



DRAGONFLY NEWS

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

JULY 2010



Daisies On Red Plate
Picture by Sandra Strom

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

If you did not receive this issue at your email address and would like to, please notify us immediately at manager@songofhealth.com.

We may need you to remove a pop-up blocker on your computer or to update your current email address with us.

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

Sandra Strom, CEO of *Song of Health*

Dr. Letitia Dick, N.D., Staff Doctor

Dr. Jared Zeff, N.D., Staff Doctor

Dr. Caryn Potenza, N.D., Staff Supporting Doctor

Elizabeth Vedder, Manager of Food Resource Updates

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

Visit Sandra at [Twitter](#), [Facebook](#), [MySpace](#), and [Startup Nation](#).

You're invited to follow and share comments!

~ **IN THIS ISSUE:** ~

✈ **SUBSCRIBERS SPOTLIGHT:** Stories, Comments, Questions Asked and Answered

✈ **ARTICLE,**

✈ **SHARING EXPERIENCES:** **"INSIDER SHARES SHOCKING SECRETS OF PHARMA-BIZ MOTIVES,"**

By Sandra Strom, CEO of Song of Health

✈ **RECIPES:**

BEVERAGES:

REFRESHING LEMON-LIME WATER

CONDIMENTS:

MANGO CANTALOUPE SALSA

TROPICAL GINGER SALSA

MAIN DISHES:

BAKED FISH WITH GINGER AND PINEAPPLE

✈ **FOOD RESOURCE UPDATE: JULY 2010**

The Carroll Institute of Natural Healing, co-founded by our renowned Doctors Letitia "Tish" Dick, N.D. and Jared Zeff, N.D., is an educational opportunity for Naturopathic physicians and students to further their education in the traditional methods of Naturopathy, not otherwise taught in the Naturopathic colleges. This is where physicians and students learn how to perform the Carroll Food Intolerance Evaluation method, constitutional

hydrotherapy and other important methods of traditional natural healing.

Song of Health and The Carroll Institute of Natural Healing work together to reach as many people as possible, to educate and help understand the importance of avoiding personal food intolerances, applying traditional Naturopathic methods of healing, and naturally restoring the body to health.

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

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

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

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

WEBSITE CHANGES!

✈ **Our Food Updates Manager, Elizabeth, is leaving us!** Thank you Elizabeth, for the fabulous job you have done. We wish you well in your new endeavors.

SUBSCRIBERS...Please bear with us as we make the transition of shifting Elizabeth's work and training a new person for this detailed job. Thank you for your patience.

✈ **FOOD CATEGORIES SECTION:**

~ Glycerin(e) has been added in both Fruit and Meat pages.

Note: USP glycerin is always "meat."

~ Lanolin (and lanoline) have been added to the Meat page.

✈ **THE FOOD RESOURCE LIST:**

~ All corn meal entries have been moved to the "Flours" section from the "Grains" section.

SAVE 10% ON YOUR NEXT SUBSCRIPTION RENEWAL:

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SUBSCRIBERS SPOTLIGHT

STORIES, COMMENTS AND QUESTIONS

What information would you like to have in your newsletter?

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

You may contact us at: newsletter@songofhealth.com.

Share your story with others.

SUBSCRIBERS, PLEASE...help others by sharing your story. When you allow us to publish it in *Dragonfly News* and *Subscribers' Testimonials*, a dedicated section on the *Song of Health* website, you provide the opportunity to reach out to those who still suffer but are not confident that our dietary lifestyle will work for them. By hearing and reading about how our

lives were dramatically changed we can help others to step through the door toward wellness. **WE WOULD BE HONORED TO INCLUDE YOUR STORY** about how you came to follow the Carroll Food Intolerance way of life. We reserve the right to edit for grammar and spelling correctness, however we will not change your story content.

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

Please email your contribution to manager@songofhealth.com.

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

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

QUESTIONS ASKED AND ANSWERED:

Questions emailed to us:

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

From Sandra: Dear Dr. Tish, please explain:

(1) The difference between USP glycerin(e) and glycerine that is not USP. What does USP stand for?

(2) I believe malt is grain. Would you please verify?

Reply from Dr. Tish: Sandy, USP Glycerine means United States Pharmacopoeia Glycerine, which is a standardized compounded pharmaceutical grade product used in medicine. This glycerine is ALWAYS meat.

Vegetable glycerine will not be labeled USP and may or may not be meat. I don't know that for sure.

Malt is always grain. You can't get malt from anything but grain. Malt is made by sprouting barley or wheat. Then the sprouts are roasted and ground into the malt. When the kernels sprout, the stored energy of the seed is changed into sugars to cause quick energy for fast growth of the plant. These sugars are very sweet and when roasted it is much like heating the sugar out of sugar cane. That is why malted milk balls taste so good ;-).

From Monique: Hi Sandra. What juices do you drink and what do you do for snacks? I am also trying to buy a bread making machine because I can't live without bread! Do you have any recommendations? Other than that, the site has been most helpful.

Reply from Sandra: Hi Monique, I rarely drink juice since it is hard to digest and can cause weakness to allergies. It's asking the body to digest however many fruits it took to make the juice. Once in a great while I might have 1/2 of a small glass of apple juice. Sometimes I will make limeade or lemonade using organic juice, honey, and water. Boil water to dissolve honey, basically making tea, then chill.

Re bread: Because most yeast is made from potato or sugar, I use my own sourdough starter to make my own breads. I make just about every kind with it - oatmeal, etc. See the recipes section for ideas.

Snacks: I'm not a heavy snacker, but when I do I reach for kefir, pickles, raisins, carrots, bites of cheese, blueberries (frozen and picked during summer), small slice of bread with peanut or nut butter. I love just a spoonful of peanut butter sweetened with maple syrup. I think it's my favorite! (Hmmm...maybe I snack more than I realize. That's quite a list!) Generally, I eat my big meal mid- afternoon, so sometimes at night I'm a sucker for organic popcorn. I admit liking it buttered (organic) and salted,

even sometimes with a little grated cheese. Mind you, I don't eat land meat, not intolerant to dairy, and cholesterol levels are normal. I wouldn't recommend that for everyone, obviously. I also think hard boiled eggs make a healthy snack. If pickled, the vinegar will actually burn calories. Reminder, eat organic - or at least no spray, hormones, antibiotics.

I want to also add a snack that both Dr. Tish and I have a lot: Lara Bars, which are fruit and nuts. They are healthy and delicious and come in many flavors. I'm a sucker for the Jocolat Lara Bar Chocolate Espresso flavor. I buy them by the case and it saves me 10%.

Another snack, not as healthy as being just comfort food, is Que Pasa brand tortilla chips, especially with a bite of white cheddar cheese. Be sure to check The Food Resource List for safe cheese to eat. I also like to make my own tortillas, polenta and grits (made from corn meal mush); and

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### **Samples From The Forum:**

**From Susan:** Is there a probiotic out there for one intolerant to potato, seafood, fruit/sugar?

**Reply from Sandra:** Dear Susan, first, we need to know a little more information about what you want the probiotic for. Is it so you can have your food intolerances without problems? If so, there is no probiotic that will cure reactions to food intolerance. Windrose Clinic does have a cap available, called #50 caps, which is gentian and skullcap. It isn't something one can make a habit of taking and then eating one's food intolerances, but it helps if you happen to go out to eat once in a while and, no matter how you do your best to avoid eating them, there may be hidden ingredients in something. Taking a #50 cap prior to eating will often help to soften reactions for many people --- but not everyone.

check out the recipe for crackers that you can have and was contributed by a Subscriber.

Hope that helps add to your list of safe snacks.

How's about we post your question in The Forum too? Maybe someone will respond. In health, *Sandra*

Note: Regarding the above reply, my food intolerances are potato, fruit/sugar combination.

**Subscribers:** Please share with us your suggestions!

**Posted by Robin V Smith - 2nd July, 2010 in The Forum:** My favorite snack is roasted almonds. They are filling and the easiest nut to digest. Also, I like baby carrots dipped in almond butter.

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So, if you can give us more information, we may be able to help you. In health, *Sandra*

Susan: No, I have no interest in "cheating" with probiotics. Sometimes flora gets unbalanced for seemingly no reason, and I would love to be able to restore balance as quick as possible. I have read many articles stating probiotics are very valuable. I would like to find a product that is actually all it says it is on the label and is friendly to the intolerance issue.

Reply from Elizabeth, Windrose Clinic: The Ayush Probiotic 30B is Dairy and Grain. We carry this product at the clinic and order through Levine Health Products. Hope that's helpful!

Posted by Susan: I am 110 pounds, small frame, 47 yrs old, and eat 2 eggs every breakfast. How much meat/protein should I eat for lunch and supper, without over doing it?

Posted by [Sandra, CEO of Song of Health](#): Dear Susan, it would be sweet if we could help you with this. However, it is an issue that should be taken up with your personal physician or nutrition counselor. Everyone is different, process nutrients differently, have specific personal needs. The purpose of Song of Health is to help you avoid your food intolerances by identifying them and then learning how to use alternatives instead. We are able to answer general questions regarding naturopathic concepts. But it is not ethical for us to give you personal medical and/or nutritional advice. If you need a nutrition counselor, I suggest checking out our goods and services section to see if there is one located near you. Otherwise, your physician may be able to refer you.

Please let us know if there is something we

can help you with within our parameters. In health, *Sandra*

REMEMBER TO GO TO THE FORUM TO SHARE - AND ACCESS - MORE QUESTIONS AND COMMENTS!

When posting a question or comment on The Forum to a thread that is not recent (within the current week), PLEASE CREATE A NEW THREAD, even if the topic has been discussed at a prior time. This way, new entries won't get unintentionally missed.

The Forum is a great way to make new friends!

It is a great opportunity for you to share tips, meals, recipes and any other information to help support and educate each other!

ARE YOU SIGNED UP ON THE ALERT LIST YET?

Stay notified of new posts in The Forum and emails sent to us regarding all of your family's personal food intolerances.

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

SUBSCRIBERS:

Would you like to have a cooperative service with *Song of Health* and the store you shop at for groceries? Please tell them! We would be happy to help get them set up with access to the website information on their computers, in an effort to help all of you. If there is a store you would like me to contact, please email me at manager@songofhealth.com. I will do my best to present our position.

Sandra

MAKE YOUR VOICE HEARD!



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 Dr. Zeff: "...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, Dr. Dick may determine a different result than Dr. Zeff, or any of the other doctors who competently perform this "testing," because they are testing a patient's specific blood sample to a specific food sample. As Dr. Zeff puts it, "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. What we are not qualified to answer directly, we refer to our doctors and they, in return email their responses to us. You may consider *Song of Health* as your information center.

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 and learning about other natural health issues. *In Health, Sandra Strom*



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. It is our goal to share our findings with you, on what may have a cause and effect on all of our healthy lives.

SHARING EXPERIENCES:

Remember that eating our food intolerances can have a dramatic effect on our moods as well as other symptoms we discuss, *ad infinitum*.

INSIDER SHARES SHOCKING SECRETS OF PHARMA-BIZ MOTIVES

By Sandra Strom, CEO of Song of Health

Exhausted from helping a friend move, I was staying awake listening to the Coast to Coast radio show while driving home late at night last weekend. Discussions on this show are rarely heard elsewhere, especially in mainstream media. Such topics as remote viewing, UFO's, seeing ghostly spirits, real facts about the oil spill that Big Brother isn't telling – entertainment a la carte.

On this night, I lucked out – Dr. John Virapen, former pharmaceutical executive for Eli Lilly, was the guest. His discussion focused on his book Side Effects: Death¹ and just exactly what the major pharmaceutical giants do for the almighty dollar. Because I walk the "Good Naturopathic Road" and, the few times I succumbed to allopathic prescriptions caused me additional problems, I was all ears to hear if this guy was willing to reveal what I already believed. I had personally witnessed too many horror stories of family and friends incurring serious side effects from medications, besides my own. What Dr. Virapen reveals confirms my suspicions and stimulates my passion to continue to stress the need to follow the instructions of our Traditional Nature Doctors, such as Dr. Tish and Dr. Zeff.

Pharma-Secrets Revealed by an Insider

¹ "Side Effects: Death," by John Virapen. ISBN 978-1-60264-516-5 (softcover);

978-1-60264-517-2 (ebook).

Published 2009 by Virtualbookworm.com Publishing Inc., P.O. Box 9949,

College Station, TX 77842, US. ©2009, John Virapen. All rights reserved.

In his writings, Dr. Virapen reveals the following shocking practices of major pharmaceutical companies:



Large pharmaceutical corporations spend about \$35,000–\$40,000 per year, per practicing doctor, to persuade them to prescribe their products!



In order to banish the valid concerns of doctors and patients, recognized science and medical experts are specifically bribed with expensive gifts - trips, presents and money - to report positive results about medicines. This occurs even when their serious and even fatal side effects have become public.



In many cases, there are only short-term clinical trials for many newly approved drugs. Long term effects on patients are unknown.



Research and statistics reports, required for the approval of drugs by the regulatory authorities are constantly being edited, going so far as to eliminate substantiations of death caused by the side effects of the given drug.



More than 75 percent of the leading medical scientists are paid by the pharmaceutical industry.



There are drugs on the market where bribery played a role in the approval process.



The pharmaceutical industry invents illnesses and promotes them with targeted marketing campaigns to increase the market for their products!



The pharmaceutical industry increasingly has its sights on children.²

Those are powerful allegations! Do you believe it? I do. At the least, the concept that Pharma-biz is just that – companies looking to make huge profits; never mind that **our health is not their first priority, if any**. If we haven't heard the long list of possible side effects in TV or radio commercials for a pharma-drug, then we're living in a vacuum. Granted, every body is different, and what one individual experiences, another will not.

What credentials does Dr. John Virapen boast to convince us of the accuracy of his allegations?

In his own words:

"I worked for the pharmaceutical industry, beginning in 1968. I started out as a salesman, ... worked my way up. ... Since I carried on climbing, I found out more and more. And I became an offender myself. I worked for various companies... I got to know some multinational companies from the inside. I became the General Manager of Eli Lilly & Company in Sweden and later worked for global players such as Novo Nordisk and Lundbeck from Denmark.

As far as the product range goes: Sometimes, it was wonder pills against arthritis, or the human insulin scandal, or rejuvenating cures (growth hormones), and finally the new psychotropic family of selective serotonin reuptake inhibitors (SSRIs), which are wrongfully called mood lifters. ... These dangerous substances are not drugs that only treat rare diseases. On the contrary, just one single drug from this

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<http://john-virapen.com/en/books/side-effects-death.html>

*family generates billions of dollars in turnover. Per year. Every year."*²

Dr. Virapen shares that he was in charge of marketing campaigns which included generously gifting doctors, opinion makers and leaders; financing articles in scientific journals and conferences; and ultimately bribing authorities.

So why has he blown the whistle on himself along with the named pharmaceutical companies? His conscience! *"I was forced to use bribery to influence drug approval, even though I knew the drug would harm people,"* he writes.² Who better to expose unethical practices than a previously active insider?

Now 64 years old, living in Germany with his wife and young son, he feels a personal concern for the children – the new lucrative market that the pharmaceutical industry is now focusing on. And he is scared. He doesn't want his son convinced it's ok to become a *"willing pill-popper, who takes medicines for made-up illnesses and those you are talked into having, with deadly side effects included in the price. The pharmaceutical industry is changing the reasoning of the coming generation."*²

One of the most prominent diagnoses of children is Attention Deficit Hyperactivity Disorder (ADHD, also known as Fidgety Philip), designated by symptoms of unruly behavior. Although the long term effects

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<http://john-virapen.com/en/books/side-effects-death.html>

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<http://john-virapen.com/en/books/side-effects-death.html>

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<http://john-virapen.com/en/books/side-effects-death.html>

have not been documented, it is still common for doctors to prescribe such drugs as Ritalin, thousands of times a day, for diagnoses of hyperactivity.

As Dr. Virapen emphasizes, he is all for capitalism and profit making, but not at the expense of the physical and mental well-being of people.

It is to be noted that he does not accuse all pharmaceutical companies, nor pharmacists, whose motives for research have been to find cures. The difficulty is determining which company's ethics are driven by the highest good.

Am I suggesting you stop taking a prescribed drug? ABSOLUTELY NOT!

If you or your child is on a pharma-drug prescribed by your doctor, I am not so

irresponsible as to convince you to stop. That is not the purpose of this article; it is to discuss awareness of potential side effects of such medicines and to stimulate thoughts of looking at alternative measures with your doctor.

The emphasis here is to be informed. Weigh out your options. Are there natural alternatives your Naturopath can help you with? Have you sought a second opinion from another physician? ARE YOU AVOIDING YOUR FOOD INTOLERANCES? For me, that resolved most of my problems years ago. Pharma-drugs couldn't fix that first and most important defense against illness.

In Health, *Sandra*

"Every dis-ease known to humans is created in our digestion system" (Dr. Harold Dick, N.D.)



NEW RECIPES

Each month new recipes 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 food intolerance items.

✿ WE INVITE YOU TO SHARE YOUR SUGGESTIONS, RECIPES, COMMENTS AND CONCERNS. Please go to [The Forum](#) and post in the Recipes section, or contact us at manager@songofhealth.com.

~ Always use organic products 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.**

KEY FOR CODES

D	Dairy		Ms	Mine Salt
E	Egg		P	Potato
F	Fruit		Sf	Seafood
G	Grain		Ss	Sea Salt
H	Honey		S	Sugar
M	Meat		Sy	Soy

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!*

BEVERAGES:

[REFRESHING LEMON-LIME WATER](#)

CONDIMENTS:

[MANGO CANTALOUPE SALSA](#)

[TROPICAL GINGER SALSA](#)

MAIN DISHES:

[BAKED FISH WITH GINGER AND PINEAPPLE](#)

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

A =	Bad for All	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
M =	Meat		

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 furnish where the product was purchased, whenever the information is available, in the newsletter. **(Most brand foods considered "natural" or organic products may be found at your local natural foods stores.)** We are not able to show the "Purchased At" column on the website, however. **IN MOST CASES THE PRODUCTS ARE AVAILABLE IN OTHER STORES ALSO.**

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

✿ **SHOPPING SUGGESTION:** Do you have a Blackberry, Iphone or other mobile internet phone? I log on to Song of Health.com, The Food Resource List, as my shopping tool!

FOOD RESOURCE LIST UPDATES

JULY 2010

A list of updates was emailed out on June 17. If you did not receive your copy and wish to, please [contact us at manager@songofhealth.com](mailto:manager@songofhealth.com).

<u>FOOD EVALUATED</u>	<u>DATE EVAL.</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>PURCHASED AT</u>
<u>ALCOHOLIC BEVERAGES:</u>				
Kokanee Glacier Beer	06/10	D,F,S,Sy	G,P,S	
Stolichnaya Vodka	06/10	D,F,S,Sy	F,G,P	
Tanqueray London Dry Gin	06/10	D,F,S,Sy	F,G	
<u>BAKING SUPPLIES:</u>				
Huckleberry's (Bulk) Carob Powder	06/10	D,F,P,S,Sf	F	Huckleberry's, Spokane, WA.
<u>BREAD:</u>				
Trader Joe's Corn Tortilla Flat Breads, Sesame Salted	06/10	D,F,G,P,S,Sf	E,F,G,P	
<u>CHEESE:</u>				
Tillamook Monterey Jack, 1 lb. brick	06/10	F,G,P	D,F,P	
<u>CHIPS AND CRACKERS:</u>				
Trader Joe's Woven Wheat Wafers	06/10	D,F,P,S,Sf	F,G,P,Sy	
<u>CHOCOLATE AND COCOA:</u>				
Trader Joe's Dark Chocolate Bar	06/10	F,G,P,S	G,S,Sy	
<u>CONDIMENTS:</u>				
Annie's Naturals Tuscany Italian Dressing	06/10	D,F,P,S	F,G,Ss	
<u>FLOUR:</u>				
Bob's Red Mill Enriched Unbleached White Flour	06/10	D,F,S,Sy	G,P	
<u>FRUIT AND BERRIES (Including Fruit Spreads & Sauces):</u>				
Tree Top Organic Apple Sauce No Sugar added	06/10	P,S	F	

<u>FOOD EVALUATED</u>	<u>DATE EVAL.</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>PURCHASED AT</u>
<u>GRAINS:</u>				
Kirkland Organic Short Grain Brown Rice (12 lb. bag)	06/10	D,F,P,S,Sf,Sy	G,P	Costco
Trader Joe's Organic Quinoa	06/10	D,F,P,S,Sf	G	
<u>NUT BUTTERS:</u>				
Huckleberry's Bulk Almond Butter	06/10	F,G,P	N	Huckleberry's, Spokane, WA.
<u>NUTS:</u>				
Huckleberry's Bulk Organic Walnuts	06/10	All	F	Huckleberry's, Spokane, WA.
<u>OILS:</u>				
Star Extra Virgin Olive Oil	06/10	D,F,P,S,Sf	F	
<u>SOY PRODUCTS:</u>				
Wildwood Organics SprouTofu High Protein Super Firm Tofu	06/10	All	P,Sf,Sy	
Tofurky Italian Sausage	06/10	ALL	ALL	
<u>SWEETENERS:</u>				
C & H Pure Cane Sugar	06/10	F,G,P	S	
Sweet Leaf Sweetener All Natural Stevia Plus	06/10	D,F,P,S,Sf	F,Sf	
<u>TEAS:</u>				
Frontier (Bulk) Peppermint Leaves	06/10	F,G,P	N	Huckleberry's, Spokane, WA.



TOGETHER WE ACHIEVE...

GREAT HEALTH – GREAT LIFE!

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