



DRAGONFLY NEWS

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

JULY~AUGUST 2013



Wild Elderberry

Photo by Sandra Strom

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. 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., Staff Doctor

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

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

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By Sandra Strom

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JULY 2013

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



work together to reach as many people as possible in order to educate and help in understanding the importance of avoiding personal food intolerances, applying Classical Naturopathic methods of healing, and naturally restoring the body to health.

We invite everyone to contact us with any questions you may have at manager@songofhealth.com.

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

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

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

WEBSITE CHANGES AND NOTICES

✈ **Our progress updating the website to the new php format:** Shawn has been working on interfacing the subscription and payment software programs this week. The new system will be far more convenient and efficient. Once your payment is accepted, an email will be sent to you to click and confirm. This should improve and facilitate the registration, renewal, and payment process. The next step is to install a new program for The Food Resource List and the Recipes section (The Food Intolerance Cookbook), and input all the existing data. As you can imagine, this will take a while, even with both Shawn and me doing the work. Then comes the new Forum ~ an exceptionally improved program that offers much more flexibility, including notification of new posts to a thread, ability to upload photos, an in-forum email service, and more. The information throughout the website should be more accessible for you, along with a search mode box. As you can see, many good and exciting things are awaiting us in our Song of Health future! In the meantime, thank you for being patient with The Forum being down. Remember, you are welcome to email me with your questions/comments and I will be happy to respond and share with our fellow Subscribers, as desired.

✈ **In the  section:** The ingredients listed for **Campers Friend** have been changed. This soap no longer contains Black Walnut Hull Powder. Instead, it contains eco-friendly Amazonian Brown Clay.

ARE YOU SIGNED UP ON THE ALERT LIST YET?

Stay notified of any new information 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 or 2 free bars of *coco-sha* soap (your choice of soap)!** (Shipping will also be free.)

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

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

+

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](#).



SUBSCRIBERS SPOTLIGHT

STORIES, COMMENTS AND QUESTIONS

What information would you like to have in your newsletter?

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

Share your story with others.

SUBSCRIBERS, please help others by sharing your story. When you allow us to publish it in *Dragonfly News* and *Subscribers' Testimonials*, a dedicated section at *Song of Health*, you provide an opportunity to reach out to those who still suffer, yet are apprehensive about our dietary lifestyle working for them. By reading how our lives were

dramatically changed, it gives them encouragement to try. **WE WOULD BE HONORED TO INCLUDE YOUR STORY** about how you came to follow the Carroll Food Intolerance way of life. We reserve the right to edit for grammar and spelling correctness, however we will not change your story content. You will receive the draft prior to publishing for your approval.

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

Please email your contribution to manager@songofhealth.com.

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.

QUESTIONS ASKED AND ANSWERED:

EMAIL CORRESPONDENCE:

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

From Adrienne M., July 1st: Dear Sandy, thanks for filling us in on website changes. I'll be watching for the new format.

Now, why was the food quiz on hummus an easy one? I don't see the ingredient that gives us the dreaded POTATO. I love hummus but I don't make it because I don't have the time to make absolutely everything I eat! Please tell me which ingredient is the culprit. I guess it has to be salt.

... I spend much of my time cooking from scratch with the best ingredients I can find so as to support my health. I think it's working. I think I have a fabulous life.

In Ithaca, we have a great store called Home Green Home where we have purchased a number of things ...

...What I love too at Home Green Home are the little things. I found small string bags to hold the remnants of our bars of soap, one for me and one for Joe. I figure I can use the soap in the bathroom when I accumulate enough.

Thanks for being on the planet. *Adrienne*

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.*

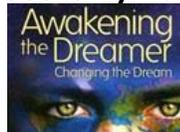
~~~~~

**Reply from Sandra:** Yes, it is probably the salt that caused the product to evaluate positive for potato.

...RE your soap orders...I've been trying to keep enough in stock now, hopefully to fill all orders. Planning a month ahead is a great idea, as you never know what might go out the door. Thanks again, Adrienne. In health,  
*Sandra*

**From Sandra:** I received this email from a fellow soapmaker member of the Sustainable Soapers Guild (a Facebook group). This is one of the most professional, informative, provocative, and interesting presentations I have seen on the subject of sustainability awareness:

**Fabulous free film on sustainability that was just sent my way. I hope you'll all**



**watch.** [Awakening the Dreamer: Changing the Dream \(2011\) | Watch Documentary Free Online](#) Wake up to your own role in creating a new future.

[www.filmsforaction.org](http://www.filmsforaction.org)

<http://www.filmsforaction.org/watch/awakening-the-dreamer-changing-the-dream-2011/>

This website page gives a comprehensive look at the problems facing Palm agriculture in Indonesian rainforest areas: Is "Sustainable" Palm Oil really sustainable Part 2...



[The RSPO & Sustainable palm oil](#)

[www.orangutanrepublik.org](http://www.orangutanrepublik.org)  
Orang Utan Republik Foundation is dedicated to raising awareness in Indonesia about Orangutans and t...

**From Ken Cook, EWG, July 19th:** Dear Sandra, heading out for a hike? Sending the kids to summer camp? Don't know what bug repellent to choose? EWG knows that Americans are concerned about staying safe from bug-borne illnesses while still choosing the least toxic products. So we did the research for you.

Our scientists reviewed the available safety and efficacy data of repellent chemicals in virtually every bug repellent for sale in the U.S. They highlighted four ingredients as top picks.

[Click here to see EWG's brand new Guide to Bug Repellents and choose which bug repellent is right for you and your family.](#)

There is no one-size-fits-all solution to avoiding bug bites. Different ingredients protect against different pests. Different concentrations last different lengths of time. To make it easier for you to find the right repellent EWG developed an interactive scenarios guide that varies by activity, length of time outdoors, concerns about bug-borne illnesses and more.

Find the best solution for your needs. Are you looking for repellents for: Adults, Children, Pregnant women?

I hope your next outing is bug-bite free.  
Sincerely, Ken Cook, President,  
Environmental Working Group

**From Sandra to Dr. Tish, July 30th:** I always thought citronella oil was derived from a fruit. In recent research, I found several writings describing citronella as a grass in the lemongrass family. What do you know about it?

**Reply from Dr. Tish:** Citronella is not a fruit.

### THE FORUM:

**Editor's Note:** We are in the process

of rewriting the *Song of Health* website in the newest format available. This will include a new forum format. Due to an unresolved issue with the current Forum software, we have decided to spend Shawn's precious time on building the new format and abandon attempts to fix the current forum. I invite you to address any questions, comments, posts you would otherwise make in The Forum to me directly until we can bring you the new updated format. Thank you for your patience. *Sandra*

**MAKE YOUR VOICE HEARD!**



## FOOD LABEL QUIZ

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

The following list of ingredients is on a label from a product that is dated 07/13:

**INGREDIENTS:** milk, cream, sugar, Tara gum, natural flavor.

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. ~~~



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



may be used as SHAMPOO BARS too!

Remember...Do you have a special occasion coming up?

Consider  Party Favors

Guest Size sample soaps are the perfect Wedding, Anniversary, Bar Mitzvah, you-name-it Special moment to remember.

Custom made to order ~ Personal message and names on packaging. You choose the natural colors and scents of essential oils. Everyone loves to receive a gift of Fabulous and Beautiful Soap! Email me at manager@songofhealth.com for your personal quote



AUGUST SPECIAL

FREE ORGANZA GIFT BAG WITH EVERY BAR PURCHASED OF...

With each purchase of

Campers Friend
Repels Bugs ~ Not People!

Hang your beautiful soap in the convenient organza gift bag to get the most out of repelling pesky little critters in their favorite areas ~ such as the kitchen, patio, camping tents, RV, ~ you get the picture.

Don't forget to bathe and shampoo with it!

My way of wishing you a comfortable summertime.

Value \$1.39

Now made with eco-friendly Amazonian Brown Clay. No longer contains Black Walnut Hull Powder.

coco-sha ~ Feel Clean, Revived, & Moisturized! ~ coco-sha

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



~ 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...

ARTICLE:

The following is reprinted from Defenders of Wildlife Summer 2013 newsletter:

ANIMAL CONSERVATION NEWS Wild Matters

Talk About a Buzzkill

High fructose corn syrup-that bad boy of sweeteners-just got another line added to its rap sheet: colony collapse disorder. Linked to the nation's obesity and diabetic woes, the ubiquitous ingredient is now suspected of compromising the immune system of bees around the world, say entomologists from the University of Illinois.

Beekeepers began feeding the syrupy stuff to colonies back in the 1970s as a substitute for honey taken to market. High-fructose corn syrup is not itself toxic to bees, but with honey removed from their diet the bees miss out on important nutrients that help the bees fight off pathogens and the toxins found in pesticides.

The scientists found that consumption of the compound p-coumaric, for example, turns on "detoxification genes" in bees. This nutrient is found in pollen, not nectar, and makes its way into honey inadvertently by sticking to bees' legs as they visit flowers. The genes amplified by p-coumaric help bees to safely digest a common insecticide

used by beekeepers to kill mites.

Scientists struggling to find a cause for colony collapse disorder-first noticed in 2006-have pointed to everything from pesticides to habitat loss to fungus to mites. The pesticide link recently led the European Union to propose a two-year moratorium on three chemicals by the end of the year. But the solution may be more complex given that a range of causes are likely at play, warn the U.S. Department of Agriculture (USDA) and the U.S. Environmental Protection Agency in a report released in May.

While the search for a solution continues, USDA officials are working under a Farm Bill mandate to identify and set aside foraging land for pollinators with the hope of giving bees a boost through improved nutrition and reduced pesticide exposure.

DEFENDERS SUMMER 2013

*Editor's note: To read more about the need to protect wild and domesticated bees, please refer to our article: **June 07** [ARTICLE: Pollination and Ecology](#) By Dr. Letitia (Dick-Kronenberg) Watrous, N.D.*

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*.

IT'S BUG SEASON ~ REPEL PESKY INSECTS NATURALLY

By Sandra Strom, CEO of Song of Health

Summer...sunshine, beach time, swimming, hiking, picnics, and pesky little critters. Here, in the "north country", we wait for what seems a half-life to bask in the natural warmth of the season. Ahhh, it feels so good until ...bzzz--- bite... I just became insect lunch. It's enough to chase a person back inside, and that's why such abominable products as *Off* fly off the summer shelves.

There are a few less offensive products available, some work while others are a waste of money. Nature provides us with everything we need, including insect repellents from various plants. Let's look at some of the more common ones that are easily accessible in our global world today, and how you can make your own repellents.

Warnings:

- ✈ If you are pregnant or nursing, be sure to confer with your Naturopathic physician before using any remedies.
- ✈ Concentrated essential oils may cause skin irritation. Be sure to test your finished product on a small patch of skin prior to spraying all over the body.

To make your own safe and natural insect repellent:

For an economical way to ward off pesky critters, you can make your own repellent by diluting essential oils in rubbing alcohol or a carrier oil, such as safflower oil or castor oil (both are food intolerance free); pour the mixture into a spray bottle for easy applications.

"A good rule of thumb is to mix the repellent so it's 5-10% essential oil. Mix 1 part essential oil with 10-20 parts carrier oil or alcohol. For a smaller batch use: 10-25 drops (total) of essential oils 2 tablespoons of a carrier oil or alcohol" ¹

Following is a list, copied from *About.com Chemistry*, of some essential oils that work well against biting insects (mosquitoes, flies, ticks, fleas):

- cinnamon oil (mosquitoes)*
- lemon eucalyptus, or regular eucalyptus oil (mosquitoes, ticks, and lice)*
- citronella oil (mosquitoes and biting flies)*
- castor oil (mosquitoes)*
- orange oil (fleas)*
- rose geranium (ticks and lice)*

Safe carrier oils and alcohols include:

- olive oil*
- sunflower oil*
- any other cooking oil*
- witch hazel*
- vodka* ¹

You'll need to re-apply the natural product after about an hour or after swimming or exercise. Unused natural insect repellent may be stored in a dark bottle, away from heat or sunlight. If you wish, you may combine the oil with aloe vera gel to change the consistency of the product. ¹

The steam distilled essential oils of plants are used in . This is the most effective use

as an insecticidal as well as to elicit the wonderful fragrances. **Campers Friend** soap is specifically formulated with natural essential oils to help ward off most of the common buggers; included are:

- ✈ Eucalyptus: *Eucalyptus Globulus* ~ There are a number of species of eucalyptus; *globulus* is the one we are most familiar with for its medicinal benefits, including insecticidal. ² In studies, effectiveness against certain mosquitoes and head lice have been successful. ³
- ✈ Lemongrass: *Lemongrass (Cymbopogon)* has been effective used against the malaria parasite ⁴ and also wards off mosquitoes. In addition, it is effective as an antibacterial and antifungal application.
- ✈ Lemon Thyme leaves: The main effective ingredient in thyme and horsemint plants is *thymol*. Thymol has been used in applications as...insecticide, fungicide, antiseptic, biocide, veterinary treatment. ⁶ The dried tiny leaves of my personal homegrown organic lemon thyme plant are finely minced and added to **Campers Friend** for texture and design, exfoliating and soothing the skin.
- ✈ Patchouli: The wonderfully earthy scent is believed to be a mood lifter, which may help if you are suffering from bug bites! Its distinct aroma "works to drive away pests such as mosquitoes, moths and ants as well as other undesirables such as lice, bed bugs and fleas. To use as an insect repellent, a few drops of patchouli oil can be added to a skin lotion or spray. To drive pests out of a living space, try burning patchouli incense or using patchouli oil in a room vaporizer." ⁷
- ✈ Pennyroyal: *European and American pennyroyal (Mentha pulegium and Hedeoma pulegiodes)* ~ When used properly and sparingly, pennyroyal is a powerful deterrent especially for fleas, as well as gnats and mosquitoes. **NOTE:** It should not be taken internally, unless prescribed by a doctor, as it can cause extreme problems, even death. Place a pennyroyal plant near the house; crush the dried leaves and scatter in your pets' beds; stick crushed leaves in your hat or pockets when outside ⁸ ~ you'll be amazed how well it works.
- ✈ Tea Tree: *Melaleuca alternifolia* ~ The oil derived from the tree leaves has proven to be a powerful insecticide, among other properties such as an antifungal and antibacterial. Its chemical compounds may

affect the nervous system of insects, while harmless to that of humans. Termites and German cockroaches avoid it; fire ants exhibit a high mortality rate when exposed to the oil. Especially when combined with geranium oil, tea tree oil is more highly effective than other oils as an insect repellent and killer. ⁹

To use as a spray on plants: *Combine 2 tbsps. of tea tree oil with 2 cups of water. Pour into a spray bottle and shake well before applying. Spray onto the foliage of the plants you wish to protect. Use sparingly, only when you notice pests or fungus returning to your plants, as essential oils are strong and can burn your foliage if overused.* ⁹

✈ Texas Cedar Wood: *Juniperus ashei* or *Mexicana* ~ Cedar oil is highly effective against a variety of pests, including fleas, mosquitoes and other biting bugs, ticks, moths, chiggers, and a variety of garden insect pests. ¹⁰ Cedar shavings are often used as stall bedding to reduce fleas.

By the way... **Campers Friend** can be used in a variety of ways to work as repellent. While at camp, a friend of mine rubbed it all over her exposed skin, without washing it off, hoping for relief from mosquitos and ticks. She was thrilled...it worked! I hang a bar over the kitchen sink to ward off fruit flies; I hang it up in my camping tent in the mountains, as well as use for bathing. I get a kick out of watching a flying pest explore said areas for a few seconds; next thing I realize is they're gone for good.

Methods that have been popular for warding off pests in large outdoor areas are to burn the

pure oils in candles or small lamps. Lemongrass essential oil is very effective, and smells nice. Citronella, in the lemongrass family, is well known for its use as a repellent. Tea lights, lanterns, and torches make for pretty decorative perimeters around patios and picnic areas, protecting up to hundreds of square feet.

Natural essential oils are eco-friendly, most are earth sustainable, safe for you, your animals, and gardens ~ making them a superior alternative to chemical products. Here's to comfortable bug-free summer days!

To All My Relations, **Sandra**

1

<http://chemistry.about.com/od/healthbeautyprojects/a/naturalinsectrepellent.htm>

2 <http://www.experience-essential-oils.com/uses-of-eucalyptus.html>

3

http://www.academia.edu/1612667/ANTIMICROBIAL_ACTIVITY_OF_EUCALYPTUS_TERETICORNIS_AND_COMPARISON_WITH_DAILY_LIFE_ANTIBIOTICS

4 <http://www.sigmaaldrich.com/life-science/nutrition-research/learning-center/plant-profiler/cymbopogon.html>

5

<http://sitem.herts.ac.uk/aeru/footprint/en/Reports/1889.htm>

6 <http://www.livestrong.com/article/95788-benefits-patchouli/>

7 <http://www.motherearthnews.com/natural-health/pennyroyal-safety.aspx#axzz2ae25yJp0>

8 http://www.ehow.com/info_8791441_tea-tree-oil-insecticide-plants.html

9

http://www.callnrg.com/cedar_gard_press_release.pdf

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



NEW RECIPES

Each month a new recipe(s) are published in the Recipes section at

Song of Health. **In the newsletter they are listed and linked** so you can easily go to them in the Recipes section.

✈ The ingredients for all the recipes are coded for the *basic* food intolerance categories.

✈ From time to time you may find an existing recipe has been slightly corrected from the original, in order to make it easier to follow, or to update new findings of ingredients for food intolerances.

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

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

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

LIST OF NEW RECIPES

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

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

Contact me at manager@songofhealth.com.

This is a wonderfully easy way to create a special treat using the wonderful fresh fruit of the season. Remember, if you are fruit intolerant...rhubarb is a delicious alternative.

CAKES:

BERRY COBBLER

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: milk, cream, sugar, tara gum, natural flavor.

✈ Potential Hidden Ingredients: P

✈ Obvious Ingredients: D,S

✈ The product was evaluated for: ALL

✈ The results were: D,P,S,Sf,Sy

✈ The product is: Breyers Natural Vanilla



✈ Hidden ingredients are: P,Sf,Sy

This was a tricky one!

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:** ~ *Wild Elderberry* ~ Creating a stunning splash of color against the lush forest backdrop, the tart tasting elderberry (fruit) is not favored for eating; it is, however, prized as a fruity wine. As shown, it finds the Pacific Northwest coast range a perfect natural habitat. Picture taken July 2013.



FOOD RESOURCE LIST UPDATES

**THE FOOD RESOURCE LIST ON THE WEBSITE
IS AVAILABLE IN PRINTABLE VERSION.
Use the codes below to translate the Results Column.**

KEY FOR RESULT CODES

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

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

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

✧ The items are listed per category.

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

✧ Under the "**Evaluated For**" column, "ALL" signifies that the product has been analyzed for all food categories included in the Carroll Food Intolerance Evaluation Method. In some cases, you will see ingredients listed in the "**Results**" column that are not included in "Evaluated For." This is because

the ingredient has been listed on the packaging, or it is obviously in the stated category. For example, results for milk will be "dairy (D)."

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

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

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

THE FOOD RESOURCE LIST

JUNE 2013

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

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> |
|--|-----------------------|----------------------|----------------|
| ALCOHOLIC BEVERAGES: | | | |
| Anheuser-Busch Bud Light Beer | 06/13 | ALL | E,G,P,S |
| BREAD: | | | |
| Franz Organic 100% Whole Wheat | 07/13 | ALL | F,G,M,H,P,S,Sy |
| CEREAL – HOT: | | | |
| Snoqualmie Falls Lodge Oatmeal | 06/13 | ALL | G |
| Western Family 100% Natural Oatmeal Quick 1 Minute | 07/13 | ALL | F,G,P |
| CHEESE: | | | |
| Beecher's Smoked Flagship Handmade | 06/13 | ALL | D,P |
| Mifroma Emmentaler AOC Le Gruyere | 06/13 | ALL | D,M,Ms |
| Western Family Monterey Jack | 06/13 | ALL | D,M,Ms,P |
| CHIPS AND CRACKERS: | | | |
| Back to Nature Organic Saltine Crackers | 06/13 | ALL | G,P,S |
| Kettle Tias! All Natural Tortilla Chips Toasted Corn | 06/13 | ALL | F,G |
| Trader Joe's Roasted Plantain Chips | 06/13 | ALL | F,G |
| CHOCOLATE AND COCOA: | | | |
| Saco Premium Cocoa | 07/13 | ALL | N |

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|--|-----------------------|----------------------|----------------|
| COFFEE AND ALTERNATIVES: | | | |
| San Francisco Bay Organic Rainforest Blend 100% Arabica Coffee Beans | 06/13 | ALL | F,Sy |
| CONDIMENTS: | | | |
| Heinz Original Cocktail Sauce | 06/13 | ALL | G,P,S,Sy |
| Thai Kitchen Green Curry Paste | 06/13 | ALL | D,F |
| Thai Kitchen Red Curry Paste | 06/13 | ALL | F,G,Ms,Sf |
| GRAINS: | | | |
| Golden Star Jasmine Rice Prime Grade | 06/13 | ALL | G,P |
| Il Riso Beretta Superfino Arborio Authentic Italian Rice | 07/13 | ALL | F,G,P |
| Lundberg Organic California Brown Basmati Rice | 06/13 | ALL | G |
| Lundberg Wehani Rice | 06/13 | ALL | F,G |
| HONEY: | | | |
| Mill Creek Apiary Wildflower Bee Pollen
(http://millcreekapiary.com/) | 07/13 | ALL | H |
| Mill Creek Apiary Wildflower Honey | 07/13 | ALL | H |
| ICE CREAM: | | | |
| Breyers Natural Vanilla | 06/13 | ALL | D,P,S,Sf,Sy |
| JUICES AND DRINKS: | | | |
| Kirkland Signature (Costco) Organic Orange Juice (not from concentrate) | 07/13 | ALL | F,S |
| MILK AND CREAM: | | | |
| Batavo Cream | 06/13 | ALL | D,F,P |
| Spokane's Family Farm Whole Milk | 06/13 | ALL | D |
| MILK AND CREAM – NON DAIRY: | | | |
| SO Delicious Dairy Free Coconut Milk Beverage Chocolate | 06/13 | ALL | D,F,S,Sf |
| SO Delicious Dairy Free Coconut Milk Beverage Unsweetened | 06/13 | ALL | D,P,Sf |
| Trader Joe's Light Coconut Milk | 07/13 | ALL | F |

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| NUT BUTTERS: | | | |
| Kettle Roaster Fresh Cashew
Butter Creamy Unsalted | 06/13 | ALL | F |
| OILS: | | | |
| Fred Meyer Pure Canola | 07/13 | ALL | N |
| Hain Pure Foods Sunflower | 07/13 | ALL | G,Sf,Sy |
| Oleo de Srisola Olive | 06/13 | ALL | F |
| Oleo de Srisola Sunflower Seed | 06/13 | ALL | G |
| To Do Canola | 07/13 | ALL | N |
| Trader Joe's Organic Virgin
Coconut | 06/13 | ALL | F |
| PASTA: | | | |
| Simple Truth Organic Rotini
Organic Macaroni Product | 07/13 | ALL | G,P |
| SEEDS: | | | |
| Spectrum Cold Milled Organic
Ground Premium Flaxseed | 06/13 | ALL | G |
| Trader Joe's Nuts Sunflower
Seeds Roasted & Unsalted | 06/13 | ALL | G |
| SWEETENERS: | | | |
| Bob's Red Mill Date Sure Pure &
Natural | 06/13 | ALL | F,G |
| Coconut Secret Raw Coconut
Crystals | 06/13 | ALL | F |
| Navitas Naturals Coconut Palm
Sugar Organic | 06/13 | ALL | F |
| Sweet Tree Coconut Palm Sugar
Blonde Organic | 06/13 | ALL | F |
| Western Family Pure Granulated
Sugar | 07/13 | ALL | S |
| Wholesome Sweeteners Organic
Coconut Palm Sugar* | 06/13 | ALL | F |
| TEAS: | | | |
| Numi Organic Tea Rooibos Chai | 07/13 | ALL | F |
| Stash Premium Chai Green | 07/13 | ALL | F |
| Stash Premium Chamomile
Caffeine-Free Herbal | 06/13 | ALL | N |
| Stash Premium Chocolate Mint
Oolong | 07/13 | ALL | F |
| Stash Premium English Breakfast
Black | 07/13 | ALL | F |

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| TEAS (cont.): | | | |
| Stash Premium Moroccan Mint
Green | 07/13 | ALL | N |
| VINEGAR: | | | |
| 365 Whole Foods Distilled White | 06/13 | ALL | G |
| Moto Distilled | 06/13 | ALL | G |
| Pompeian Balsamic | 07/13 | ALL | F |
| WATER: | | | |
| Glacier (5 gal container) | 06/13 | ALL | N |

*** This product is produced on small, sustainable, cooperative owned farms.**



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

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