



## **DRAGONFLY NEWS**

The Official Newsletter of *Song of Health.com*

**JUNE~JULY 2016**



**Camper's Friend**  
*Repels Bugs ~ Not People!*

**AND PORTULACA FLOWERS**

Photo by Sandra Strom



**From The Song of Health Team, we wish you a  
happy and safe July 4<sup>th</sup>!**



**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!

## IN THIS ISSUE

- ✈ WEBSITE CHANGES AND NOTICES See below
- ✈ SUBSCRIBERS SPOTLIGHT: Stories, Comments, Questions Asked and Answered
- ✈ FOOD LABEL QUIZ Can You Guess The Food Categories of Ingredients Listed on This Label?
- ✈ SOAP CORNER: News & Updates
- ✈ SHARING EXPERIENCES: "WHAT IS THE BEST DECISION FOR YOU?" and "HERBS IN THE SUMMERTIME!" By Sandra Strom
- ✈ RECIPES: VEGETABLES: [GRILLED SUMMER VEGGIES](#)
- ✈ FOOD RESOURCE UPDATE: JULY 2016

**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

- ✈ **As you can see, increasing demands have limited my ability to publish the newsletter on a monthly basis.** I am doing my best to get you the vital information as quickly as possible, and keep up with the updates to The Food Resource List each month as they are available. I greatly appreciate your understanding of having to alter the newsletter from being on a monthly basis.
- ✈ **[SCALLOPED YUCA ROOT](#) – In Recipes under VEGETABLES ~ This recipe has been changed.** The ingredient "Tofurky Italian Sausage" has been removed, as it was evaluated way back in June 2010 to contain ALL food intolerance categories. (See SOY PRODUCTS in The Food Resource List.) My bad, for just now catching this error. Though the ingredient tastes yummy as a meat substitute, it is not necessary for the making of this recipe to taste good!

## 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 ~ 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!*

+

✧ **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 at manager@songofhealth.com](mailto:manager@songofhealth.com).



**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 Member 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.*

**From Judith R, May 2nd:** I am having difficulties finding Parmesan Cheese. Do you have any other Parmesan cheese that has been tested besides L'Ancetre? There is no place in the United States that I can find that it is sold. Potato, fruit/sugar and mint is the allergy that we are watching.

**Reply from Sandra:** Hello Judy, I have yet to find a Parmesan that has been evaluated safe for potato intolerance. I haven't been able to purchase [Parmesan] for a long time. I use a sharp cheese that I don't have problems with. I know it isn't the same. I just pretend the other wonderful cheeses don't exist! If you happen to have a Parmesan already purchased, it would be great if you submitted it for evaluation. Who knows? Maybe there is one we'd get lucky with! Wish I could give more positive news. In health, *Sandra*

**Judith:** I purchased a number of cheeses on the list that are potato safe from Azure

Standard, but not Parmesan because theirs wasn't one listed. 😊 Thanks for letting me know.

**Note from Sandra:** I contacted L'Ancetre and asked if they had any retailers in the States where we could purchase their cheese. This was their reply:

Dear Sandra,

First, we would like to thank you for your interest in our products.

Unfortunately no, our products are available only in Canada. We already tried to ship cheese by courier to USA (for cheese contest) and it doesn't work. Customs are taking a lot of time to inspect cheeses (worse when they are made from unpasteurized milk, like our parmesan); so the cheese was lost because of the delay in transit non-refrigerated. But we always try to find a way to get new distributors in USA and if it works one day, we will feature it on our Facebook page...

Merci et bonne journée! Thanks and have a great day!

*Sophie Labarre*

*Fromagerie L'Ancêtre*

*Service à la clientèle et Marketing /*

*Customer Service and Marketing*

~~~~~

### 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 07/16:

🦋 INGREDIENTS: Organic Tomatoes

✈ 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.

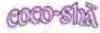
Please [Email me](#) for a quote.

✈ **Remember to log in to the Members side on the website to receive your Member discount on your orders of  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  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:

Currently, everything is in stock, however we are very low on **GMB (GOOD MORNING BOYS!) Soap and Shaving Bar**. More will be available next month.

Try  as **SHAMPOO BARS** too!

For thick and coarse hair:

**Unscented** With Unrefined Shea Butter

and  **CACTUS FREE UNSCENTED**

For thin, fine or wispy:

**UNSCENTED CARROT RIPPLE**  
Made with Homemade Organic Carrot Juice

helps to add body!

Remember to use

**Camper's Friend**  
*Repels Bugs ~ Not People!*

during the "bug" season!



**Member of**

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

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



~ 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...

### **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*.**

### **WHAT IS THE BEST DECISION FOR YOU?**

*By Sandra Strom, CEO of Song of Health*

I have recently been blessed with an amazing gift...I reconnected with two of my best high school friends after countless years of going our own ways. It's not important the reasons for lack of contact. It is exciting that we have found each other again. *Friend 1* and I have been out of touch for over 40 years! *Friend 2* and I spent our 20<sup>th</sup> class reunion together, and we would hear about each other from time to time. So, needless to say, we have much catching up to do.

We are now of the age group that makes the status of our physical conditions a main topic of conversation! My dear friends have, or are still experiencing serious medical conditions. I was able to have a lengthy phone visit with *Friend 2* over the weekend; I knew she had been plagued with a lung disease that forced her to be on oxygen a number of years back, but didn't remember what. I was thrilled when I heard her voice

which sounded normal instead of weakened, and encouraged her to share all! She explained that she had suffered from sarcoidosis of the lungs, "*an inflammatory disease that affects multiple organs in the body, but mostly the lungs and lymph glands. In people with sarcoidosis, abnormal masses or nodules (called granulomas) consisting of inflamed tissues form in certain organs of the body. These granulomas may alter the normal structure and possibly the function of the affected organ(s).*"<sup>1</sup> She needed to be on oxygen most of the time to survive, so she moved from a city in the Rockies, where the thin air was too difficult to breathe, to one at sea level on the Pacific Coast and where one of the best medical centers for lung disease is located. After a period of time, however, her condition deteriorated to the point where she was given 3 months to live. Her physician literally walked her over to a lung specialist



in the same clinic, who was known for performing successful lung transplants. She was given new lungs and now, with the continuing use of anti-rejection drugs, she is able to live a fairly normal life with a few limitations.

I briefly shared with her that I had another friend here years ago that also suffered from sarcoidosis; however, she wasn't to the point of needing oxygen. She did feel a lot of pain and her physical life was greatly limited. I referred her to Dr. Harold Dick (Dr. Tish's father who was practicing then); he evaluated her for food intolerances and administered Naturopathic remedies to help hasten the reversal of the disease. She was intolerant to Dairy, so she eliminated it from her diet - and she got well! I believe an important observation here is that this friend's condition hadn't evolved to such severity as *Friend 2's*, so the healing process was easier to obtain.

How do you choose, when you have a serious condition, what is the best choice(s) to make in order to regain your quality of Life? For me, I trust in the medicine path of my Naturopath --- I also take an active part in determining the best choices for me. When we learn new information, we share it with each other, and together we discuss my options.

You are in charge of listening to your own Guidance. I encourage you to be with a physician who is open and aware of the many options available today, who is willing to help educate you and to determine the best choice for you.

## HERBS IN THE SUMMERTIME!

Most of you have your gardens planted by now; I am still sneaking plant starts in my little mini plots! It may also be a great time for harvesting many herbs by you --- wild and cultivated.

At the beginning of June I harvested wild stinging nettles that happen to grow under the lean-to of the barn. How convenient! Organic, easy to get to. I use nettles for several applications: 1) I make a strong tea of both fresh and dried flowers, leaves, and

stems to use as hair rinse. It is the best! Hair loss is greatly reduced; scalp and hair stay healthy which promotes healthy growth. 2) I drink the tea to aid with congestive issues, which are sometimes caused from summer allergic reactions to pollens, or winter dampness. 3) I pulverize flowers and leaves to create a powder used as color in a few ~~coco-sha~~ soaps. It is also purported to be a healing aid to certain skin ailments.

I recently trimmed the flowering stems of my potted lavender on the patio. I hesitated, as it is so beautiful to look at with its gorgeous blooms, and I love to rub it and rosemary on my hair for benefits and scent, but it was time to harvest, or else lose out on its benefits. Lavender can be used in dried flower arrangements, potpourri, added to tea for hair rinse, and slightly added to certain food dishes and herbal teas.

My Italian (also known as Chinese) parsley, which is the flat-leafed type, grows like a weed in my garden. Because I hate to kill it, I've planted shovelfuls in flower beds and pots! I use the fresh delicious herb all year round as a wonderful addition to many food dishes, including soups and salads, reaping its abundance of vitamins and trace minerals.

Where I live, in the Oregon coast range on the Columbia River (the natural border between Oregon and Washington), we are blessed with an abundance of wild foods ~ from herbs, edible mosses and mushrooms to brushy foods and many varieties of wild berries. I try to learn whatever I can about my surroundings wherever I've been, and have found most places left uncovered from concrete and asphalt offer us food. Even common dandelions have amazing nutritional and healing properties! At this time of year I dig them out of the garden and lawn and use the roots for tea to help nourish the liver. It sure beats what so many people use as alternatives to eliminate the dandelions.

Most herbs are best harvested when the buds are produced, just before they open into flowers. That is when they are at their most potent. The plants are focusing their

energies on reproducing, hence the best time to harvest.

<sup>1</sup> <http://www.webmd.com/lung/arthritis-sarcoidosis>

Wishing you a joyful growing season!

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 (NON-GMO), LOCAL FOODS WHENEVER POSSIBLE.

~ We recommend using Celtic sea salt, which is Neutral, 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!*

### NEW RECIPE ~ VEGETABLES: [GRILLED SUMMER VEGGIES](#)

Grilling fresh summer veggies is a vegetarian's delight! If you don't have a grill, you can sauté, wok, or dry pan the veggies. Follow the preparation of the food for grilling.

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

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: Organic Tomatoes
- ✧ Potential Hidden Ingredients: May contain F (Citric Acid to preserve, but not listed in ingredients)
- ✧ Obvious Ingredients: N
- ✧ The product was evaluated for: ALL
- ✧ The results were: F
- ✧ The product is: Kirkland Signature Organic Tomato Paste
- ✧ **Hidden ingredients are: F.** *There is no way of knowing this by just reading the label ingredients, unfortunately. Many thanks to Dr. Tish for identifying this very hidden ingredient!*



*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:** The latest batch of *Campers Friend* soap nestled in a basket and surrounded by beautiful flowers ~ a sweet summer setting! Also a season for bugs, so remember to take your soap along outside. You can rub it directly on your skin to help ward off pests. It won't cause itching or irritate the skin in most cases. Try it and let us know how it works for you!

### 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 2016

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>BREAD:</b>  |                       |                      |                |               |
| Dave's Killer Bread Powerseed<br>Thin-Sliced Organic                                     | 07/16                 | ALL                  | F,G,S          |               |
| <b>CHEESE:</b>   |                       |                      |                |               |
| Rumiano Family Organic Mild<br>Cheddar   | 07/16                 | ALL                  | D,F            |               |
| Rumiano Family Organic<br>Monterey Jack  | 07/16                 | ALL                  | D,M            |               |
| <b>CHIPS AND CRACKERS:</b>   |                       |                      |                |               |
| Tostitos Scoops Tortilla Chips   | 05/16                 | ALL                  | G,P            |               |
| <b>CHOCOLATE AND COCOA:</b>  |                       |                      |                |               |
| Trader Joe's Cocoa Powder<br>Unsweetened   | 07/16                 | ALL                  | Sy             |               |
| <b><u>FRUIT &amp; BERRIES (INCLUDING FRUIT SPREADS &amp; SAUCES)</u></b>                 |                       |                      |                |               |
| Made in Nature Mangoes Fun & Fruity<br>Supersnacks, Organic,<br>Sun-Ripened, Unsulphured | 07/16                 | ALL                  | F              |               |
| <b>SALT:</b>   |                       |                      |                |               |
| Starwest Botanicals Himalayan<br>Pink Mineral  | 07/16                 | ALL                  | Ms             |               |
| <b>SEEDS:</b>  |                       |                      |                |               |
| Trader Joe's Raw Pumpkin   | 07/16                 | ALL                  | N              |               |
| <b>SWEETENERS:</b>   |                       |                      |                |               |
| Sweet Perfection Sweet<br>Perfection   | 07/16                 | ALL                  | F,G            |               |

| <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>TEAS:</b>                                |                                 |                                |                |
| Arbor Teas (arbortees.com)                  |                                 |                                |                |
| Organic Jasmine Green                       | 07/16                           | ALL                            | N              |
| <b>TOMATO PRODUCTS:</b>                     |                                 |                                |                |
| Kirkland Signature Organic                  |                                 |                                |                |
| Tomato Paste                                | 07/16                           | ALL                            | F              |
| <b>VEGETABLES, LEGUMES &amp; MUSHROOMS:</b> |                                 |                                |                |
| Earthbound Farm Carrots Organic             |                                 |                                |                |
| Mini Peeled                                 | 07/16                           | ALL                            | F              |



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

**©2016 Song of Health (Reproduction of this information without permission is illegal.).**