



## DRAGONFLY NEWS

The Official Newsletter of *Song of Health.com*

**JUNE~JULY 2015**



Sun Tea \*

We hope our USA Members enjoyed a safe and happy  
Day of Independence!

**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

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

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

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JULY 2015

*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.

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## WEBSITE CHANGES AND NOTICES

- ✂ **Food Categories:** Our physicians are researching into whether there is a connection between peppercorns, bell-type peppers, and cayenne. We will inform you as soon as any further information is available.
- ✂ The printable files of The Food Resource List does not contain the latest updates due to program issues. We hope to have the problem resolved soon. Thank you for your patience.



## 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 ™ 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 ™ 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)**

+

✚ **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](#).



## **MEMBERS' 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.**

#### **MEMBERS, 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.*



## 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 "Member" or initial. Other Correspondence are emails received from outside our membership; however, we feel it is pertinent information to share with you.*

No new emails this month. You must all be on vacation or doing well on your own! **Please be willing to share your experiences with us so we can all learn.** Thank you!

### OTHER COMMUNICATION

**From EWG Action Alert, June 5<sup>th</sup>:** Sandra, the harmful effects of the toxic hormone disruptor bisphenol A, or BPA, are no secret.

Over the last 20 years, scientists have linked the synthetic estrogen to a number of serious illnesses, including breast cancer, reproductive damage, developmental problems and heart disease.

While some companies have publicly pledged to stop using BPA in their cans, far too many continue to sell products laced with this chemical to millions of American consumers.

EWG scrutinized more than 250 canned food brands to find out which of them packed their food into cans coated with BPA-laden epoxy. What we discovered may shock you: Brands including Target's Market Pantry, Bush's and more than 75 others still use epoxy-lined cans for all their products.

[Click here to take action:](#) Sign EWG's petition and demand that these companies stop using this dangerous chemical immediately! Plus, when you take action today to stand up for consumers' rights, we'll send you a surprise gift.

There are NO federal regulations requiring manufacturers to label their products so that consumers can identify cans with BPA-based linings. That means it's up to us – American consumers – to take matters into our own hands and demand a change.

While there are lingering questions about the safety of replacement chemicals, the fact remains, we know BPA is toxic and we shouldn't be eating it in our canned food.

We can't let big brands like Target's Market Pantry, Bush's and others continue exposing their customers to this dangerous chemical. It's time they join other companies and pledge to stop using BPA in their cans NOW.

When you take action today, we'll send you a special gift from EWG to help you shop for healthy foods and non-toxic products.

[Click here to sign the petition calling on more than 75 food brands to remove BPA from their cans.](#)

Thanks for speaking up. Together, we'll make sure the canned food industry hears us loud and clear. -EWG Action Alert

### **From Xerces Society for Invertebrate Conservation, June 11<sup>th</sup>:** POLLINATOR CONSERVATION CROSSES A NATIONAL THRESHOLD

The newly released National Strategy to Protect Pollinators and Their Habitat represents a threshold moment in pollinator conservation. Two decades ago, the issue was barely discussed. When Xerces staff attended a national meeting of the pioneering organizations in 1996, it could be held around a single table. Thanks to the national strategy released by the White House, pollinator conservation is now embedded into the work of every federal agency, and we would need a stadium to hold everyone involved!

The strategy is a significant step forward for conservation. Does it contain everything that everybody wants to see? No. But the fact that pollinator conservation has reached the highest level of government is monumental.

The national pollinator strategy has three overarching goals:

Honey Bees: Reduce honey bee colony losses during winter (overwintering mortality) to no more than 15% within 10 years.

Monarch Butterflies: Increase the Eastern monarch population to 225 million butterflies occupying an area of approximately 15 acres (6 hectares) in the overwintering grounds in Mexico, through domestic/international actions and public-private partnerships, by 2020.

Pollinator Habitat Acreage: Restore or enhance 7 million acres of land for pollinators over the next 5 years through federal actions and public/private partnerships.

In addition to articulating these goals, and strategies to achieve them, the strategy includes a research plan that identifies mechanisms to fill knowledge gaps, and a joint U.S. Department of

Agriculture/Department of the Interior document that presents best management practices (BMPs) for pollinator conservation and management on thousands of federal properties and millions of acres of federally managed lands.

There is no question that honey bees are vital to agriculture and that the health of hives and the economic well being of beekeepers is a national priority. But the national strategy should -- and does -- take into account all of the nation's pollinators. While the strategy itself gives little attention to bees other than honey bees, pollinators broadly speaking will benefit, which is especially important for declining bumble bees and crop-pollinating native bees.

Seven million acres of restored or enhanced habitat is a laudable goal for the next five years. However, it will only start to address the habitat lost due to large-scale agricultural operations and urban and suburban sprawl. If we hope to create a landscape that can support the migration of the monarch butterfly, for example, it will be vital to go well beyond the seven-million-acre target.

One area where the pollinator strategy falls short is protecting pollinators from pesticides, especially systemic insecticides like neonicotinoids. Neonicotinoids are the most widely used insecticides in the world and there is a mountain of research that shows the harm they are causing to pollinators and other wildlife. The Environmental Protection Agency (EPA) is expediting re-assessment of these systemic insecticides and proposing additional research -- including into the impact of systemic insecticides on monarchs -- but the EPA should take stronger action now to protect bees and other pollinators. The national strategy includes valuable long-term plans that could strengthen the pesticide regulatory system over time, but it fails to offer pesticide mitigations to address issues currently facing pollinators.

The release of the national pollinator strategy is enormously significant -- but what happens next is even more important. The success of the strategy will be in its implementation. We know that the agencies charged with implementing the strategy will need considerable resources to meet the ambitious targets, but because the strategy does not clearly lay out how much funding each agency will have, it is unclear whether that funding is being provided through internal sources or additional appropriations. Some funding may be added to agency budgets, but in other cases agencies must shuffle around resources and priorities internally. The strategy does propose some additional funding for research -- \$21.84 million for the National Institute of Food and Agriculture and \$7 million to the Agricultural Research Service.

Additionally the USDA's Natural Resource Conservation Service (NRCS) is committed to using \$4 million from the Environmental Quality Incentives Program to create habitat for honey bees in the Northern Plains and Upper Midwest. This is in addition to \$8 million set aside by the Farm Service Agency to incentivize honey bee forage plantings in the Upper Midwest, and the enrollment of an additional 76,000 acres in high-value pollinator habitat nationwide. Beyond the national strategy, the NRCS has collaborated closely with the Xerces Society and other partners for several years to create a strong technical foundation for pollinator habitat efforts, using multiple Conservation Programs in all fifty states.

One significant issue is that the strategy only proposes an additional \$1.5 million for the EPA to manage a myriad of pesticide issues that impact pollinators.

Despite these concerns, we still believe this is an historic moment for pollinator conservation. Many federal agencies are implementing conservation strategies for pollinators, and Xerces is working closely with these agencies, providing technical assistance and helping with habitat projects and species conservation. In addition, we will press for national changes to pesticide regulation and seek greater protections for pollinating insects.

What will be the state of pollinator conservation ten years from now? It is impossible to predict, but it is certainly going to be better with the new national strategy than without it.

*Co-written by staff at the Xerces Society for invertebrate Conservation, including Scott Hoffman Black, Executive Director, and Matthew Shepherd, Communications Director.*

**From Senator Dianne Feinstein, (D California), June 12<sup>th</sup>:**

Sandra, Consumers use dozens of personal care products, ranging from shampoo to lotion to makeup. On average, a woman puts 168 chemicals on her body each day.

We already know some of those chemicals are dangerous, such as endocrine disruptors that can damage reproductive organs and pose a number of other serious health concerns.

But for many other chemicals, we simply don't have enough information to know if they are safe or not. **That's because federal rules designed to ensure products are safe haven't been updated for more than 75 years.**

**To bridge this gap in oversight, Senator Susan Collins and I introduced the Personal Care Products Safety Act in an effort to modernize the regulatory process and make sure the products we use every day are safe.**

EWG [Environmental Working Group] has been an important partner in the development of this legislation, and now I'm counting on your help to persuade Washington that passing it is the right thing to do.

I am asking you to reach out to your members of Congress and urge them to support the *Personal Care Products Safety Act*. **Will you take a moment to do that now?**

[Click here to contact your senators and urge them to support this critical piece of legislation.](#)

Our bill would establish a safety review process by the federal Food and Drug Administration (FDA) for ingredients in personal care products and give the FDA additional tools they need to protect consumers.

Companies would register and be required to report when products cause harm to someone's health. The FDA would also have the authority to recall dangerous products if companies won't do it voluntarily. **These are all straightforward, commonsense proposals — and they are long overdue.**

**Consumers deserve to know the products they use every day are safe. Will you tell your members of Congress to pass this important legislation?**

[Take a minute to contact your senators now. It's fast, easy and will help us all have safer products.](#)

Thank you,



Senator Dianne Feinstein

**From OANP (Oregon Association of Naturopathic Physicians), July 7<sup>th</sup>:** Dear Sandra, today, the Oregon Association of Naturopathic Physicians filed a class action lawsuit in federal court against Health Net Health Plan of Oregon and its contractor American Specialty Health (ASH) for their unlawful and discriminatory practices against naturopathic doctors and their patients.

One of the provisions in the Affordable Care Act was "Section 2706," also called "provider non-discrimination." This section prohibits insurers from discriminating against providers such as naturopathic physicians when they are providing

the same healthcare services that the insurer would normally cover when performed by another provider type.

Federal agencies, state insurance divisions, insurance companies and provider groups have all had widely varying interpretations of Section 2706, which has resulted in very little enforcement both in Oregon and nationally.

The class action seeks several remedies, including:

- Reimbursement to individuals who have been denied benefits under their Health Net health insurance plans;

- Repayment of profits retained by Health Net as a result of its discriminatory practices;

- Enforcement of non-discriminatory practices in the future; and,

- A court order clarifying for Health Net and ASH which of its practices are unlawfully discriminatory.

[Click here to view the complete press release.](#)

OANP needs action on your part!

Do you have a Health Net patient or are YOU a Health Net patient who has had a claim denied since 1/1/2014 for a medical service provided by you that would be covered by Health Net when performed by another provider type? If you or your patient would be motivated to do something about these barriers, we are looking for additional patients to join the class action. Please contact us!

Donate today - lawsuits are expensive! Please help OANP with a generous donation. This could be a looooooong process and your help will be critical in getting across the finish line!

We anticipate that this lawsuit could have ripple effects across the country for all naturopathic physicians and their patients, as well as all other providers who routinely experience discrimination by insurance carriers. Your ongoing support of the OANP throughout this effort could make the difference between business as usual or sweeping changes in insurance coverage.

Contact us if you have any questions, or to make your donation today!

Yours in health,

Carrie Baldwin-Sayre, ND - President

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### [THE FORUM:](#)

**Editor's Note:** Be sure to take advantage of this wonderful opportunity to *share with your fellow Members!* Also, ask the SOH

*staff questions, leave your comments and suggestions. All is appreciated.*

**MAKE YOUR VOICE HEARD!**



## FOOD LABEL QUIZ

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

The following list of ingredients is on a label from a product that is dated 06/15:

✚ **INGREDIENTS:** 100% unrefined, unfiltered, herbicide and pesticide-free Borage Oil

✚ 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.

Try *Unscented* With Unrefined Shea Butter as a **SHAMPOO BAR** too! ~~~

✚ **Remember to log in to the Members side on the website to receive your Member discount on your orders of ~~4.00-6.00~~™ 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 4-oz. bars uncut) AND SAVE \$10.00 OFF YOUR ALREADY 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 ~~4.00-6.00~~™ 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:



Different Look, same great ingredients!

Reminder:

**Campers Friend**  
*Repels Bugs ~ Not People!*

<< Ward off the pesky critters!

Gardeners, campers, hikers, hanging out on the deck...you'll appreciate this soap for any outdoor activity.

**MAKES GREAT GIFTS IN ORGANZA GIFT BAGS TOO!**

**Several ways to use *Campers Friend*:**

**As a repellent:** Rub dry bar on exposed areas of skin. You do not need to wash the soap off, as it is not irritating to the skin, as our most commercial soaps. The essential oils in the soap are what help to ward off the bugs. The natural oils and butters are wonderful emollients. You can also slip it in your pocket!

**Hair and body cleansing soap.** It's fabulous!

**As repellent in the kitchen:** Keep this soap at the sink for hand washing and repelling fruit flies and other pesky fly bugs.

**As repellent in the tent, on the patio, or deck:** Hang soap up in one of our organza bags or tied with string in the area where you are. The scent of the essential oils will chase off those curious little dudes.



*Member of*

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

*coco-shai* ~ **Feel Clean, Revived, & Moisturized!** ~ *coco-shai*

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

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

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

No article this issue.

**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*.

## Our Animals Have Food Intolerances Too!

*By Sandra Strom, CEO of Song of Health*

I have a 16 year old Appaloosa Stallion named River Bear (registered name, Tama River Bear Toby), a beautiful and brilliant horse whose nature is as great as his looks; he sweet talks the ladies (mares) and visits with the geldings from across the fence while respecting the boundaries.

River has always been the poster boy for sturdy health and staying out of trouble, so a couple of years ago, when I found him in his stall (he usually comes in voluntarily) with an eye closed, puffy, and weeping, you can imagine my shock and fear of what might have happened. The vet diagnosed it then as a scratch to the cornea. He left me with allopathic medicine to apply to his eye, but it was a disaster getting River to comply with the treatments of the gooey stuff, a mixture for pain and antibiotic, which wasn't helping anyway; so after 2 days I discontinued this medicine that I didn't trust for the same reasons I don't trust allopathic medicine for us humans, and tried a natural route which included homeopathic euphrasia along with leftover eye drops from Dr. Tish that she makes up for eye infection. I had immediately called Dr. Tish to discuss a treatment plan; she suggested to add homeopathic Arnica. I also contacted Dr. Zeff who suggested adding homeopathic Hypericum, for pain, to the regiment. Results were immediate, although the full healing process took 2 months.

River's eye appeared well and looked clear, his eyesight improved from the injury. Then, exactly a year later, the same eye looked injured again. My first thoughts were that the eye wasn't thoroughly healed and was still tender and vulnerable to irritation. As he liked to roll in the sand in his corral, it seemed likely sand in his eye was probably what irritated and scratched it again. I repeated the same treatment as the year before; again, it took 2 months to completely heal, only this time he permanently lost partial sight in that eye, as though the blind spot was abnormally large. He still got along well; the main difficulty for him was going and coming from a dark to a light area, where his eyes took time to adjust.

Two years have gone by with no recurring incidences, until last month. This time, River's other eye was suddenly closed, weeping, and obviously painful. I summoned the vet, and this time he diagnosed the condition as uveitis. In general terms, uveitis describes inflammatory diseases that affects numerous parts of the eye and can produce swelling, destroy eye tissue, and can cause slightly reduced vision to severe permanent loss. It can be caused by problems directly occurring in the eye or be part of an inflammatory condition which is affecting other parts of the body. The time period of discomfort varies from acute to chronic; the severest forms reoccur. In humans, it can happen at any age, but especially affects people between the ages of 20 and 60. <sup>1</sup>

I contacted Dr. Tish, forwarded to her the veterinarian's diagnoses, and asking her what her experience with uveitis in humans has been; how has she treated them? She confirmed that uveitis is an autoimmune condition, and...guess what? Her patients were diagnosed with consuming their food intolerances, which appeared to be the cause of their problems! The patients eliminated their food intolerances and Dr. Tish treated them with Vitamin A. I forwarded this info back to my vet, who replied that horses get more Vitamin A from all the natural field greens they eat than we could ever supplement. So, after scrutinizing everything I've been feeding River as supplements to his lush acreage of pasture on the Columbia River dikelands (he's one lucky and plump man!), Dr. Tish and I discussed a protocol for treatment.

The only supplement he was receiving for the prior two weeks of the condition was Northwest Supplement, a vitamin pellet rich in selenium -- a trace element sorely missing in the Northwest soils. I didn't have it evaluated, but I immediately ceased feeding it to him. I studied different Naturopathic equine remedies, and there was mention of pumpkin seeds for ulcers. I figured it couldn't hurt as, we who follow the food intolerance path know, that is often a digestive condition. Dr. Tish confirmed that pumpkin seeds are high in zinc,

which would greatly help River. She also suggested chamomile as an eye aid, so I have been making a strong chamomile tea from the flowers that just happen to be blooming in his corral! Perfect timing. I've been using this as an eyewash, followed with Dr. Tish's eye drops --- a real struggle to administer, as he acts like a big baby. I swear by the eye drops, which I know are working quick miracles, while the chamomile eye soak seems to soothe and help too. So now I feed River a few whole oats, a handful of organic pumpkin seeds, carrot, and the homeopathics Arnica, Euphrasia, and Hypericum. After a couple weeks now, his eye is looking much better and his eyesight is improving. Fingers crossed, he will have full recovery.

The main point I want to make with this story is that our animals have food intolerances too, and it can cause major health issues, not to mention decrease of life span. Many years ago, I had Dr. Tish evaluate River Bear's dam (his mother and my long-time riding mount,) for her food intolerances. Not surprisingly, she was intolerant to meat, soy, honey, and sugar

~ none of these being a natural food group of horses. Yet, the majority of commercial horse feed contains sugar.

There are lots of animal products on the market, with incredible claims of containing healthy this and that. Most of us consider our pets a member of the family; livestock animals seemingly move with invisible \$\$ signs over their backs (River is family!). In whatever mode we embrace our animals, ultimately their health is important to us. It is, therefore, important to read the labels on what feed we give them and to educate ourselves on what is unhealthy --- possibly dangerous --- for them, just as we do for ourselves. If you have an animal with a condition that requires treatment, consider alternative options. In the long run, it could save you money...less vet visits and medicine, more bucks in the pocket -- and a happy healthy critter!

To All My Relations, *Sandra*

<sup>1</sup> <https://nei.nih.gov/health/uveitis/uveitis>

*"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 (NON-GMO), LOCAL FOODS WHENEVER POSSIBLE.

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

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

### ✂ [LIST OF NEW RECIPES](#) ✂

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!*

*The texture of Portobello mushrooms are thick and fleshy, reminiscent of meat, and make a wonderful vegetarian main dish.*

**MAIN DISHES: [PORTABELLO MUSHROOM STEAK FINGERS WITH FRESH TOMATO SALSA](#)**

**Remember, you can omit or substitute food intolerance ingredients in any recipe!**

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.

**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).

### ANSWERS TO THE FOOD LABEL QUIZ:

- ✦ Listed Ingredients: 100% unrefined, unfiltered, herbicide and pesticide-free Borage Oil
- ✦ Potential Hidden Ingredients: ?
- ✦ Obvious Ingredients: N
- ✦ The product was evaluated for: ALL
- ✦ The results were: F,M,Sy
- ✦ The product is: Barlean's Borage Oil Cold-Pressed
- ✦ Hidden ingredients are: F,M,Sy



You probably guessed the product easily enough, but isn't it surprising what food intolerance categories it contains!

*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: Sun Tea** ~ Simple, delicious, and oh so beautiful! Place desired herbs in a glass container/jar, let sit in the sun for at least 4 hours, or until it has obtained desired strength. This tea is made with lemon balm, peppermint, and spearmint leaves; a lavender bud; and wild rose flowers.



### FOOD RESOURCE LIST UPDATES

✂ THE FOOD RESOURCE LIST ON THE WEBSITE ✂  
**IS AVAILABLE IN PRINTABLE VERSION.**

**Note:** We have not been able to update the printable version for a number of months due to a program glitch. We apologize for this inconvenience and will inform you as soon as the issue is identified and corrected. Thank you for your patience and understanding.

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 “Region”, 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

JULY 2015

NOTE: The RESULTS column will show the "basic" food intolerance categories: Dairy, Egg, Fruit, Grain, Honey, Meat, Potato, Sugar, Seafood, and Soy. Be aware that the less common categories are not shown.

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>ALCOHOLIC BEVERAGES:</b>                             |                       |                      |                |               |
| Sobieski Vodka  | 06/15                 | ALL                  | G              |               |
| <b>BAKING SUPPLIES:</b>                                 |                       |                      |                |               |
| Bob’s Red Mill Premium Xanthan Gum                      | 06/15                 | ALL                  | ALL            |               |
| <b>BREAD:</b>   |                       |                      |                |               |
| Franz Gluten Free Mountain White                        | 06/15                 | ALL                  | ALL            |               |
| <b>CEREALS – COLD:</b>                                  |                       |                      |                |               |
| Arrowhead Mills Organic Spelt Flakes                    | 05/15                 | ALL                  | F,G,Sy         |               |
| <b>CHEESE:</b>  |                       |                      |                |               |
| Sierra Nevada Cheese Co. Organic Raw Milk White Cheddar | 07/15                 | ALL                  | D,M,Ms,P       |               |
| <b>COFFEE:</b>  |                       |                      |                |               |
| Thomas Hammer Coffee Roasters Guatemalan                | 06/15                 | ALL                  | F              |               |
| <b>CONDIMENTS:</b>                                      |                       |                      |                |               |
| Natural Value Organic Stoneground Mustard               | 06/15                 | ALL                  | F,G,P          |               |

| <u>FOOD EVALUATED</u><br><u>REGION</u>                        | <u>DATE</u><br><u>EVALUATED</u> | <u>EVALUATED</u><br><u>FOR</u> | <u>RESULTS</u> |
|---|---------------------------------|--------------------------------|----------------|
| <b>EGGS:</b>  |                                 |                                |                |
| Wilcox Family Farms (Costco)<br>Extra Large Grade AA          | 05/15                           | ALL                            | ALL            |
| <b>FRUIT &amp; BERRIES (INCLUDING SPREADS &amp; SAUCES):</b>  |                                 |                                |                |
| Wes Pak Avocados (Peru)                                       | 06/15                           | ALL                            | F              |
| <b>GRAINS:</b>  |                                 |                                |                |
| Lundberg Organic California<br>Brown Basmati Rice             | 05/15                           | ALL                            | F,G            |
| Tru Roots Organic Whole Grain<br>Quinoa                       | 06/15                           | ALL                            | F,G            |
| Wheat Montana Spelt Berries                                   | 06/15                           | ALL                            | G              |
| <b>HONEY:</b>   |                                 |                                |                |
| Chase Honey Co. Raw Local<br>(located in Otis Orchards, WA)   | 06/15                           | ALL                            | H              |
| <b>MILK AND CREAM:</b>  |                                 |                                |                |
| Tillamook Sour Cream Premium                                  | 06/15                           | ALL                            | D,S            |
| <b>NUTS:</b>  |                                 |                                |                |
| Azure Standard Almonds, Raw<br>California                     | 05/15                           | ALL                            | N              |
| <b>OILS:</b>  |                                 |                                |                |
| Barlean's Borage Cold-Pressed                                 | 06/15                           | ALL                            | F,M,Sy         |
| <b>SEAFOOD:</b>   |                                 |                                |                |
| Desire Fish Company Wild Alaska<br>Pink Salmon Fillet – Sides | 05/15                           | ALL                            | Sf             |
| <b>SEEDS:</b>   |                                 |                                |                |
| Azure Standard Chia (Bulk)<br>Organic, Whole, Black           | 05/15                           | ALL                            | F              |
| <b>TEAS:</b>  |                                 |                                |                |
| Two Leaves and a Bud Jasmine<br>Petal Green                   | 06/15                           | ALL                            | G,P            |
| <b>VEGETABLES, LEGUMES,<br/>MELONS AND MUSHROOMS:</b>         |                                 |                                |                |
| Earthbound Farms Celery<br>Organic                            | 06/15                           | ALL                            | N              |
| <b>WATER:</b>   |                                 |                                |                |
| Clear Water Springs in 5 Gallon<br>Plastic Jug                | 06/15                           | ALL                            | F              |



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

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