



DRAGONFLY NEWS

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

JUNE 2011



(Sandra's father, in his late 80's and still going)

**WE HONOR THE MEN,
ON FATHERS DAY AND THROUGHOUT THE YEAR!**

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

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

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

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

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- ✂ **FOOD RESOURCE UPDATE:** **JUNE 2011**

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 methods, constitutional

hydrotherapy and other important methods of the traditional Nature Doctors.

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.

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WEBSITE CHANGES AND NOTICES

- ✂ **A new list has been added in the Food Substitutions List: [AGAVE NECTAR EQUIVALENTS CHART](#).**
- ✂ **Under [RECIPES, CAKES](#):** Under "Important HINTS" ~ Now reads "**Ground cloves usually contain fruit. Whole clove is neutral.**" It originally read "cinnamon" instead of cloves, which is not correct. Also, in several recipes that include cinnamon, the same error has been corrected. Cinnamon is neutral. *My personal apologies for the error. ss*
As a reminder: The spices mace, nutmeg, and commercially ground cloves are fruit.
- ✂ **The recipe pages are getting a new and cleaner look, and all the recipes are in the process of being updated.** See SHARING EXPERIENCES below for details.

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).**

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



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:

From Dr. Christopher Kozura, ND: Lettuce family is [Asteraceae](#) and Poppy Family is [Papaveraceae](#). In the FIT it's stated that iceberg lettuce is in Papaveraceae (poppy family) and romaine is not, yet romaine is just a cultivar of the same species as iceberg lettuce in the Asteraceae family.

Any reason why Dr. Carroll would think this and have it as part of FIT not ok list? I haven't looked into family changes over the years. A recent patient actually does have a spasm in gut that occurs with iceberg and romaine so he may have been on to something, but it's not the same family?!
Thanks, Christopher J. Kozura N.D.
The Vitality Center
| www.vitalitynaturally.com
(206) 523 9300 | Fax (206) 523-0100

3216 NE 45th Place Suite 212, Seattle, WA 98105

Reply from Dr. Tish: Iceberg has no nutritional value. Just because it is the same plant family, and botanists classify them together, has nothing to do with their nutritional content, or how they digest. For example, Nightshades: Tomatoes have different nutrition and digestion from potatoes.

Dr. Kozura: I wasn't talking about nutritional value of iceberg compared to romaine. I am talking about the relationship to the opioid producing family that can stun the gut and slow things down, kind of like what heroin does to the extreme with the addicts and when they go off the drug and the bowels start moving so fast diarrhea occurs. (This is because the gut was stunned into not working to begin with). The concern is sharing that this

Asteraceae family is related to the opiod family and this stunning of the gut occurs with this family too. I don't ever consider having people eat iceberg, although it does have a good amount of glutamine. I definitely think the higher nutritional value is in the romaine...

Reply from Sandra Strom, CEO of Song of Health: Regarding romaine - Doing a little more studying on the differences, I found some information that purports romaine to contain "an opium-related substance that helps to relax the body, calm nerves, induce sleep and reduce pain." This is completely different from the effects iceberg has on the digestive system. There is nothing detrimental to the body caused from romaine (cos). It also contains nutrients that aid in healing and well being.

Iceberg, on the other hand, and as we already know from our old Nature Doctors and as you have mentioned, is a member of the opiate family and affects the body by paralyzing - or putting to sleep - the digestive system for at least 30 minutes after consumption. Consequently, it never gets properly digested, nor does whatever is consumed in the same meal; instead, the food sits in the digestive tract and begins to ferment. This is what causes gas and other uncomfortable reactions for many people who eat iceberg lettuce. Oftentimes,

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

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

### **UNDER THE CATEGORY NATUROPATHIC HOME REMEDIES:**

#### **Castor Oil Packs**

**Posted by Paulina, 26th May, 2011:** Do castor oil packs work to detox our livers? Or is it through another mechanism that castor oil helps to support our liver? Will someone who is just starting to use castor oil packs

people will eat salad first, then follow with the main course which may contain such hard-to-digest foods as red meat. Imagine what that looks like in the stomach! There is nothing of value in iceberg lettuce, compared to how detrimental it is.

I remember Dr. Harold Dick instructing that other lettuces - such as butter and some curly varieties (i.e., Black-Seeded Simpson, Red Leaf) - also contain some opiate content, but in a much smaller amount, so they don't generally cause the same drastic reactions as iceberg. He still recommended avoiding them and, instead, eating romaine and spinach - far healthier choices. Personally, I find them also much tastier! There are several varieties of each that make salads interesting.

**EDITOR'S NOTE**...Look for more information in an article on this subject in our next newsletter. *Remember*...Each individual has different requirements that they should seek their doctor's help with. What may be easy for one person to digest may not be for another, even if it has nothing to do with their food intolerances. In health, *Sandra*

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experience any detox symptoms when beginning treatment?

Posted by Sandra, CEO of SOH: Hello Paulina, this is a question better answered by your physician. I will forward your question to Dr. Tish in the event she might have time to offer input on the subject. In health, *Sandra*

UNDER THE CATEGORY SPECIFIC FOOD INTOLERANCE DISCUSSIONS:

Potato and Gluten-free recipes

Posted by Teresa, 11th May, 2011: Hi, I just found out I have a potato intolerance

and I also have a gluten allergy. I've been eating Harvest for Life Brown Rice Tortillas but I notice that it has tapioca flour and vegetable gum in it ---xanthum and cellulose --- so suspect there is potato in it.

Any bread or tortilla recipes that don't have wheat or potato? Maybe I'm a bit overwhelmed by this all---it is rather new.

Posted by Sandra, CEO of SOH: Hello Teresa, you are right to suspect potato with those ingredients. If you'll click on the following link, which will take you to the food resource list, tortillas, you'll find a number of store-bought tortillas that are safe. You'll also notice that the gluten-free ones are mainly corn.
<http://www.songofhealth.com/subscribers/foodresources/resource7.html#tortillas>.

Personally, I've gotten used to eating corn tortillas only and prefer them over others. I'm not gluten intolerant but am potato intolerant, and so many of the flour tortillas would evaluate positive for potato. Corn is so flavorful and sweet! In health, *Sandra*

Posted by Karen: Speaking of corn tortillas...I've noticed that almost all corn tortillas (organic or not) and corn flour (masa) has the addition of lime. My son is fruit intolerant with a potato/grain combination. I asked my friend about the lime (she is from Mexico and always makes her tortillas homemade) and she said it was an additive for preservation, but not "fruit" lime. I did a little research and found the lime called "slaked or builders lime," also

called "calcium hydroxide". This is a chemical used in the making of many things (i.e. the manufacturing of brake pads, etc.). Supposedly, it's a pretty "mild" chemical, but nonetheless...it is non-organic. Has anyone made corn tortillas from fresh ground corn with success? Thank you!

Posted by Dr. Tish: It is fine to make corn tortillas without the calcium or lime. They just will mold very quickly if not eaten fresh. It is interesting that tortilla chips will have either lime from the mineral or lime from the fruit plant added. Sometimes they tell you which. I found one tortilla chip that actually said lime juice on it. Lyme, I believe, is the actual calcium hydroxide element. This issue is why we test all of the tortillas and tortilla chips because we often don't know which they mean.

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!



IMPORTANT INFORMATION ABOUT SUNSCREEN PRODUCTS:

Seasonal outdoor activities have begun; thus begins the controversy of whether or not to use sunscreen products and, if so, which ones are safe.

Our supporting physician, Dr. Christopher Kozura, ND posted on his Facebook page a website dedicated to discussing options

from the naturalistic perception. To read surprising information on whether sunscreen products help or hinder protection against skin cancer, go to [EWG's Skin Deep Sunscreens 2011](http://www.ewg.org/skin-deep/sunscreens-2011) (<http://breakingnews.ewg.org/2011/sunscreen/sunscreens-exposed/sunscreens-exposed-9-surprising-truths/>)

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 recent product that is in the JUNE 2011 Food Resource List updates:

INGREDIENTS: Soy Flour, Salt, Food Yeast, Onion, Garlic, Parsley, Celery, plus our Unique Blend of Vegetables and Herbs.

As part of my goal to continually improve on helping 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 on Page 13, at the bottom of the New Recipes section, just above The Food Resource List Updates. ~~~



~ 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. ~

ENVIRONMENTAL UPDATES FROM THE U.S. EPA

I am subscribed to receive updates to environmental and health policies from the Environmental Protection Agency. Each month I

will select those I feel are pertinent to share with you, and bring to your attention. Sandra

May 31, 2011

EPA Establishes National Tribal Toxics Committee to Address Risks from Toxic Chemicals

WASHINGTON – The U.S. Environmental Protection Agency has established a National Tribal Toxics Committee (NTTC) to give Indian tribes greater input on issues related to chemical safety, toxic chemicals and pollution prevention. This effort will further empower tribal communities to protect their health and environment from the risks of toxic chemicals. Creation of the NTTC is part of EPA Administrator Lisa P.

Jackson's emphasis on improving chemical safety, building strong tribal partnerships and expanding the conversation on environmental justice. The NTTC will hold its first meeting in Washington, D.C. on June 1-2.

"As we focus on chemical safety and identify ways to reduce exposure to toxic chemicals and prevent pollution in Indian Country, it is absolutely critical that we listen to our tribal partners," said Steve Owens, assistant administrator for EPA's Office of Chemical Safety and Pollution Prevention. "We want to ensure that we

address the ways that tribal members are affected by toxic substances and promote pollution prevention efforts that reflect their interests and needs.”

EPA believes that expanding tribal partnerships is important given the uniqueness of tribal cultures, communities, and environmental problems, and the need to respect tribal sovereignty, culture and heritage. The NTTC will help EPA better tailor and more efficiently address a variety

of issues, including preventing poisoning from lead-based paint, expanding pollution prevention and safer chemical initiatives in Indian country, and better evaluating chemical exposures that may be unique to tribes and their members.

More information on the NTTC and for a list of tribes: <http://www.epa.gov/oppt/tribal/>
More information on EPA’s partnership with tribes: <http://www.epa.gov/indian/>

ARTICLE:

THE NEW AND IMPROVED DESIGN FOR HEALTHY EATING...OR IS IT?

By Sandra Strom, CEO of Song of Health

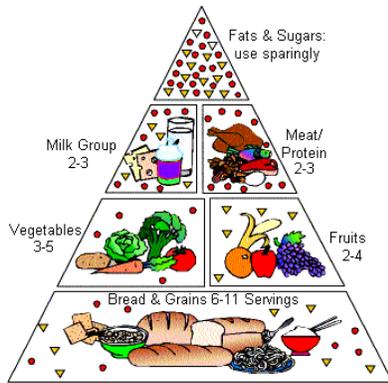
Our Nature Doctors must be getting a good (albeit, cynical) chuckle over the latest federal “food pyramid controversy.” Tenaciously targeting the obesity issue in this country, the current administration has released a new and improved design for eating healthy.

Let’s look at the evolving theories of “proper eating” that the various leaders in this country and beyond have changed, not unlike other fads.

It spawned in Sweden in 1972, when worldwide food prices were at an all-time high. Their National Board of Health and Welfare promoted a “dietary circle” consisting of “basic foods” that were both nutritious and inexpensive, along with “supplemental foods” that contributed the nutritive requirements missing from the basic foods. The triangle concept, which displayed the basic foods as the base, was

suggested by Fjalar Clemes, who came up with the idea while attending a lecture by Anna Britt Agnsäter, a member of a cooperative test kitchen who worked with the Board, on how to illustrate these food groups. Agnsäter developed Clemes’ idea into the first food pyramid, which was introduced to the public in 1974. The basic foods at the base included milk and cheese, margarine, bread and cereals, and potatoes. Next up, a large section was attributed to vegetables and fruit. The apex consisted of meat, fish, and eggs.*

The United States later developed its first food pyramid in 1992. Divided into six horizontal sections, with detailed descriptions of recommended foods and their portion sizes, breads and grains were at “the foundation” of the pyramid, while the tip of the pyramid represented fats, oils and sweets, cautioning us to indulge sparingly.



"Old Food Pyramid" 1992

Some 10 years later, it was decided that this eating concept was ineffective. So, the Agriculture Department began working on a new and improved design, with the help of a public relations firm, and in 2005 they developed the new "My Pyramid" format.

This pyramid is divided into vertical strips of color; alongside it is a stick figure walking up a staircase, symbolizing the need to exercise. As in the old chart, this one also determined what amounts and/or percentages of each group should be consumed daily. *



**"My Pyramid"
Spring
2005**

Exercise +

Colors represent:

Grains, Vegetables, Fruits, Milk, Meat and Beans

Now, the current Federal Administration and Agriculture Department have created a design for "healthy eating," which replaces the old pyramid styles and is planned to be

easier for most people to follow. The new guide: "MY PLATE," is part of First Lady Michelle Obama's new "Let's Move" campaign.



THE NEW GUIDE: "MY PLATE"

The following changes have been made to replace the old guides:

- 1) "The new guide is divided into four slightly different-sized quadrants, with fruits and vegetables taking up half the space and grains and protein making up the other half. The vegetables and grains portions are the largest of the four.
- 2) "Gone are the old pyramid's references to sugars, fats or oils. What was once a category called 'meat and beans' is now simply 'proteins,' making way for seafood and vegetarian options like tofu. Next to the plate is a blue circle for dairy, which could be a glass of milk or a food such as cheese or yogurt."**

The purpose of the new round "MY PLATE" chart is to show that nutrition does not require being complicated, according to Agriculture Secretary Tom Vilsack.

Wouldn't it be nice if eating healthy was that simple for everyone, and that one simple round chart could fit every individual's personal requirements? For many Americans who are ignorant of, or just don't care about healthy eating, this chart concept is probably a place to start. For the rest of us, especially those who have been educated to understand the importance of avoiding our food intolerances, we recognize that this chart and its predecessors are not applicably correct.

In our video clips at Song of Health, "[A Naturopathic Approach to Our Health Concerns and The Importance of Identifying Food Intolerances](#)," Dr. Tish discusses, "[How do you individualize a person's diet? How does it relate to the "Major Food Pyramid?"](#)" She emphasizes the importance of individualizing a person's diet, first by determining their food intolerances. This goes against the concepts of the food

pyramid --- and now, the "My Plate" concept.

Dr. Tish explains how the theory of the food pyramid prescribes that all persons should be eating the same amounts of fruits, dairy products, etc. Obviously, it's not possible to follow the pyramid (or new chart) and avoid eating food intolerances. Furthermore, each individual has personal requirements that may not apply to another.

Dr. Tish describes further differences in how she diagnoses a patient's needs versus accepted government nutritional standards:

The RDA (required daily amount) of a nutrient is based on synthetic nutrition, not full food nutrition. It is also based on the very minimum requirement to maintain life and not designed for optimal health.

For example, the RDA for iodine is very low. A blood test on a patient may not show a low iodine issue per the required daily amount, yet the individual may exhibit all the signs of hypothyroidism. (Iodine aids the thyroid in proper hormone production.) This person's *personal requirement* for iodine is not being met, yet an allopathic doctor may not change their intake because they meet the minimum RDA requirements, as set by the federal agency.

I had a similar experience. After being in an auto accident, I exhibited serious symptoms of hypothyroidism: My reflexes were weak, temperature and energy levels were low, and memory was affected. Dr. Zeff suspected what the condition was and, although the blood tests showed I was "normal" according to the standard bell curve chart, he rightly ignored the lab's recommendation that I was ok and prescribed me thyroid supplements instead. My symptoms began to subside. Later, Dr. Tish added iodine supplements to my

regiment. Again, the difference was amazing. Despite so-called normal lab reports, I wasn't obtaining enough iodine in my diet. I don't use iodized salt (most contain my food intolerance, potato); I needed a supplement to aid the thyroid.

I'm not against the federal administration's ambition to help Americans become increasingly aware of how their eating habits are directly related to their health and looks. I absolutely agree. I look

forward to the day, however, when they consult our real experts instead of public relations firms, and apply what our Naturopaths have been teaching us for years, about how to eat safely and healthily.

[*http://en.wikipedia.org/wiki/Food_guide_pyramid](http://en.wikipedia.org/wiki/Food_guide_pyramid)

[**http://theworldlink.com/lifestyles/food-and-cooking/article_370ec1bf-51b6-532e-ba7d-d4edf934783c.html](http://theworldlink.com/lifestyles/food-and-cooking/article_370ec1bf-51b6-532e-ba7d-d4edf934783c.html).

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*.

LEARNING AS WE GO ALONG IS REFLECTED IN THE RECIPES SECTION

By Sandra Strom, CEO of Song of Health

Have you noticed?...The RECIPES section at Song of Health is getting a makeover!

The flimsy food regulations in this country make it simple for food manufacturing companies to slip ingredients in their foods without having to identify them in the packaged ingredients list. We find ourselves relying more and more on our Song of Health staff doctors' tireless efforts to evaluate products for hidden ingredients, and to teach ourselves what to look out for – the red flags.

How simple we wish it could be, to pull a product such as baking soda from the cupboard and expect it to be safe to use in our cooking and baking; but the reality is no, it's not that simple. Food just "ain't" what it used to be, and with so many products seeming to change often, it becomes a real challenge trying to keep up.

I am faced with the same challenges of keeping up with correctly coding the ingredients in the recipes at Song of Health, and helping you to be aware of what to look out for. In 2007, when Song of Health was launched, we began posting some of our

favorite recipes. A couple years later I realized how valuable it would be to code the ingredients for the food intolerance categories and to help you adapt recipes with substitute ingredients. As we continue to learn more about hidden ingredients in our store-bought products, I have come to realize the importance of taking our recipes to the next level. Now, I am going through all the recipes to verify accuracy of food intolerance categories. You will also find additional notes in the Food Category column of the recipes that will help identify potential "red flags" and make cooking and baking even safer for avoiding food intolerances. In addition, the format for tips, hints, and lessons will be easier to find and follow.

All of this takes a lot of time, so please be patient as I go through each section and every recipe, updating where needed. You may also notice slight changes in several recipes, where continued experience with the recipe lent new approaches for better success.

As the food industry environment changes, so do our challenges to stay informed.

Learning as we go along, we do our best to adapt while keeping it as simple as possible.
Learning as we go along – together.

To All My Relations, *Sandra*

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



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.
✈ 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.

~ 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.**

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.

BISCUITS, BREADS AND CRACKERS:

[GLUTEN FREE CORN BREAD](#)

[WHOLE GRAIN BISCUITS \(WITHOUT BAKING POWDER\)](#)

REMEMBER TO EAT ORGANICALLY GROWN, LOCAL FOODS WHENEVER POSSIBLE.

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:** (Sy) Soy Flour, Salt, Food Yeast, Onion, Garlic, Parsley, Celery, plus our Unique Blend of Vegetables and Herbs.

✈ **Potential Hidden Ingredients:**

(P) The salt, food yeast, and blend of vegetables and herbs may contain potato.

(Ms) The salt may also be mined.

(G,S) The food yeast may contain grain or sugar.

✈ **The product was evaluated for:** ALL.

✈ **The results were:** F,Ms,P,S,Sy.

✈ **The product is:** Bill's Best Chik'Nish Seasoning, evaluation date 05/11. Hidden ingredients resulted in (F) fruit, (Ms) mine salt, (P) potato, and (S) sugar.

This product is a good example of how tricky seasoning blends can be, as the listed ingredients may be vague and general; i.e., "our unique blend of vegetables and herbs."

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 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. 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*



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 device? I log on to Song of Health.com, The Food Resource List, as my shopping tool!

FOOD RESOURCE LIST

JUNE 2011

Please note that the column "Purchased At" is not listed, as the information is no longer available. 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>
<u>ALCOHOLIC BEVERAGES:</u>			
Dry Fly Washington Wheat Vodka	05/11	ALL	G,P
Frey Organic Cabernet Sauvignon 2009	05/11	ALL	F,S
Sky River Dry Mead	05/11	ALL	G,H,S
<u>BAKING SUPPLIES:</u>			
Bob's Red Mill Toasted Carob Powder	05/11	ALL	F
De Leon Foods Lard	05/11	ALL	M
Golden Gate Organic Tahitian Vanilla Extract	05/11	ALL	F,G,S
Red Star Baking Powder	05/11	ALL	D,F,G,P
Red Star Brewers Nutritional Yeast	05/11	ALL	S
Singing Dog Vanilla Pure Vanilla Flavor Alcohol Free	05/11	ALL	F,G,M
Spectrum Naturals Organic All Vegetable Shortening	05/11	ALL	ALL
<u>BEANS AND LEGUMES:</u>			
Rosarita Traditional No Fat Refried Beans	05/11	ALL	F,G,Ms,P,S,Sf,Sy
WinCo (Bulk) Lima Beans	05/11	ALL	N
<u>BEVERAGES & SUPPLIES:</u>			
<u>NON-ALCOHOLIC</u>			
Blue Sky Organic New Century Cola	05/11	ALL	F,P,S
Natural Brew Vanilla Cream Soda	05/11	ALL	F,P,S
<u>BREAD:</u>			
The Essential Baking Company Multi-Grain Sliced	05/11	ALL	G,P,S,Sf

<u>FOOD EVALUATED</u>	<u>DATE EVALUATED</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>
<u>BUTTER:</u>			
Kirkland Salted Sweet Cream	05/11	ALL	D,F,Ms,P
<u>CEREALS – COLD:</u>			
Nature's Path Organic Kamut Puffs	05/11	ALL	G,P
Nature's Path Organic Rice Puffs	05/11	ALL	G,P
<u>CHEESE:</u>			
Brunkow Cheese of Wisconsin Genuine Raw Milk Cheddar Cold Pack Cheese Spread	05/11	ALL	D,F,P
Kirkland Mozzarella Low Moisture Part Skim Shredded, 5 lb.	05/11	ALL	D,F,G,P
Landhaus Butterkase	05/11	ALL	D,M
<u>CHIPS AND CRACKERS:</u>			
Barbara's Rite Lite Rounds Crackers, Original	05/11	ALL	F,G,H,P,Sy
Trader Joe's Cassava Chips	05/11	ALL	F,P,S,Sy
<u>CHOCOLATE AND COCOA:</u>			
Askinosie Malted Moo Moo Dark Milk Chocolate Bar	05/11	ALL	D,G,S
Earthcircle 100% Raw Balinese Cacao Powder	05/11	ALL	N
Hershey's Cocoa - Natural Unsweetened (powder)	05/11	ALL	ALL
Sunspire Fair Trade Organic Baking Bar 100% Cacao Unsweetened Chocolate	05/11	ALL	P
Theo Organic Fair Trade Rich Dark Chocolate 70% Cacao	05/11	ALL	D,F,P,S
<u>COFFEE AND ALTERNATIVES:</u>			
Bumper Crop Coffee Co. Sister's Cake Blend Whole Bean Coffee	05/11	ALL	F
<u>CONDIMENTS:</u>			
Eden Organic Tamari Soy Sauce	05/11	ALL	G,P,Sy
French's Worcestershire Sauce Extra Tenderizing	05/11	ALL	ALL
Litehouse Zesty Italian Dressing & Marinade	05/11	ALL	F,G,Ms,P,S,Sf

<u>FOOD EVALUATED</u>	<u>DATE EVALUATED</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>
<u>CONDIMENTS (CONT.):</u>			
Natural Value Organic Dijon Mustard	05/11	ALL	F,G,Ms,P
OrganicVille Non-Dairy Ranch Organic Dressing	05/11	ALL	D,F,G,Ms,P,Sy
Spectrum Naturals Light Canola Mayo, Eggless Vegan	05/11	ALL	F,G,P,Sf,Sy
Westbrae Natural Stone Ground Mustard	05/11	ALL	F,G,Ms,P
<u>COOKIES AND TREATS:</u>			
Suzie's Kamut Puffed Cakes Plain	05/11	ALL	F,G,P
<u>EGGS:</u>			
Wilcox Family Farms Large White	05/11	ALL	E,P
<u>FLOUR:</u>			
Vita Spelt White Spelt	05/11	ALL	G
Vita Spelt Whole Spelt	05/11	ALL	G
Wheat Montana Natural White Premium All Purpose Unbleached, Unbromated	05/11	ALL	F,G,P
<u>FRUIT & BERRIES (INCLUDING SPREADS & SAUCES):</u>			
Dole California Whole Pitted Dates 100% Natural	05/11	ALL	F
Let's Do Organic Unsweetened Organic Coconut Flakes	05/11	ALL	F
Lindsay Pitted California Ripe Olives, Medium	05/11	ALL	F,Ms,P
Napoleon Sliced Ripe Olives, Black	05/11	ALL	F,P
Private Selection Organic Seedless Raisins	05/11	ALL	F
Stretch Island Fruit Co. All-Natural Fruit Strip Harvest Grape	05/11	ALL	F
Sunsweet D'Noir Prunes Preservative Free	05/11	ALL	F
Treetop Organic Applesauce No Sugar Added	05/11	ALL	F
WinCo (Bulk) Organic Whole Pitted Dates	05/11	ALL	F
WinCo (Bulk) Whole Raisins	05/11	ALL	F

<u>FOOD EVALUATED</u>	<u>DATE EVALUATED</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>
<u>GRAINS:</u>			
Handy Pantry Green Lentil Sprouting Seeds Certified 100% Organic	05/11	ALL	G
Huckleberry's (Bulk) Organic White Popcorn	05/11	ALL	F,G
<u>HONEY:</u>			
Wessels Family Honey, LLC Local Raw Honey	05/11	ALL	H,S
<u>JUICES AND DRINKS:</u>			
Campbell's V-8 100% Vegetable Juice	05/11	ALL	F,Ms,P
Litehouse 100% Apple Cider Blended With Honey Crisp Apples, Cold Pressed	05/11	ALL	F,S
Ocean Spray 100% Cranberry Juice No Sugar Added	05/11	ALL	F,P,S
Odwalla Orange Juice All Natural	05/11	ALL	F,S
RW Knudsen Mango Peach Flavored Juice Blend 100% Juice	05/11	ALL	F,Sf
Treetop 100% Apple Juice From Concentrate	05/11	ALL	F,S
Tropicana Orange Juice Pure Premium 100% Pure & Natural Some Pulp	05/11	ALL	F,S
Uncle Matt's Organic Orange Juice	05/11	ALL	F,S
<u>MAPLE SYRUP AND SUGAR:</u>			
Great Value Pure Maple Syrup	05/11	ALL	F
<u>MEAT AND MEAT BOUILLON:</u>			
Foster Farms Fresh Young Whole Turkey	05/11	ALL	M,P
Foster Farms Hot 'n' Spicy Wings (Chicken)	05/11	ALL	F,G,M,Ms,P,Sf,Sy
Mary's Free Range Chicken Boneless Skinless Chicken Breast	05/11	ALL	F,M
<u>MILK AND CREAM:</u>			
Nancy's Cultured Sour Cream	05/11	ALL	D,F,P

<u>FOOD EVALUATED</u>	<u>DATE EVALUATED</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>
<u>MILK AND CREAM - NON DAIRY:</u>			
Pacific Organic Oat Beverage Low-Fat Vanilla	05/11	ALL	D,F,G,P,Sf
So Delicious Coconut Milk Non-Dairy Frozen Dessert Chocolate No Sugar Added	05/11	ALL	F,G,P,S
<u>NUT BUTTERS:</u>			
Adams Organic Peanut Butter Crunchy	05/11	ALL	F,Ms,P
<u>OILS:</u>			
Annie's Natural Dipping Oil Herb Flavored Olive Oil And Balsamic Vinegar	05/11	ALL	F,P,Sf
International Collection Toasted Sesame Oil	05/11	ALL	F,G,P
<u>PASTA:</u>			
Hakubaku Organic Soba, Authentic Japanese Buckwheat Noodles (No Salt Added)	05/11	ALL	G
<u>PREPARED FOODS AND MIXES:</u>			
McCormick Creamy Garlic Alfredo Sauce Mix	05/11	ALL	D,F,G,Ms,P,Sf
<u>SEAFOOD:</u>			
Bumble Bee Chub Mackerel (Also Called Jack Mackerel)	05/11	ALL	D,Ms,P,Sf
Chicken of The Sea Chunk Light Tuna in Water	05/11	ALL	F,G,Ms,P,Sf,Sy
<u>SEASONINGS AND SPICES:</u>			
Bill's Best Chik'Nish Seasoning	05/11	ALL	F,Ms,P,S,Sy
Frontier Organic Paprika Ground	05/11	ALL	F
Simply Organic Coriander (Seed Ground)	05/11	ALL	N
Trader Joe's Everyday Seasoning	05/11	ALL	F,P
<u>SOY PRODUCTS:</u>			
Eden Organic Tamari Soy Sauce	05/11	ALL	G,P,Sy
<u>SWEETENERS:</u>			
HoneyTree Pure Agave Nectar Organic	05/11	ALL	N

<u>FOOD EVALUATED</u>	<u>DATE EVALUATED</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>
<u>SWEETENERS (CONT.):</u>			
NOW Healthy Foods Barley Malt Sweetener	05/11	ALL	F,G
Wholesome Sweeteners Organic Powdered Sugar	05/11	ALL	F,P,S
<u>TEAS:</u>			
Arbor Teas Organic Cinnamon Rooibos, Loose Tea (arbortees.com)	05/11	ALL	F,P
Arbor Teas Organic Decaf Green, Loose Tea	05/11	ALL	N
Arbor Teas Organic Earl Grey Rooibos, Loose Tea	05/11	ALL	F,P
Arbor Teas Organic Vanilla Almond Rooibos, Loose Tea	05/11	ALL	F
San Francisco Herb Co. Peppermint Tea Bags	05/11	ALL	N
<u>TOMATO PRODUCTS:</u>			
Hunt's Tomato Paste 8 oz. No Salt Added	05/11	ALL	F,P
S & W Premium Ready Cut Italian Recipe Tomatoes	05/11	ALL	F,Ms,P,Sf
<u>TORTILLAS:</u>			
Food For Life Brown Rice Tortillas	05/11	ALL	F,G,P
La Burrita Corn Tortillas	05/11	ALL	F,G,P,Sf
Mission Tortilla Strips	05/11	ALL	F,G,Ms,P
Sonoma Organic Wraps Multi-Grain with Flax	05/11	ALL	F,G,P,Sy
<u>VEGETABLES, LEGUMES, MELONS AND MUSHROOMS:</u>			
Bubbies Sauerkraut	05/11	ALL	Ms,P
Woodstock Farms Organic Kosher Baby Dill Pickles	05/11	ALL	F,G,Ms,P,Sf
<u>WATER:</u>			
Fred Meyer Spring Water (Superior Springs, WA)	05/11	ALL	F

FOOD EVALUATED

**DATE
EVALUATED**

**EVALUATED
FOR**

RESULTS

YOGURT AND KEFIR:

Nancy's Organic Nonfat Yogurt
Vanilla

05/11

ALL

D,F,H,M,P



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

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