://www.onegreenplanet.org/vegan-food/how-to-choose-a-papaya-thats-not-genetically-modified/>.

Today's GMO seeds created by Monsanto, Dow, and other companies intent on controlling the food markets are not able to reproduce. What incurs is that farmers using such crop products must continually depend on these magnates for their seeds. This is unnatural to traditional farming, where farmers collect seeds from their crops for future years. A benefit includes crops that better acclimate to their environment than newly introduced seeds, not to mention the independence the farmers retain by depending on their own food reproduction processes.

A major problem traditional farmers now face is the contamination of their fields from outlying airborne GMO seeds mixing with their crops, consequently making their seeds infertile as well as contaminating them with unwanted DNA laced with toxins.

As consumers, our power is to demand food products from organic and traditional farms, and to purchase only these. Hooray for a number of big food businesses, such as McDonald's, who are now moving toward

refusing to purchase GMO products. Money talks, and when the flow of it stops to a source, then they are forced to change or go bankrupt. That's our recourse too --- let's use it!

To All My Relations, Sandra

1, 2 <http://www.nongmoshoppingguide.com/about-gmos.html>

"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.

- Dragonfly icon: The ingredients for all the recipes are coded for the *basic food intolerance categories*.
- Dragonfly icon: 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 (NON-GMO), LOCAL FOODS WHENEVER POSSIBLE.

~ We recommend using Celtic sea salt, which is Neutral, pure...and delicious!

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

Dragonfly icon [LIST OF NEW RECIPES](#) Dragonfly icon

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!

NEW RECIPE ~ CEREALS AND GRAINS: [RICE CREAM](#)

This recipe is unbelievably easy. A good choice for those moments of needing comfort food!

Remember, you can omit or substitute food intolerance ingredients in any recipe!

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.**

ANSWERS TO THE FOOD LABEL QUIZ:

-  Listed Ingredients: Filtered Water, Sprouted Organic Soybeans, Nigari (Magnesium Chloride, a Natural Firming Agency), Calcium Sulfate. **CONTAINS:** SOY.
-  Potential Hidden Ingredients: ?
-  Obvious Ingredients: Sy
-  The product was evaluated for: ALL
-  The results were: F, Sy
-  The product is: Wildwood Organic SproutTofu Super Firm
-  Hidden ingredients are: F. (I have no idea how we could identify this without our doctor evaluating the product.)



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:** This scenic pastoral photo was taken on our morning walk after several days of hard rains. The creek is abundantly full; the sun was shining through rain drops hanging on to the greenery, dazzling like diamonds. An attitude of gratitude abounds for living in such "luxury"!

FOOD RESOURCE LIST UPDATES

THE FOOD RESOURCE LIST ON THE WEBSITE

IS AVAILABLE IN PRINTABLE VERSION.

Note: We have not been able to update the printable version for a number of months due to a program glitch. We apologize for this inconvenience and will inform you as soon as the issue is identified and corrected. Thank you for your patience and understanding.

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 "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.
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

JANUARY 2015

NOTE: The RESULTS column will show the "basic" food intolerance categories: 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>
ALCOHOLIC BEVERAGES:				
Bandit Cabernet Sauvignon	01/16	ALL	F	
BEANS AND LEGUMES:				
Bearitos Traditional Organic Vegetarian Refried Beans (Also listed under PREPARED FOODS AND MIXES)	01/16	ALL	P	
CANDY AND GUM:				
Zot Organic Hard Candy Cinnamon Licorice Gluten-Free	01/16	ALL	F,G,P,Sy	
CHOCOLATE AND COCOA:				
Lily's Dark Chocolate Original Stevia Sweetened 55% Cocoa Non-GMO	01/16	ALL	F,G,P,Sy	
Pilgrim's Market Organic White Chocolate Chunks	01/16	ALL	D,F,G,S,Sy	
EGGS:				
Naturally Nested Cage-Free	01/16	ALL	ALL	
PREPARED FOODS AND MIXES:				
Bearitos Traditional Organic Vegetarian Refried Beans	01/16	ALL	P	
SOY PRODUCTS:				
Wildwood Organic SproutTofu Super Firm	01/16	ALL	F,Sy	

<u>FOOD EVALUATED</u>	<u>DATE FOR</u>	<u>EVALUATED</u>	<u>RESULTS</u>	<u>REGION</u>
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TEAS:

Bigelow English Teatime Black Tea Decaffeinated	01/16	ALL	F,P,Sy
Celestial Seasonings Vanilla Rooibos (Caffeine Free)	01/16	ALL	F,P

VEGETABLES:

Natural Directions Organic Frozen Cut Corn	01/16	ALL	G,P
Natural Directions Organic Frozen Green Peas	01/16	ALL	P

WATER:

Arrowhead 100% Mountain Spring 16 oz.	01/16	ALL	P
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**TOGETHER WE ACHIEVE...
GREAT HEALTH – GREAT LIFE!**

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