



DRAGONFLY NEWS

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

JULY 2012



AGAVE, now listed in the new Food Categories Group CACTUS

Picture taken at Botanical Gardens in Sarchi, Costa Rica

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 in .pdf form. Then, in a few days you will be able to access the newsletter on the website. The Food Resource updates will be incorporated into the existing Food Resource List and can be found by clicking on the icon at the left side of most pages on the website. The recipes will be added to the Recipes section, including the Table of Contents and Index.

If you did not receive this issue at your email address and would like to, please notify us immediately at manager@songofhealth.com. We may need you to remove a pop-up blocker on your computer or to update your current email address with us.

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

Sandra Strom, CEO of *Song of Health*; Food Intolerance Consultant

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

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

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

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

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

Song of Health and The Carroll Institute of Natural Healing work together to reach as many people as possible 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

- ✂ **New Food Categories Group: CACTUS.** (See below under Questions Asked and Answered, Email Correspondence, email from Dr. Tish.) Per our doctors' new findings, we have added the category CACTUS to the Food Categories section.



- ✂ **THE SOAP SECTION:** New soaps available. See below in The Soap Corner. Note: Descriptions and ingredients now list the food intolerance category Cactus as present in all the soaps (Jojoba Oil).

Subscribers, you receive 14% discount on each and every bar of soap just by using the promo code **yummy soap** ~ available **only to you!** To receive your discount, enter in the box provided at time of payment: **yummy soap**

ARE YOU SIGNED UP ON THE ALERT LIST YET?

Stay notified of any 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.**

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 a free bar of ~~organic~~ soap!**

Refer a new subscriber and receive an additional 10% off your next renewal or a free bar of ~~organic~~ soap!

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 bar of soap. *It's that easy!* **To order: Contact manager@songofhealth.com**

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TAKE ADVANTAGE OF ADDITIONAL DISCOUNTS WHEN YOU RENEW YOUR SUBSCRIPTION.

Renew 6 months early and receive additional months and \$\$ off!

Use the promo codes in the renewal notifications emailed to you for other special discounts!

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

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**SUBSCRIBERS SPOTLIGHT**

**STORIES, COMMENTS AND QUESTIONS**

**What information would you like to have in your newsletter?**

Our goal is to serve you. Please help us by sharing what you would like to see in *Dragonfly News* 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](mailto:newsletter@songofhealth.com).**

## Share your story with others.

**SUBSCRIBERS, Please help others by sharing your story.** When you allow us to publish it in *Dragonfly News* and *Subscribers' Testimonials*, a dedicated section at *Song of Health*, you provide the opportunity to reach out to those who still suffer but are apprehensive that our dietary lifestyle will work for them. By reading about how our lives were dramatically changed, we can help others. **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](mailto:manager@songofhealth.com).

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

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

## QUESTIONS ASKED AND ANSWERED:

### Email Correspondence:

*Song of Health has been given permission by our Subscribers to share the following with you, so that we may all benefit.*

**From R, June 20<sup>th</sup>:** Hi. Would you know of any flax oil supplement, magnesium supplement and progesterone cream for fruit intolerant group, who cannot mix potato and dairy, please? Thank you very much for your time.

**Reply From Sandra:** Hello R, my best advice is to contact either [your Naturopath], or you can contact Windrose Clinic in Spokane, Washington: 509-327-5143. They carry many wonderful supplements that have all been evaluated, and they can help. My recommendation is to always contact your own personal physician first, though, as he knows you best and what your personal needs are. Either way, both clinics are glad to help you find what will work for you.

Also, I want to be sure you received your soaps. I'd also be grateful to have your feedback on them when you use them.

**R:** Hi. Thank you very much for the information. Yes I received the soaps and they are great. Can I use them as shampoo too? Thank you.

**Sandra:** Glad you're enjoying the soaps. Yes, it [ ~~works~~ ] does work well as shampoo. It takes a bit more rubbing than shampoo to get a lather going, but it cleans well. I use strong nettle tea as a hair rinse/conditioner following, and all the soap washes out. Let me know what you think if you try it. One thing about the soaps is they are very long lasting, as they are cured for a long time and the cocoa butter makes them hard.

**R:** Thank you so much for the information. I am very sensitive to almost everything. If you know of any make up, body lotion, face moisturizer, hair spray, mousse, hair gel and deodorant and toothpaste also, please let me know. I have to avoid fruits; also not mixing potato and grain. But I am sensitive to perfume, fragrances, chemicals and some natural products in makeup and other products (not sure to what). Thank you very much for your time.

**Sandra:** Cosmetics is a very tough issue for fruit intolerance, as most of the products contain some fruit derivative. I am potato intolerant (and fruit/sugar combo). When I use foundation makeup, I use the brand Zia; however, I believe they are difficult to find anymore. So my finish powder is now Mineral Fusion. I have very sensitive skin and have been good with both brands. I just went on Mineral Fusion's website and their foundation products do contain fruit. Most of the time our doctors recommend finding a product that best agrees with you, as finding your food-intolerance-free products is so tough.

I'm forwarding your question to Dr. Caryn Potenza at Windrose Clinic. I think I remember her having some information on certain skin products.

**Editor's Note:** As a reminder to R's quest for toothpaste and deodorant that is fruit-free: Baking soda used as tooth powder is fruit-free. For a deodorant powder, use ½ each of corn starch (grain) and baking soda, mixed well. The corn starch absorbs sweat naturally and the baking soda deodorizes.

**From Dr. Christopher Kozura (per FB), June 20<sup>th</sup>:** Many of you already know the dirty dozen but this breaks it down to the amount of different pesticide residues they have on each of the dirtier ones. Thank you organic farmers, especially the ones that treat your soil like gold. I bow to the sustainable organic farms out there. [EWG's 2012 Shopper's Guide to Pesticides in Produce.](#)

*The following is from our Subscriber and supporting physician Dr. Kozura, ND. and may not necessarily be the opinion of our staff:*

**From Dr. Christopher Kozura (per FB), June 27<sup>th</sup>:** Cow hormones in milk, like mayer hormones (Prempro) for women taking them during menopause, just may increase your chance of diseases like heart disease. I like all the propaganda that comes as conversation in my office that soy is bad for you because it has phytoestrogens. The soy is at least not actual hormones in your food on a daily basis if you are a milk drinker or dairy eater.

Counterpoint: On the other hand it may make you younger, as the highest amount of hormones that humans produce is during puberty. Therefore, maybe a little dose of hormones from cows and horses may help us live younger, and it may be just something else that caused the heart disease. The hormones from cow's milk just gets you to puberty quicker. Hey, I know the hormone story is not easy to understand, but we at least need to know stuff like pregnant cow hormones are in our milk. The guys might be concerned about this though.

**From Dr. Tish, July 9<sup>th</sup>:** The Cactus group is a new group we have just discovered. It came about when patients began complaining about reacting to Agave. We found a few people who couldn't have Agave, so then we started sorting out this category. These people also react to Aloe, Pineapple, Sage (cooking sage), and Prickly Pear, along with the Cactus botanical we use in our heart formulas. This would also include Tequila.

So, Pineapple is a cactus, not a fruit. Many canned pineapples do contain citric acid, which makes that canned product fruit, however.

That's what I know so far. We are still sorting out this group. It came as quite a surprise. We just started working on this a few months ago.

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

***IMPORTANT NOTICE:*** At this time, due to work overload and shortage of time, our doctors are not able to answer your questions in the category

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

***IMPORTANT NOTE:*** When posting a question or comment in The Forum to a thread that is not recent (within the current week), PLEASE CREATE A NEW THREAD.

even if the topic has been discussed at a prior time. This way, new entries won't get unintentionally missed.

*The Forum is a great way to make new friends!* It is a great opportunity for you to share tips, meals, recipes and any other information to help support and educate each other!

## MAKE YOUR VOICE HEARD!



## FOOD LABEL QUIZ

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

The following list of ingredients is on a label from a product that is dated 06/12 in The Food Resource List:

**INGREDIENTS:** Pineapple, Pineapple Juice And Clarified Pineapple Juice from Concentrate (Water, Clarified Pineapple Juice Concentrate).

As part of my goal to help you in the quest of eating safely in accordance with your personal food intolerances, this section is another way to help you identify suspicious ingredients and ... *HAVE SOME FUN!*

- ☞ First, identify obvious food categories, i.e. potato starch = potato.
- ☞ Next, identify potential hidden ingredients, i.e. guar gum = potato.
- ☞ Finally, if you can answer this, you are exceptionally brilliant: What product is this?

~~~ The answers are at the bottom of the New Recipes section, just above The Food Resource List Updates. ~~~



NEW ~ THE SOAP CORNER

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

- ☞ The design of the  website page has been updated and is now more user friendly.
- ☞ **Important changes to descriptions and ingredients:** In compliance with our doctors' new findings and the addition of the CACTUS food intolerance category, the following information has changed:

●**Ingredients We Use** ~ Natural Jojoba Oil: Per the Carroll Food Intolerance Method, this product has been evaluated to contain the food intolerance category CACTUS.

●**Our Selection of coco-shá Soaps** ~ Soaps will specify either: In accordance with the Carroll Food Intolerance Method, this product contains CACTUS. No other food intolerance categories are present; or, ...contains CACTUS and GRAIN...

✚ Since it has been determined that the Unrefined African Shea Butter used in our soaps are food intolerance free, from now on all the  soaps will contain this enriching emollient butter.



✚ **NEW** ~ **ORGANZA DRAWSTRING GIFT BAGS.**

These transparent bags with ribbon drawstrings will hold 2 bars of  Soap, making a special, unique, and beautiful gift. Choose from 5 colors: Shown: (Top row) Pink, Blue, Lavender, (Bottom) White, Black. 4-1/2" x 6-1/2" are \$.99 ea. (Regular \$1.20)

✚ Following is the schedule of availability for new  :

- **Campers Friend Repels Bugs ~ Not People!** Nicknamed "CAMO." NOW AVAILABLE. Be prepared for your summer activities with this amazing soap.

**SUGGESTION: Hang these soaps [in your tent]
in the new ORGANZA DRAWSTRING GIFT BAGS when not bathing!**

- **Unscented**  NOW AVAILABLE
- **Lavender Anise** Latest batch, now with Unrefined Shea Butter and more essential oils of Lavender and Anise, available July 21st

- **BOAT COFFEE** ~ **For People Who Fish and Cook** (With Anise and Organic Coffee Grounds).

Anise is renowned for removing human scent and other odors, and for attracting fish. Coffee grounds aid in additional, yet kind-to-the-skin scrubbing. That's what makes this soap a must on the boat and in the kitchen! Available July 21st

- **SUMMER MINT** Refreshing Natural Added Protection. New batch, available July 25th, contains Organic Comfrey Powder and Leaf.

- **UNSCENTED CARROT RIPPLE**
Made with Homemade Organic Carrot Juice **Now with Unrefined African Shea Butter** ~ The new batch will be available July 25th. There are still 2 bars available of the original batch, without Shea butter.

- **Calypso Bay** There was a delay on receiving backordered supplies. There are 2 bars still available. The next batch will hopefully be available by August 5th.



~ Each month we bring you articles on a myriad of topics regarding health and environmental issues. The main focus of Song of Health is to avail you of expert information on the Carroll Food Intolerance dietary

methods. This – *DIET* - is the first step to getting and staying well. We feel there are also many other interesting and important issues to be aware of, so we share our findings with you, on what may have a cause and effect on our health and lives. ~

SHARING EXPERIENCES:

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

NEW CATEGORY: THE CACTUS FAMILY

By Sandra Strom, CEO of Song of Health

Our brilliant Naturopaths --- Doctors "Tish" Dick, Potenza, and Zeff --- have recently identified a new food intolerance category. According to Dr. Tish, after several patients expressed distress from Agave they began working to sort out a category of related plants that also caused reactions for these people. Thus, we are now adding a new section to our list of Food Categories --- the CACTUS family.

So far, the plants identified in the Cactus category are Agave (includes Tequila), Aloe, Jojoba, Pineapple, Prickly Pear, Sage (Salvia officinalis [garden sage, common sage] – used in cooking), and the botanical Cactus Grandiflora. Dr. Tish will also be looking into Yucca and Cassava (Yuca) to determine if they, too, belong in this family, as well as anything else suspected.

It is a curious phenomenon that all these years Pineapple was considered to be in the Fruit category. Most likely because many of the canned Pineapple goods contain citric acid; so, whenever a Pineapple product was evaluated it analyzed positive for Fruit. Because the Cactus food intolerance, not a common one, was not realized until now, the secret of Pineapple was kept well hidden. Needless to say, this all came as quite a surprise to our doctors!

What supposes a plant to be a member of the Cactus Food Intolerance family?

Having only been a few months since this food intolerance was identified, the classification of all that is included is still not complete. I researched the above named plants to see what they might have in common, remembering that an obvious similarity does not preclude positivity for intolerance. With that in mind, this is what I've briefly found:

Under Scientific Classification, "Clade" ~ Monicots include Agave, Aloe, and Pineapple. "Clade" ~ Eudicots include Jojoba, Prickly Pear, and Sage (*Salvia officinalis*). Further breakdown into plant family, genus, etc. is dissimilar among the plants.

All but the Jojoba and Sage have a similarity of fleshy, spiny leaves. Jojoba's leaves are fleshy without the spines. Sage is an evergreen shrub whose leaves are not fleshy, as are the others, appearing more like the herbaceous plant we would expect.

So far, the information I have on CACTUS food intolerance is obviously limited. As our doctors' findings increase, we will continue to share the information with you. In the meantime, we will be adding the new page in the Food Categories section at Song of Health, to share with you what we know at this point.

I send out a big cheer to our doctors for their amazing work in affording this opportunity for even more people to restore and maintain their health and well being. Please join me in your support for

their untiring efforts with our best welfare as their first concern.

To All My Relations, Sandra

References: Dr. Letitia Dick, ND.;
www.Wikipedia.org;
<http://plants.usda.gov/java/profile?symbol=SAOF2>

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



NEW RECIPES

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

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

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

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

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

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

LIST OF NEW RECIPES

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

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

Contact me at manager@songofhealth.com.

Picnics, ball games, and other favorite summer activities call for easy dishes using the fresh bounty of the season. Here is a recipe that is delicious, healthy, and beautiful. Remember to refer to the Food Substitutions List whenever necessary.

VEGETABLES: **ASPARAGUS AND TOMATO VINAGRETTE (Served Cold)**

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: Pineapple, Pineapple Juice And Clarified Pineapple Juice from Concentrate (Water, Clarified Pineapple Juice Concentrate).
- ✚ Potential Hidden Ingredients: From listed ingredients it appears to be the new category CACTUS, and no hidden ingredients.
- ✚ The product was evaluated for: ALL
- ✚ The results were: C, S, Sf
- ✚ The product is: Dole Tropical Gold Pineapple Chunks in 100% Pineapple Juice

✚ Hidden ingredients resulted in Sugar, Seafood.



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:** *A Peek of The Catolica Inglesia through Arches, Topiary Park in Zarcero, Costa Rica.* This represents a taste of this fantastical city park. Animal shapes, both contemporary and prehistoric, are also hand-trimmed and shaped, along with splattering colors of beautiful flowers. There are no power tools to create and maintain these masterpieces - just men standing on ladders, when necessary, using hand clippers and shears, to ensure near-perfection. I thought of all of you while walking through the splendor, attempting to capture glimpses of Costa Rica to share with you. 🦋

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 Blackberry, Iphone or other mobile internet device? You can log on to Song of Health.com, The Food Resource List, and look up items while you shop!

THE FOOD RESOURCE LIST **JULY 2012**

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

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> |
|--|-----------------------|----------------------|----------------|
| BUTTER: | | | |
| Purity Farms Ghee, Organic Clarified | 06/12 | ALL | D |
| Trader Joe's Unsalted | 06/12 | ALL | D |
| FRUIT & BERRIES
(Including Spreads & Sauces): | | | |
| Dole Tropical Gold Pineapple Chunks in 100% Pineapple Juice | 06/12 | ALL | C,S,Sf |
| Nature's Hollow Sugar Free Strawberry Preserves | 06/12 | ALL | F |
| SWEETENERS: | | | |
| SweetLeaf® 100% Natural Stevia Sweetener | 06/12 | ALL | F,G |
| VINEGAR: | | | |
| Eden Selected Red Wine | 06/12 | ALL | F |



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

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