



## DRAGONFLY NEWS

The Official Newsletter of *Song of Health.com*

**JUNE 2013**



**Mini Garden in Early June\***

Photo by Sandra Strom

**Welcome Members,** to *Dragonfly News*. This is our opportunity to share interesting and helpful information with you in our monthly newsletter, which is available to Members 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., *Song of Health* 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](mailto: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](mailto:advertise@songofhealth.com).



## WEBSITE CHANGES AND NOTICES

✈ **IMPORTANT NOTICE: On July 1<sup>st</sup>, the cost of subscriptions (memberships) are slightly increasing.** In the past 5 years the cost of living and most everything else has gone up except for Song of Health *Subscriptions (also referred to as Memberships)*. The increases will be slight (4.5%):

1 year current rate	\$168.95	~	after June 30 <sup>th</sup>	\$176.55
2 years current	\$327.15	~	" " "	\$341.87
3 years current	\$481.85	~	" " "	\$503.53

**I recommend you renew early to get the current rates. Remember, renew 6 months early and receive an additional \$10 off plus a free month for each year you subscribe (i.e., 3 months for 3 years, etc.).**

✈ **You may find this interesting to listen to:** Dr. Tish's website for [The Carroll Institute of Natural Healing](http://www.thecarrollinstitute.org) (thecarrollinstitute.org) mainly addresses Naturopaths and students on information for her classes on Classical Nature Cures. On the page: <http://www.thecarrollinstitute.org/Roots.mp3> is an audio recording of Dr. Jared Zeff addressing fellow doctors at a conference, explaining his experiences employing modalities which include the Carroll Food Intolerance methods; having patients remove their food intolerances from their diet, and the amazing results received. It is fascinating to hear, and the language is easily understandable for us "lay people"!



## WAYS TO SAVE \$\$ ON YOUR NEXT SUBSCRIPTION RENEWAL:

### ✈ Give and you shall receive!

Honor your friends and family with a subscription to *Song of Health*.  
For your generosity **YOU** will be honored with **an additional 10% off your next subscription or 2 free bars of coco-sha™ soap (your choice of soap)!** (Shipping will also be free.)

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

To receive your discount coupon, email [manager@songofhealth.com](mailto: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](mailto: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! When you renew early you will receive an additional **\$10.00 off the discounted renewing price plus 1 additional month.**

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



## SUBSCRIBERS SPOTLIGHT

## STORIES, COMMENTS AND QUESTIONS

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

Our goal is to serve you. Please help us by sharing what you would like to see in *Dragonfly News* and we will do our best to accommodate you. We also invite you to share other suggestions, comments and favorite recipes with us. Please contact us at: [manager@songofhealth.com](mailto:manager@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" or initial. Other correspondence has been received from outside our membership; however, we feel it is pertinent information to share with you.*

**NOTE: For your convenience, from now on all correspondence from you (Members) will be printed first; letters from outside communications will be in a section following.**

**From Dr. Allegra Hart, ND, May 30<sup>th</sup>:** Hello Sandra, I am a member of Song of Health. I am looking for suggestions for fruit-free hair conditioners and skin lotions. Is there an area of the website that covers that?

I know you sell shampoo bars/soap that is fruit-free but I need more options to recommend to my patients.

Thank you for your great work!

Sincerely, Allegra Hart, ND

Naturae Naturopathic Clinic

1417 Maiden Lane

Wenatchee, WA 98801

[www.naturaeclinic.com](http://www.naturaeclinic.com) 509-663-5048

**Reply from Sandra:** Hello Dr. Hart,

It is good to hear from you!

Trying to find commercial fruit-free toiletries is, indeed, a real challenge. If you'll note in [The Food Resource List](#), the only ones our doctors have recommended are:

*Herbal Essence Shampoo*

*Some Tom's Toothpastes (Note one on List is F)*

*Sensodyne Toothpaste*

Mind you, it has been several years since these items were evaluated, so there is no guarantee today. I think Dr. Zeff also suggested *Head and Shoulders* at one time, but again, without evaluating current products, there is no guarantee.

I like to use strong nettle tea with a couple drops of 100% pure tea tree oil added (helps preserve) as hair rinse/conditioner. It is the best I've ever used - hair loss is minimized, health of hair and scalp greatly improved. I wouldn't add tea tree if they have dry scalp, as it may tend to cause increased drying. I have normal to oily skin so it's perfect for me. Nettles should be great for most everyone. Also, I suggested chamomile tea to one of my clients and they love that also as conditioner. They happen to be cactus intolerant, so they use my cactus-free soap for everything. That is also a tough intolerance to avoid in toiletries.

When I make the nettle tea, I do it in gallon batches, then refrigerate what is not being used in the shower. Otherwise, it tends to start stinking. I'm not fruit intolerant myself, but potato - that also seems to be in most things. So I prefer to use my carrot soap to shampoo my hair. That is exactly why I began making the soap, because there was hardly anything available on the market that was fruit free and a good, natural product as well.

Hope that helps. This question tends to surface a lot. Thank you for your support.

In health, Sandra

**Dr. Hart:** I will pass this information on and try the nettle for myself. I currently condition with apple cider vinegar, as I too am potato intolerant.

PS. The nettle conditioner worked well for me. I will try other teas as well. Thanks for the recommendations!

### OTHER COMMUNICATIONS:

**From [Food & Water Watch](#), May 14<sup>th</sup>:**  
An Often Overlooked Resource Needs Your Attention

[Tell Your U.S. Lawmakers to Protect Our Oceans From Corporate Greed!](#)

Dear Letitia (Dr. Tish): From the impending approval of genetically engineered salmon to the push for factory fish farms and an end to the public right to fish, multinational corporations are seeking to gain control of our oceans and the essential resources they provide. [But you can help keep that from happening by emailing your U.S. lawmakers today!](#)

The ocean and everything in it from about 3 miles to 200 miles off the coast of the United States is considered to be public and is managed by the U.S. federal government. There is one bill that determines how the resources in this part of the sea are managed and allocated; and that bill — the Magnuson-Stevens Fishery Conservation and Management Act (MSA) — is currently up for reauthorization. There are a few things that we need to make sure are included:

We need "fair fish." Because federal waters are a public domain, each of us has the right to fish to feed our families and earn a living. But in a scheme proposed by the likes of Walmart, our fisheries are being divvied up and given away to the biggest and baddest fishing companies, essentially locking out mom and pop fishing fleets who have been good stewards for generations. [Tell your representatives to write legislation that breaks down these programs and incorporates "fair fish" policies that allow any fisher to earn a living.](#)

Factory fish farms are not "fishing" and don't belong in our oceans! Just as multinational corporations have forever changed the way food is grown on land to the detriment of public health, the environment, local communities and food quality itself, they are poised to do the same at sea. A similar factory-farm model is being adopted for seafood: growing it as cheaply as possible using toxic chemicals and other harmful techniques, polluting our oceans and shipping it to distant grocery stores and restaurants all around the world. [Tell your elected officials that the factory farm model doesn't belong in our oceans.](#)

Block the approval of genetically engineered

salmon. Moving its way through the approval process in the FDA, GMO salmon would become the first genetically engineered animal to hit the market, potentially opening up the floodgates for more GMO animals to come. And, to add insult to injury, the GMO salmon may not even be labeled, preventing consumers from making informed decisions about their food. [Tell your representative that the MSA needs to include language that addresses these concerns.](#)

Everyone is dependent on shared resources like clean water, safe food and healthy oceans. While the Magnuson-Stevens Act has done some good in the last decade to restore some important fisheries, as currently written, the MSA paves the way for corporations to assert and maintain control over yet another public resource. It's essential that these shared resources be regulated in the public interest rather than for private gain. [Help protect our public resources by sending your legislators an email today.](#)

Thanks for reading and taking action.  
Meredith Begin - Organizer, Education & Outreach, Food & Water Watch  
mbegin(at)fwwatch(dot)org

**From Environmental Working Group, May 29<sup>th</sup>:** Dear Sandra, ready for summer? Don't forget to stock up on sunscreen! Before you go outside, make sure you're covered with one of EWG's top-rated sunscreens for 2014.

EWG has just released its **2014 Sunscreen Guide** *rating the safety and efficacy of more than 700 sunscreens and daily moisturizers with SPF.*

As the rate of melanoma – the deadliest form of skin cancer – continues to surge across the U.S., EWG is working hard to make sure you have the resources you need to protect your skin and practice safe sun habits. EWG's best advice is to use the tips in our guide: Wear sun-protective clothing, stay in the shade to reduce intense exposure, find a safe and effective sunscreen and schedule regular skin examinations with your doctor.

What sunscreens made the list this year?

[Click here to see EWG's 2014 Sunscreen Guide.](#)

While we've seen positive changes in the market, such as more zinc- and titanium-based mineral sunscreens, two-thirds of the sunscreens analyzed by EWG researchers either offer inadequate protection from the sun or contain toxic ingredients such as *oxybenzone* and *octinoxate*. It's a scary reality that the vast majority of sunscreens stocked on American shelves aren't as good as most of us think they are. But we at EWG won't stop working until you have more options.

Here are some highlights from this year's report:

### THE FORUM:

**Editor's Note:** Be sure to take advantage of this wonderful opportunity to *share with your fellow Members (Subscribers)!*

149 best beach and sport sunscreens  
EWG's seven Sunscreen Don'ts  
Get smart sun tips from EWG's Sun Safety Campaign  
Shop for sunscreens in EWG's Amazon Sun Store, and part of what you spend goes to EWG, at no extra cost to you

Here's to a safe and sunny summer.  
Ken Cook, President, EWG

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NEW POST:  
CATEGORY: [Miscellaneous](#)  
THREAD: [NEED FRUIT FREE TOILETRIES](#)

## 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 05/14:

✈ **INGREDIENTS:** *Organic whole wheat flour, organic cracked whole wheat, water, organic dried cane syrup (sugar), grain mix (organic whole flaxseeds, organic ground whole flaxseeds, organic sunflower seeds, organic rolled oats, organic pumpkin seeds, organic millet, organic rye, organic brown rice, organic rolled triticale, organic rolled barley, organic unhulled brown sesame seeds, organic unhulled black sesame seeds, organic amaranth flakes, organic buckwheat, organic rolled spelt, organic blue cornmeal, organic ground yellow corn, organic rolled KAMUT® khorasan wheat, organic poppy seeds, organic quinoa, organic sorghum), organic vital wheat gluten, organic oat fiber, organic molasses, sea salt, yeast, organic cultured whole wheat.*

✈ As part of my goal to help you in the quest of eating safely in accordance with your personal food intolerances, this section is another way to help you identify suspicious

ingredients and ... *HAVE SOME FUN!*

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

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



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

Try **UNSCENTED CARROT RIPPLE**  
Made with Homemade Organic Carrot Juice as a  
**SHAMPOO BAR** too!

### **Your 14% Member Discount Taken Automatically**

**...when you log in to the Subscribers side on the website to order your**

**coco-sha™** soaps. Your special price is automatic at time of payment. You will see the regular price by the "Add to Cart" button. When you click on the button, you will be taken to the order page; you will then see your actual discounted price.

✈ **SAVE ADDITIONAL \$10.00**

~ **ORDER A FULL 5 LB. LOAF OF SOAP (=16 BARS UNCUT) AND SAVE**

**\$10.00 OFF YOUR ALREADY 14% DISCOUNTED PRICE.**

Slice your own bars from a full loaf using a clean large kitchen knife. It's easy! For more information and/or to place your order, please email me at [manager@songofhealth.com](mailto:manager@songofhealth.com). Tell me which **coco-sha™** soap you want, or if you prefer to have your own custom made. You will be emailed an invoice from which to pay. Expect curing time of at least 4 weeks from time of order. **It's that easy!**

### **SOAP NEWS AND UPDATES:**

*COMING SOON...*

**GMB (GOOD MORNING BOYS!)**  
*Soap and Shaving Bar*

**UNSCENTED**

~ **For those who are sensitive to even natural scents, a new option will be available to you in just 6 weeks.** The popular soap and shaving bar will soon be available unscented. Also containing the eco-friendly Green Clay that gives **GMB** great "slip" for shaving, plus added Unrefined African Shea Butter, you will find the **UNSCENTED** equally effective as a superb soap and shaving bar, and long lasting too! Notification on your SOH Members' home page will be posted when it is available. Bars are approx. wt. 4 oz. @ \$7.95. (In comparison, original bars are Approx. wt. 3 oz.)

**You may also pre-order to ensure availability for you.** Just [email me](#) and specify what you want and how many. I will email you an invoice from which to pay through PayPal.

**Ingredients:** Saponified Oils and Butters: Pure Prime Pressed Natural Cocoa Butter, Unrefined African Shea Butter, Cold-Pressed Sweet Almond Oil, Cold Pressed Castor Oil, Natural Jojoba Oil; Distilled Water; Amazonian Green Clay; Natural Extracts of Quillaja & Yucca. CONTAINS CACTUS



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We are dedicated to preserving the environment to the best of our ability.

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~ Feel Clean, Revived, & Moisturized! ~

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~ Each month we bring you articles on a myriad of topics regarding health and environmental issues.

The main focus of *Song & Health* is to avail you of expert information on the Carroll Food Intolerance dietary methods. This – *DIET* - is the first step to getting and staying well. We feel there are also many other interesting and important issues to be aware of, so we share our findings with you, on what may have a cause and effect on our health and lives. This month...

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

May 30, 2014

### EPA and Reckitt Benckiser Inc. Reach Agreement to Cancel Certain Rodenticide Products

WASHINGTON - The U.S. Environmental Protection Agency (EPA) has reached agreement with Reckitt Benckiser Inc. to cancel 12 d-CON mouse and rat poison products that do not currently comply with EPA safety standards.

"Millions of households use mouse and rat poison products each year. Canceling these products will help prevent risks to children, pets and wildlife," said Jim Jones, Assistant Administrator for EPA's Office of Chemical Safety and Pollution Prevention. "This voluntary move will get us far faster results than would otherwise be achieved through an administrative process."

Before EPA tightened the safety standards for household rat and mouse poison products, more than 10,000 children a year were accidentally exposed. Since the new standard took effect, the number of children exposed has decreased. The agency worked with a number of companies to develop safer mouse and rat poison products that are effective, affordable and widely available.

The cancellation of these 12 d-CON products that do not comply with current standards will continue the trend of reduced exposure to children, pets and wildlife. The company has agreed to stop production by the end of the year and stop distribution to retailers by March 31, 2015. The new standards require consumer mouse and rat poison products to be housed in protective bait stations.

Pellets and other bait forms that cannot be secured in bait stations are prohibited. EPA also prohibits the sale of products containing brodifacoum, bromadiolone, difethialone and difenacoum to residential consumers because of their greater risk to wildlife such as mountain lions, eagles, wolves and foxes.

For more information, visit:

<http://www2.epa.gov/rodenticides/canceling-some-d-con-mouse-and-rat-control-products>

For a complete list of the homeowner use rat and mouse products that meet EPA's safety standards, visit:

<http://www2.epa.gov/rodenticides/choosing-bait-station-household-use>

**News Release: EPA Ensures Company Discloses Pesticide Hazards**

June 6, 2014

WASHINGTON – Today, a Milwaukee pesticide manufacturer paid a \$738,000 civil penalty to the U.S. Environmental Protection Agency (EPA) for advertising “Rozol Prairie Dog Bait” (Rozol PD) without identifying it as a “restricted use” pesticide, and for making unapproved claims about the pesticide, in violation of the Federal Insecticide, Fungicide and Rodenticide Act (FIFRA).

This is the largest penalty ever imposed by an administration law judge for FIFRA violations.

“Restricted use pesticides can be dangerous to wildlife, public health and the environment,” said Cynthia Giles, assistant administrator of EPA’s Office of Enforcement and Compliance Assurance. “Today’s record penalty underscores the seriousness of these violations, and supports EPA’s commitment to ensure pesticides are handled safely, as required by law.”

In a March 2014 ruling, Chief Administrative Law Judge Susan Biro found Liphatech, Inc. liable for over 2,100 violations of FIFRA committed between 2007 and 2008. The violations included advertising the Rozol PD, which is highly toxic, on radio and print advertisements without identifying its restricted use classification. They also included selling the pesticide while making claims inconsistent with the label approved by EPA. These unapproved claims undermined the instructions on the label and overstated the efficacy and safety of the pesticide.

In 2007 and 2008, Rozol PD was registered with several agricultural agencies as a pesticide to control black-tailed prairie dogs in the Great Plains states. EPA classified Rozol PD as a restricted use pesticide because of its potential to seriously harm non-target animals, including endangered species.

In 2010, EPA initiated the case against Liphatech by filing an administrative complaint against the company, alleging it violated FIFRA for illegal distributions, sales, and advertisements of registered pesticides between 2007 and 2008. Today’s payment of the civil penalty resolves these violations.

FIFRA is designed to ensure pesticides are not produced, imported, distributed, sold, or used in a manner posing unreasonable risk to human health or the environment. The law requires manufacturers provide restricted use information on labels ensuring customers understand pesticide hazards and proper use.

EPA and state agricultural agencies in Colorado, Kansas, South Dakota, and Wisconsin investigated this case.

For more information about this case:

[http://www.epa.gov/oalj/orders/2014/FIFRA-05-2010-0016\\_Liphatech\\_14-03-12\\_ID\\_Biro.pdf](http://www.epa.gov/oalj/orders/2014/FIFRA-05-2010-0016_Liphatech_14-03-12_ID_Biro.pdf)

For more information about FIFRA:

<http://www.epa.gov/agriculture/lfra.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*.**

## BENEFITS OF MINI AND RAISED BED GARDENS

*By Sandra Strom, CEO of Song of Health*

If you’re a child at heart who embraces playing in dirt, staring at plants in hopes you can watch them grow, and thrilling at the first pick of *something*, then you and I have something huge in common! What a wonderful month - June - the weather begs one to come out, come out and play, smell the lusciously beautiful flowers, and best of all...place

hopes of bounty with our new plant buddies in the garden.

Well now, doesn’t that sound glorious? It is, except for the part I’ve left out --- the work of keeping it all alive and producing. Many of us in our “second childhood” years have bodies that don’t respond to hoeing, kneeling down to weed

for long periods, carrying off or wheel barreling heavy piles of weeds to a compost pile in some faraway land, and other forms of manual labor; it was so much easier in our younger days. Some of us live in the middle of a city or town where room is not available for big gardens. For me, the days of sprawling, long, roto-tilled garden plots are over. I have come to love the mini beds --- containers on the patio, raised beds and small hand-turned-with-a-shovel plots smack in the middle of the front lawn! Calculating the benefits, it is no wonder such gardens have become one of the most popular methods to grow your own. Speaking for myself, these are some of the benefits gleaned:

- Preparation time and energy is less consuming than for a huge garden. As mentioned above, I turn a small area of sod over with a pointed shovel --- generally a rectangular or circular area no more than 6 ft. x 10 ft., preferably smaller depending on the crop. Shaking and saving the top soil from the grass and then discarding the grass in a compost pile, my plot is now ready for additional help; I add a bag or two of organic potting soil and mix in just a little organic compost.
- I prefer to border the area with inexpensive flat bricks. They “dress” the yard up, help to keep the grasses and other weeds at bay, plus it gives me something to sit on while working. If border materials aren’t available, the borders are simply line-edged.
- I love working in a smaller area when planting and weeding; it stays off feelings of endless and tedious work, unlike long boring rows! Planting shorter rows closer together encourages better pollination of plants, helps choke weeds out between plants, and simplifies bordering with companion flowers and herbs that help to ward off pests plus create additional beauty. Nasturtiums with squash, asters, and cosmos with corn --- just a few gratifying choices.
- It is arguable whether mini gardens are less expensive to maintain in the long run than traditional big gardens. Considering just water

alone, though, the smaller the area the less required.

- If you have children, growing in containers and small plots is a great way to teach them gardening and to get them involved in a wonderful hobby to share together. Considering the root growth of the plant, just about anything around the house that can hold dirt and water will work as a potted container. Easily movable, they can be placed together for pollination as well as space saving; and they can be moved as necessary, for proper light exposure or convenience.

The most trying issue with my mini gardens is the deer! The beautiful gentle darlings are already nibbling a little on leaves, but generally they wait until the fruits of the labors are perfect, then...boom --- gone during the night. The choices here are to either install minimum 6 ft. high mesh fencing dug into the ground so they aren’t able to climb under, through, or jump over to reach the treasures; or continually apply organic methods of dissuasion. Since the latter is less expensive and labor intensive, I have opted for it. It is no easy task, though, nor is it 100% full proof. It just means I have to accept sharing some of my hard earned goodies with the Nature Neighbors. My latest application is a broth made of crushed fresh garlic cloves and chopped leek leaves set in a jug of hot water, both from the gardens. When cooled, I pour it directly over the plants. I’ve also used beaten eggs with garlic. They won’t eat garlic, and when the sun heats up the egg, the sulphur discourages them too. I have planted garlic directly into the squash and bean beds, but it hasn’t helped as much as I hoped. (My human next door neighbors are getting many chuckles over my efforts; their apples and cherries never make it into the house either.)

What a game! Yet, each year I can’t wait to do it again. Drawn to the dirt, excitement of sprouts poking up, getting to eat at least a few things before Bambi and Friends do --- there’s something ancestral about it all. And the best part is, there is

nothing more delicious than partaking of a minutes' fresh veggie --- especially when you've grown it.

Do you mini garden? We'd love to have you share your "secrets" with us all. We also love pics!

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).

### **BEVERAGES: HOT COCOA**

*A simple, yummy treat for adults and kids alike, this recipe takes as much time to make as boiling water!*

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:** Organic whole wheat flour, organic cracked whole wheat, water, organic dried cane syrup (sugar), grain mix (organic whole flaxseeds, organic ground whole flaxseeds, organic sunflower seeds, organic rolled oats, organic pumpkin seeds, organic millet, organic rye, organic brown rice, organic rolled triticale, organic rolled barley, organic unhulled brown sesame seeds, organic unhulled black sesame seeds, organic amaranth flakes, organic buckwheat, organic rolled spelt, organic blue cornmeal, organic ground yellow corn, organic rolled KAMUT® khorasan wheat, organic poppy seeds, organic quinoa, organic sorghum),

organic vital wheat gluten, organic oat fiber, organic molasses, sea salt, yeast, organic cultured whole wheat.

✈ Potential Hidden Ingredients: P

✈ Obvious Ingredients: G,S

✈ The product was evaluated for: ALL

✈ The results were: G,P,S

✈ The product is: Dave's Killer Bread 21 Whole Grains & Seeds, Organic

✈ Hidden ingredients are: P



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:** **Mini Garden in Early June ~ Bush Beans, Squash, Parsley, Evening Primrose, Garlic, and Nasturtiums ~** Taken June 6<sup>th</sup>, my mini raised squash and beans garden. Also planted are parsley, nasturtiums that reseed themselves every year, garlic to help keep the deer from eating the plants (ha ha!), and evening primrose (not shown). In another raised bed are garlic and leeks, plus many herbs in individual pots. Mini or raised beds are great ways to garden, for so many reasons. (See Sharing Experiences.)



**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 2014

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

| <u>FOOD EVALUATED</u>                                                                                 | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|-------------------------------------------------------------------------------------------------------|-----------------------|----------------------|----------------|---------------|
| <b>BAKING SUPPLIES:</b>                                                                               |                       |                      |                |               |
| Trader Joe's Cocoa Powder Unsweetened                                                                 | 05/14                 | ALL                  | N              |               |
| <b>BREAD:</b>                                                                                         |                       |                      |                |               |
| Dave's Killer Bread Organic 21 Whole Grains & Seeds                                                   | 05/14                 | ALL                  | G,P,S          |               |
| <b>CEREALS – COLD:</b>                                                                                |                       |                      |                |               |
| Barbara's Organic Brown Rice Crisps                                                                   | 05/14                 | ALL                  | F,G,H          |               |
| Erewhon Organic Raisin Bran 100% Whole Grain                                                          | 05/14                 | ALL                  | F,G            |               |
| <b>COFFEE AND ALTERNATIVES:</b>                                                                       |                       |                      |                |               |
| Starbuck's Veranda Blend Blond Roast Coffee Beans                                                     | 05/14                 | ALL                  | F,Sy           |               |
| <b>FROZEN FOODS [ALSO UNDER]:<br/>FRUIT &amp; BERRIES (INCLUDING<br/>FRUIT SPREADS &amp; SAUCES):</b> |                       |                      |                |               |
| Costco Signature Whole Blueberries Frozen                                                             | 05/14                 | ALL                  | F              |               |
| <b>MEATS &amp; MEAT BOUILLON:</b>                                                                     |                       |                      |                |               |
| Organic Prairie Hardwood Smoked Ham Boneless                                                          | 05/14                 | ALL                  | M,Ms,Sf        |               |
| <b>PREPARED FOODS AND MIXES:<br/>(ALSO UNDER TOMATO PRODUCTS):</b>                                    |                       |                      |                |               |
| Walnut Acres Organic Marinara & Herbs Pasta Sauce                                                     | 05/14                 | ALL                  | F              |               |
| <b>SEASONINGS &amp; SPICES:</b>                                                                       |                       |                      |                |               |
| Spice World Garlic, Organic Minced                                                                    | 05/14                 | ALL                  | D,F,M,Ms,P     |               |

| <u>FOOD EVALUATED</u><br><u>EVALUATED</u> | <u>DATE</u><br><u>FOR</u> | <u>EVALUATED</u> | <u>RESULTS</u> | <u>REGION</u> |
|-------------------------------------------|---------------------------|------------------|----------------|---------------|
| <b>WATER:</b>                             |                           |                  |                |               |
| Mountain Mist Steam Distilled             |                           |                  |                |               |
| Natural Spring                            | 05/14                     | ALL              | N              |               |
| Western Family Distilled Drinking         | 05/14                     | ALL              | N              |               |



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

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