



DRAGONFLY NEWS

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

JUNE 2013



*Garden of The Gods Outside Colorado Springs, CO.**

Photo by Sandra Strom

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

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

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

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

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

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

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



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

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

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

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

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

WEBSITE CHANGES AND NOTICES

✦ **We are in the process of updating the entire website to the new php format.** Included will be an exceptionally improved forum that will give you far more options, including notification of new posts to a thread, ability to upload photos, an in-forum email service, and more. The information throughout the website should be more accessible for you, along with a search mode box. Read more about the new upcoming website format below in [Sharing Experiences](#).

✦ 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 .

For your generosity **YOU** will be honored with **an additional 10% off your next subscription or 2 free bars of ~~organic~~ soap (your choice of soap)! (Shipping will also be free.)**

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

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

+

➤ TAKE ADVANTAGE OF ADDITIONAL DISCOUNTS WHEN YOU RENEW YOUR SUBSCRIPTION. ➤

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

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

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

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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 an opportunity to reach out to those who still suffer, yet are apprehensive about our dietary lifestyle working for them. By reading how our lives were dramatically changed, it gives them encouragement to try. **WE WOULD BE HONORED TO INCLUDE YOUR STORY** about how you came to follow the Carroll Food Intolerance way of life. We reserve the right to edit for grammar and spelling correctness, however we will not change your story

content. You will receive the draft prior to publishing for your approval.

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

Please email your contribution to [manager@songofhealth.com](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 other Subscribers have shared. *Thank you.*

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QUESTIONS ASKED AND ANSWERED:

EMAIL CORRESPONDENCE:

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

From Sandra: I received this email from one of my LinkedIn physician connections, regarding addressing treating the dangerous bacteria MRSA with natural methods. It is worth reading:
Attacking MRSA with metals from antibacterial clays.
https://asunews.asu.edu/20130517_antibacterialclays

From Dr. Tish: Forwarded this from Food & Water Watch:
Stop the McFrankenfries. [Tell McDonald's to reject genetically engineered potatoes!](#) "Would you like genetic engineering with that?" [If not, sign the petition to stop McFrankenfries.](#) McDonald's has the power to stop genetically engineered (GE) potatoes in their tracks. As we told you last week, the USDA could soon approve a new GE potato, but if McDonald's won't sell them, farmers won't plant them. [Tell McDonald's you wouldn't eat GE fries.](#) You may not like McDonald's. I'll be honest: I haven't eaten there since I was a kid. But thanks to their famous fries, McDonald's is the single largest purchaser of potatoes in the United States. That's why we're calling on them right now, before the GE potato is even approved, to commit that they won't buy it.

Farmers need to know someone is going to buy their crop before they plant it, so if McDonald's rejects the GE Potato before it's even approved, farmers will be less likely to plant it. And if McDonald's leads the way, other fast food companies could follow suit. [Join us in telling McDonald's: we don't want McFrankenfries!](#) Genetically engineered foods are inadequately tested, and they're potentially unsafe. In the case of GE fries, that's a particular problem because they're marketed to kids. [Sign the petition to tell](#)

[McDonald's: no GE fries for me and my family.](#)

Say no to GE fries:

<https://secure3.convio.net/fww/site/Advocacy?pagename=homepage&page=UserAction&id=801>

Thanks for taking action, Jo Miles Online Organizer, Food & Water Watch
act(at)fwwatch(dot)org

P.S. To convince McDonald's, we need to show support from a lot of people. After you sign the petition, can you forward this email to 3 friends or share it on Facebook and ask your friends to sign the petition, too?
Share This on Facebook on Twitter

Food & Water Watch is a consumer advocacy nonprofit that challenges the corporate control of our food and water. We empower people to take action and transform the public consciousness about what we eat and drink.

From Dr. Jared Zeff, on Facebook, shared: For your information, this is now available for free: [Medical Herbalism Journal](#) Free full text of all articles and issues of the Medical Herbalism journal, from 1989 through 2005. More than 1000 pages. Search by keyword or browse by tile and category. Materia medica, pharmacy, therapeutics, case studies. Download twelve free issues as PDF files. Articles by some of the leading practitioners in the US and UK.
<http://medherb.com/articles.htm>

THE FORUM:

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

MAKE YOUR VOICE HEARD!



FOOD LABEL QUIZ

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

The following list of ingredients is on a label from a product that is dated 06/13:

✈ INGREDIENTS: garbanzo beans, tahini (ground sesame seeds), fresh lemon juice, garlic, salt

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

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

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



## THE SOAP CORNER

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



may be used as SHAMPOO BARS too!



*Guest Size Sample in Organza Gift Bag*

*An exquisite presentation for a special occasion*



*Do you have a special occasion coming up?*

**Consider  Party Favors**

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

**Custom made to order** ~ Personal message and names on packaging. You choose the natural colors and scents of essential oils. Everyone loves to receive a gift of fabulous and beautiful soap!

Email me at [manager@songofhealth.com](mailto:manager@songofhealth.com) for your personal quote.



***Eco Friendly Ingredients***

The need to protect our environments is obvious, which dictates that we must be thoughtful of the ingredients we use in our personal products. Not only must they be safe for our own bodies and health, but we must be aware of the footprints we create on Earth. I take this seriously with the ingredients used in  as well as the packaging products used to protect them.

**CLAY:** Are clays a sustainable raw material? Does it matter where it is harvested? As healthful and beneficial ingredients in soap for the skin, different clays offer specific qualities. Green clay aids in “slip”, making it popular in shaving soaps. White clay aids in drawing out toxins. The majority of  do contain one clay or another, and often produce beautiful colors as well as soaping benefits. All of the clays used in  are harvested from the Amazon jungle by one specific company (Beraclay), who is sanctioned by the local native residents and who work with them to gather the different colored clays in a manner that is ecologically and environmentally friendly. They do not strip any areas of the precious raw materials, nor do they exploit the local autonomy. We are fortunate to have this source for a wonderful gift from Nature’s providence.

 ~ **Feel Clean, Revived, & Moisturized!** ~ 

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



~ Each month we bring you articles on a myriad of topics regarding health and environmental issues. The main focus of  is to avail you of expert information on the Carroll Food Intolerance dietary methods. This – *DIET* - is the first step to getting and staying well. We feel there are also many

other interesting and important issues to be aware of, so we share our findings with you, on what may have a cause and effect on our health and lives. This month...

## ENVIRONMENTAL UPDATES FROM THE U.S. EPA:

May 20, 2013

### **Skin Cancer Remains the Most Common Cancer in US, Americans Urged to Take Action**

*EPA, CDC, FDA, National Council on Skin Cancer Prevention provide sun safety tips for 'Don't Fry Day': May 24th*

WASHINGTON – The U.S. Environmental Protection Agency (EPA), joined by the National Council on Skin Cancer Prevention, the Food and Drug Administration (FDA), and the Centers for Disease Control and Prevention (CDC), is recognizing the Friday before Memorial Day as “Don’t Fry Day”, to encourage Americans to take a few simple steps to protect their health and prevent skin cancer throughout the summer.

“While we’re making progress toward restoring the Earth’s ozone layer, Americans need to take steps now for extra protection from harmful UV rays and skin cancer,” said Janet McCabe, deputy assistant administrator for EPA’s Office of Air and Radiation. “Americans can stay safe under the sun and enjoy the outdoors by taking simple steps such as using sunscreen and wearing UV-blocking sunglasses.”

“If current trends continue, one in five Americans will get skin cancer in their lifetime, and many of these skin cancers could be prevented by reducing UV exposure from the sun and indoor tanning devices,” said CDC Director Tom Frieden, M.D., M.P.H. “Of particular concern is the increase we are seeing in rates of melanoma, a potentially deadly form of skin cancer. In the United States, melanoma is one of the most common cancers among people ages 15 to 29 years.”

“Spending time in the sun increases the risk of skin cancer. Everyone can get sunburned and suffer harmful effects of exposure to UV radiation from time spent outdoors,” said FDA Commissioner Margaret A. Hamburg, M.D. “Consumers can protect themselves by choosing a sunscreen that is right for them, wearing protective clothing and limiting time in the sun.”

To make it easier for people to choose products that effectively reduce the health risks of UV overexposure, the FDA has issued new labeling rules for sunscreen products. These include:

- Sunscreens proven to protect against both ultraviolet A (UVA) and ultraviolet B (UVB) rays can be labeled “Broad Spectrum.” Both UVB and UVA radiation contribute to the sun’s damaging effects.
- Sunscreen products that meet the criteria for being called “Broad Spectrum” and have a Sunscreen Protection Factor (SPF) of 15 or higher may state that they reduce the risk of skin cancer and early skin aging when used as directed with other sun protection measures.
- Any product that is not “Broad Spectrum,” or has an SPF below 15, must have a warning stating that the product has not been shown to help prevent skin cancer or early skin aging.
- New water resistance claims on the front label must indicate whether the sunscreen remains effective for 40 minutes or 80 minutes while swimming or sweating.

In addition to using Broad Spectrum sunscreen, here are some tips to help enjoy the outdoors safely this Memorial Day weekend and throughout the summer:

- **Seek shade, not sun:** Seek the shade when the sun’s rays are strongest; avoid sunburns, intentional tanning, and use of tanning beds; use extra caution near reflective surfaces like water and sand.
- **Wear protective clothing:** Wear sun-protective clothing, a wide-brimmed hat, and UV-blocking sunglasses.

**Check the UV Index:** EPA and the National Weather Service offer the UV Index--an hourly forecast of UV radiation that allows Americans to plan outdoor activities in ways that prevent overexposure to the sun. Download EPA’s free UV Index app at [www.epa.gov/enviro/mobile/](http://www.epa.gov/enviro/mobile/).

Nations across the globe have made steady progress toward restoring the Earth's protective ozone layer through the groundbreaking environmental treaty called the Montreal Protocol. Signed by 197 countries, including the U.S. government, the Protocol is successfully working to phase out ozone-depleting substances. Scientists predict that the ozone layer will recover later this century.

According to the CDC, the states with the highest melanoma death rates include

Alabama, Arizona, Colorado, Idaho, Indiana, Iowa, Montana, Oregon, Utah, and West Virginia. Americans are encouraged to learn more about skin cancer in their states at [www2.epa.gov/sunwise/skin-cancer-facts-your-state](http://www2.epa.gov/sunwise/skin-cancer-facts-your-state)

**Editor's Note: There are natural alternatives to chemical sunblock products. Ask your Naturopath what sunscreen products they recommend.**

## 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*.

## GREAT CHANGES ARE COMING TO SONG OF HEALTH!

*By Sandra Stram, CEO of Song of Health*

Webmaster Shawn and I have been considering for some time when to spend the time and money to update the structure of the website to a new format; I hoped we could keep going for a few more months, maybe even a year longer as is, before getting serious about undertaking this huge change. Then, crash goes The Forum. Shawn has spent hours trying to locate a probable corruption in the program, causing it to drop the posts written to the threads. We were able to reset it a number of times, recapturing all the posts. Now that has become a problem. We must face the realization that we are patching up old tires needing replacing. We are just beginning the process, rather --- Shawn is; and I am inputting my thoughts of what and how I'd like things to work. Together, this is some of what we are looking at, so far:

✈ The same information and categories will be available. Nothing of value will be sacrificed. We are planning to have it all more easily accessible from page to page.

✈ I have specific ideas for some of the sections, such as the Recipes; we will see what is feasible with the program we are using. I am hoping we can create a pop-up screen or equivalent of The Food Substitutions List while you are on a recipe page, so you won't have to leave the recipe to determine how to adapt it.

✈ The Forum will be a new program, one that I'm sure you'll enjoy reading and be

inspired to involve yourself in along with fellow Subscribers. We will set up the headings, hoping to improve on what they are now; you will be able to easily post topics, find new posts, and click on additional options which include email notification of new posts to a thread you wish to watch. I love the ease of interaction with this new program! You can even post pictures --- Share pics of your recipes! The automatic email notification option will facilitate info updates for both you and me; however, I will still keep a personal eye on the Food Alert for you, as necessary. By the way, we will also be transferring as many of the existing posts as possible - hopefully, we can retrieve them all, as there is a bounty of information acquired through your posts.

✈ The new program will facilitate inputting new updates to The Food Resource List and posting the newsletters. Hopefully, I will only have to type the new info in once instead of three times, as I presently do. For you, this means quicker turnaround time to get you necessary updates. I am also hoping that I will be able to email you the monthly newsletters directly from the website. Cross your fingers for us!

✈ We will no longer be using Google Wallet (Checkout) as our payment center. We have been looking at several options; however, we are seriously considering the

PayPal method. The payment program will be easier, you won't be required to set up a special PayPal account, the major credit and debit cards are accepted, and it is a secure site for you. We will be using a new subscription software program that will also make the new and renewal process smoother. Too often, with the existing program, the subscription process has not been properly completed and I have to go in and manually get our new Subscribers set up. I also have to manually renew your accounts. This is an inconvenience for both of us, and I am thoroughly looking forward to the new improvements. I'm sure you will feel more comfortable paying through the new system. Your special promo discounts will still be honored, as always.

As we work on making Life easier for you at Song of Health, the learning curve for inputting

into the new format will take some time. We expect the entire process to take us a couple months, and we most likely will have a few kinks in between to work out. Hopefully, none of this will cause any noticeable inconvenience to you. We are dedicated to offering you the best possible service; to do so means keeping up with new internet times.

**We invite your input --- what would you like to see?**

Is there something else you have in mind that would facilitate your time at Song of Health?

**Your thoughts are greatly appreciated.**

Now is the time to tell us what you want, especially while we are in the writing process. This is your information resource. We want to make it the most enjoyable experience possible for you.

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

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

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

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

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

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

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

## LIST OF NEW RECIPES

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

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

Contact me at [manager@songofhealth.com](mailto:manager@songofhealth.com).

### **PANCAKES AND WAFFLES:**

#### YUCA PANCAKES

This recipe can be made with potatoes instead of yuca.

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: garbanzo beans, tahini (ground sesame seeds), fresh lemon juice, garlic, salt
- ✧ Potential Hidden Ingredients: Ms, P
- ✧ Obvious Ingredients: F, G
- ✧ The product was evaluated for: ALL
- ✧ The results were: F, G, Ms, P
- ✧ The product is: Middle Eastern Specialty Food by Dreamland Hummos All Natural (under Prepared Foods and Mixes)



- ✧ Hidden ingredients are: P

This was probably an easy quiz, right?

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:** ~ *Garden of The Gods Outside Colorado Springs, CO.* With a backdrop view of Pike's Peak and the silhouette of Garden of The Gods, we watched a magnificent storm edge toward us. The nearby Air Force Academy was instrumental in saving homes in the recent fire that is deemed the largest in Colorado history. My dear friends were one of the lucky ones. Their barn was burning down when a helicopter nearby noticed the fire headed for the house next; they dumped water over it in, literally, the nick of time, saving their home. Notice the figure in the clouds?



## 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**

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

#### **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](mailto:manager@songofhealth.com).**

**We are happy to help!**

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

## THE FOOD RESOURCE LIST

JUNE 2013

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

| <u>FOOD EVALUATED</u>                                                                      | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> |
|--------------------------------------------------------------------------------------------|-----------------------|----------------------|----------------|
| <b>ALCOHOLIC BEVERAGES:</b>                                                                |                       |                      |                |
| Hendrick's Gin                                                                             | 05/13                 | ALL                  | G,Sf           |
| Jack Daniel's Tennessee Whiskey                                                            |                       |                      |                |
| Sour Mash                                                                                  | 06/13                 | ALL                  | G              |
| Krome Vodka                                                                                | 06/13                 | ALL                  | G              |
| La Crema Chardonnay (variety not identified as yet)                                        | 05/13                 | ALL                  | F              |
| No-Li Brewhouse Wrecking Ball                                                              |                       |                      |                |
| Imperial Stout                                                                             | 06/13                 | ALL                  | G,S            |
| Oak Leaf Vineyards Chardonnay                                                              | 05/13                 | ALL                  | F              |
| <b>BAKING SUPPLIES:</b>                                                                    |                       |                      |                |
| AH!LASKA Unsweetened Baker's Cocoa Organic Non-Dairy (Also listed under Chocolate & Cocoa) | 06/13                 | ALL                  | N              |
| Cepera Vanilla                                                                             | 05/13                 | ALL                  | F,G            |
| PF Tapioca (Goma)                                                                          | 05/13                 | ALL                  | D,F,G,P        |
| Viviane Tapioca (Goma)                                                                     | 05/13                 | ALL                  | D,F,G,P        |
| <b>BEVERAGES AND SUPPLIES</b>                                                              |                       |                      |                |
| <b>NON ALCOHOLIC:</b>                                                                      |                       |                      |                |
| Enlightened Organic Raw Kombucha Hibiscus No. 7                                            | 05/13                 | ALL                  | F              |
| <b>BREAD:</b>                                                                              |                       |                      |                |
| Dave's Killer Bread Blue Buns                                                              | 06/13                 | ALL                  | G,S            |
| Sara Lee Artisan Style Authentic Sourdough                                                 | 05/13                 | ALL                  | D,F,P,Sy       |
| <b>CANDY AND GUM:</b>                                                                      |                       |                      |                |
| Epic Dental 100% Xylitol Sweetened Gum, Peppermint                                         | 05/13                 | ALL                  | F,P,Sy         |
| <b>CEREALS – COLD:</b>                                                                     |                       |                      |                |
| Nature's Path Organic Hemp Plus® Granola                                                   | 06/13                 | ALL                  | F,G,S,Sy       |
| Trader Joe's Shredded Bite-Size Wheats                                                     | 06/13                 | ALL                  | ALL            |

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|---------------------------------------------------------------------------|------------------------------|-----------------------------|-----------------------|
| <b>CHEESE:</b>                                                            |                              |                             |                       |
| Beecher's Handmade Cheese<br>Fresh Curds                                  | 06/13                        | ALL                         | D,F,M,Ms              |
| Gina Marie Old Fashion Cream<br>Cheese                                    | 06/13                        | ALL                         | D                     |
| <b>CHIPS AND CRACKERS:</b>                                                |                              |                             |                       |
| Doritos Dippas Corn Chips                                                 | 05/13                        | ALL                         | F,G                   |
| Late July Organic Sea Salt By The<br>Seashore Multigrain Snack<br>Chips   | 05/13                        | ALL                         | G,S                   |
| Lay's Kettle Cooked Sea Salt &<br>Cracked Pepper Flavored Potato<br>Chips | 06/13                        | ALL                         | F,G,P,S               |
| On The Border Cantina Thins<br>Tortilla Chips                             | 05/13                        | ALL                         | G,Sy                  |
| Simple Truth Natural Blue Corn<br>Tortilla Chips                          | 06/13                        | ALL                         | G                     |
| <b>CHOCOLATE AND COCOA:</b>                                               |                              |                             |                       |
| AH!LASKA Unsweetened Baker's<br>Cocoa Organic Non-Dairy                   | 06/13                        | ALL                         | N                     |
| <b>COFFEE AND ALTERNATIVES:</b>                                           |                              |                             |                       |
| Kaffee Roma Roasted Grain<br>Beverage                                     | 05/13                        | ALL                         | G                     |
| Seattle Mountain 100% Arabica<br>Whole Bean Sumatra Organic<br>Coffee     | 05/13                        | ALL                         | F,P,Sy                |
| Yuban Premium Coffee Dark<br>Roast                                        | 06/13                        | ALL                         | F                     |
| <b>CONDIMENTS:</b>                                                        |                              |                             |                       |
| Follow Your Heart Vegenaize<br>Original                                   | 05/13                        | ALL                         | F,G,Sy                |
| French's Spicy Brown Mustard<br>100% Natural                              | 06/13                        | ALL                         | G,S,Sf,Sy             |
| Hy-Top Spicy Brown Mustard                                                | 06/13                        | ALL                         | P                     |
| La Victoria Salsa Brava Hot<br>Sauce (Also listed under Salsa)            | 06/13                        | ALL                         | F,G,P,Sf              |
| Spectrum Naturals Canola<br>Mayonnaise                                    | 05/13                        | ALL                         | D,E,F,G,H             |
| <b>COOKIES AND TREATS:</b>                                                |                              |                             |                       |
| Kashi Almond Soft Baked<br>Squares                                        | 06/13                        | ALL                         | D,F,G,P,S,Sy          |
| Nana's Double Chocolate Cookie                                            | 04/13                        | ALL                         | F,G,Sy                |

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|-----------------------------------------------------------|------------------------------|-----------------------------|-----------------------|
| <b>EGGS:</b>                                              |                              |                             |                       |
| Great Value (at Wal-Mart) Cage Free Brown                 | 05/13                        | ALL                         | E                     |
| <b>FLOUR:</b>                                             |                              |                             |                       |
| Bob's Red Mill Almond Meal/Flour                          | 06/13                        | ALL                         | N                     |
| Bob's Red Mill Coconut Organic High Fiber                 | 06/13                        | ALL                         | F                     |
| Bob's Red Mill White, Unbromated Unbleached, Organic      | 04/13                        | ALL                         | F,G,P                 |
| Honeyville Farms Blanched Almond                          | 05/13                        | ALL                         | F                     |
| Mais Vida Wheat                                           | 05/13                        | ALL                         | F,G,P                 |
| <b>GRAINS:</b>                                            |                              |                             |                       |
| Eighth Wonder Rice Tinawon Fancy                          | 06/13                        | ALL                         | G,P                   |
| Lundberg Black Japonica™ Rice                             | 06/13                        | ALL                         | G,P                   |
| Lundberg Jubilee® Rice                                    | 06/13                        | ALL                         | G,P                   |
| Lundberg Organic Short Grain Brown Rice                   | 05/13                        | ALL                         | F,G                   |
| Lundberg Organic Wild Rice                                | 06/13                        | ALL                         | G,P                   |
| <b>HONEY:</b>                                             |                              |                             |                       |
| Chase Honey Co. Raw Local (located in Otis Orchards, WA)  | 06/13                        | ALL                         | H                     |
| <b>MEATS &amp; MEAT BOUILLON:</b>                         |                              |                             |                       |
| Draper Valley Farms All Natural Fresh Chicken             | 05/13                        | ALL                         | F,M                   |
| Foster Farms Turkey Fresh Ground 93% Lean                 | 05/13                        | ALL                         | F,M                   |
| <b>MILK AND CREAM:</b>                                    |                              |                             |                       |
| Trader Joe's Half and Half                                | 06/13                        | ALL                         | D                     |
| <b>MILK AND CREAM – NON DAIRY:</b>                        |                              |                             |                       |
| Kirkland Signature (Costco) Organic Soymilk Vanilla       | 06/13                        | ALL                         | D,F,G,P,S,Sf,Sy       |
| <b>NUT BUTTERS:</b>                                       |                              |                             |                       |
| CB's Nuts Creamy Peanut Butter                            | 06/13                        | ALL                         | N                     |
| Kirkland Signature (Costco) Natural Peanut Butter, Creamy | 06/13                        | ALL                         | F                     |
| Trader Joe's Peanut Butter Organic Crunchy Salted         | 06/13                        | ALL                         | N                     |

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| <b>NUTS:</b>                                               |                       |                      |                |
| Kirkland Signature (Costco)<br>Pecan Halves                | 06/13                 | ALL                  | F,P            |
| <b>PICKLES:</b>                                            |                       |                      |                |
| Ba-Tampte Half-Sour Pickles                                | 06/13                 | ALL                  | F,Ms,P,Sf      |
| Bubbies Pure Kosher Dills                                  | 06/13                 | ALL                  | F,G,Ms,P       |
| <b>PREPARED FOODS AND MIXES:</b>                           |                       |                      |                |
| Kavam's Hummus Original All<br>Natural Good Taste          | 06/13                 | ALL                  | F,G,Ms,P       |
| Middle Eastern Specialty Food by<br>Dreamland Baba Gannouj | 06/13                 | ALL                  | F,G,Ms,P       |
| Middle Eastern Specialty Food by<br>Dreamland Hummos       | 06/13                 | ALL                  | F,G,Ms,P       |
| <b>SALSA:</b>                                              |                       |                      |                |
| La Victoria Salsa Brava Hot<br>Sauce                       | 06/13                 | ALL                  | F,G,P,Sf       |
| Salsa De Rosa Medium                                       | 06/13                 | ALL                  | F,G,Ms,P,Sf    |
| Salsa De Rosa Verde                                        | 06/13                 | ALL                  | F,G,Ms,P,Sf    |
| <b>SALT:</b>                                               |                       |                      |                |
| Redmond RealSalt (Bulk)                                    | 05/13                 | ALL                  | Ms             |
| <b>SEEDS:</b>                                              |                       |                      |                |
| Nutiva Chia Seed Organic                                   | 06/13                 | ALL                  | N              |
| <b>SWEETENERS:</b>                                         |                       |                      |                |
| KAL Pure Stevia Natural Extract                            | 05/13                 | ALL                  | F              |
| <b>TEAS:</b>                                               |                       |                      |                |
| Choice Organic Peppermint<br>Tea Bags                      | 06/13                 | ALL                  | N              |
| Frontier Fair Trade Gunpowder<br>Green Loose Leaf          | 05/13                 | ALL                  | N              |
| Star West Botanicals (Bulk)<br>Peppermint Leaf Organic     | 05/13                 | ALL                  | F              |
| Stash Premium Peppermint                                   | 05/13                 | ALL                  | F              |
| The Republic of Tea Coconut<br>Cocoa Cuppa Chocolate Tea   | 05/13                 | ALL                  | F              |
| Trader Joe's English Breakfast                             | 05/13                 | ALL                  | N              |
| Twinings Pure Peppermint                                   | 06/13                 | ALL                  | N              |
| Zhena's Gypsy Raspberry Earl<br>Grey Black                 | 05/13                 | ALL                  | F,P,Sy         |

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| <b>VINEGAR:</b>                                        |                       |                      |                |
| Bragg Organic Apple Cider                              | 05/13                 | ALL                  | F              |
| Trader Joe's Balsamic Vinegar of Modena                | 05/13                 | ALL                  | ALL            |
| <b>WATER:</b>                                          |                       |                      |                |
| Athena Bottled                                         | 06/13                 | ALL                  | P              |
| Safeway Seltzer                                        | 05/13                 | ALL                  | N              |
| <b>YOGURT AND KEFIR:</b>                               |                       |                      |                |
| Fage Total 0% All Natural Nonfat Greek Strained Yogurt | 06/13                 | ALL                  | D,F            |
| Omega Nutrition Kefir Cultured Milk Starter            | 05/13                 | ALL                  | D,F            |



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