



## **DRAGONFLY NEWS**

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

**MARCH 2012**



*PANSIES - the beautiful edible spring flower \**

Photo by Sandra Strom

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

**If you did not receive this issue at your email address and would like to, please notify us immediately at [manager@songofhealth.com](mailto:manager@songofhealth.com).** We may need you to remove a pop-up blocker on your computer or to update your current email address with us.

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

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

**Dr. Letitia Dick, N.D., Staff Doctor**

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

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

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

### **~ IN THIS ISSUE: ~**

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No recent changes

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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.

**Song of Health and The Carroll Institute of Natural Healing** work together to reach as many people as possible, to educate and help understand the importance of avoiding personal food intolerances, applying classical Naturopathic methods of healing, and naturally restoring the body to health.

*We invite everyone to contact us with any questions you may have regarding these methods at [manager@songofhealth.com](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**

☞ No recent changes.

#### **ARE YOU SIGNED UP ON THE ALERT LIST YET?**

Stay notified of new posts in The Forum and emails sent to us regarding all of your family's personal food intolerances. **To be on the list [contact us at manager@songofhealth.com](mailto:manager@songofhealth.com).**

#### **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!**

✚ **Refer a new subscriber and receive an additional 10% off your next renewal!**

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. *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!

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

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

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## **SUBSCRIBERS SPOTLIGHT**

## **STORIES, COMMENTS AND QUESTIONS**

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

Our goal is to serve you. Please help us by sharing what you would like to see in *Dragonfly News*. We will do our best to accommodate you. We also invite you to share other suggestions, comments and favorite recipes with us. **You may contact us at: [newsletter@songofhealth.com](mailto:newsletter@songofhealth.com).**

### ***Share your story with others.***

**SUBSCRIBERS, Please help others by sharing your story.** When you allow us to publish it in *Dragonfly News* and *Subscribers' Testimonials*, a dedicated section on the *Song of Health* website, you provide the opportunity to reach out to those who still suffer but are not confident that our dietary lifestyle will work for them. By reading about how our lives were dramatically changed, we can help others to step through the door toward wellness. **WE WOULD BE HONORED TO INCLUDE YOUR STORY** about how you came to follow the Carroll Food Intolerance way of life. We reserve the right to edit for grammar and spelling correctness, however we will not change your story content.

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

Please email your contribution to [manager@songofhealth.com](mailto:manager@songofhealth.com).

Thank you for helping us to achieve our goal of reaching out to as many people as possible in order to provide help, hope and answers. The more we give away, the more we receive!

**A note of encouragement:** A subscriber was concerned that her story was uninteresting.

**There is no such thing as a boring, uninteresting story!** We are here to support each other and every contribution helps, no matter how small or large the content. Please don't let that stop you! We invite you to check out [Subscribers Testimonials](#) to read what subscribers have shared.

## QUESTIONS ASKED AND ANSWERED:

### Questions Emailed to us:

*Song of Health has been given permission by our Subscribers to share our communications with you. In so doing, we all reap the benefits of learning together.*

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No recent emails submitted.

### Samples From The Forum:

**IMPORTANT NOTICE:** At this time, due to work overload and shortage of time, our doctors are not able to answer your questions in the category [Ask the Doctors a Question](#). They request that you refer any medical questions to them, or your personal physician, directly to their clinics, by requesting a consultation appointment.

Thank you for your understanding.

**Editor's Note:** I realize how easy it is to miss our requests. We take full responsibility for that, and are happy to repeat them whenever necessary.

**Posted by [Sandra Strom, CEO of Song of Health](#)**, 16th February, 2012: Hi All, just following up on this month's "Sharing Experiences" article in the newsletter. Any soap makers out there who have come up with a no-fruit oil recipe? I think I'm getting closer to one. Only issue so far is making a choice between rice bran oil (which is grain) for the olive oil or adding stearic acid to the formula. My concern with the latter is I may not be able to find a naturally derived source. I was hoping to be able to avoid all the food intolerance categories. If not possible, I at least want something our fruit intolerants can enjoy without worry, as I have not found any natural product yet that doesn't contain coconut, palm, and/or olive oils.

Thanks for any input you can offer. Also, input

on whether you'd be interested in such a soap is appreciated.

In health, *Sandra*

**Posted by [Sandra Strom, CEO of Song of Health](#)**, 19th February, 2012: Update on my progress ~ I will be able to formulate a soap bar that omits any of the food intolerances! That also means Vegan. My first concern, though, will to make absolute sure there is no fruit oils or derivatives of any kind. I will have Dr. Tish evaluate the soaps to verify it is all fruit free.

I would love your input as to what "flavors" you like...i.e., lavender, eucalyptus, etc. this project is especially for you!

In health, *Sandra*

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

**IMPORTANT NOTE:** When posting a question or comment in The Forum to a thread that is not recent (within the current week), **PLEASE CREATE A NEW THREAD, even if the topic has been discussed at a prior time.** This way, new entries won't get unintentionally missed.

***The Forum is a great way to make new friends!*** It is a great opportunity for you to share tips, meals, recipes and any other information to help support and educate each other!

**MAKE YOUR VOICE HEARD!**



## 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 08/11 in The Food Resource List:

**INGREDIENTS:** 100% almonds.

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 at the bottom of the New Recipes section, just above The Food Resource List Updates.** ~~~



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

## ENVIRONMENTAL UPDATES FROM THE U.S. EPA

*I am subscribed to receive updates to environmental and health policies from the Environmental Protection Agency. Each month I will select those I feel are pertinent to share with you, and bring to your attention. Sandra*

### **EPA's FY 2013 Budget Proposal Focuses on Core Environmental and Human Health Protections**

### ***EPA budget supports President Obama's vision of an America that is built to last***

**WASHINGTON** – Today the Obama Administration proposed a FY 2013 budget of \$8.344 billion for the U.S. Environmental Protection Agency (EPA). This budget

reflects a government-wide effort to reduce spending and find cost-savings, and is \$105 million below the EPA's enacted level for FY 2012. The FY 2013 budget is the result of EPA's ongoing efforts to carefully consider potential cost savings and reductions while continuing its commitment to core environmental and health protections -- safeguarding Americans from pollution in the air they breathe, the water they drink and the land where they build their communities.

"This budget is focused on fulfilling EPA's core mission to protect health and the environment for millions of American

families. It demonstrates fiscal responsibility, while still supporting clean air, healthy waters and innovative safeguards that are essential to an America built to last," said EPA Administrator Lisa P. Jackson. "It has taken hard work and difficult choices to reach this balanced approach, and while we had to make sacrifices, we have maintained our commitment to the core priorities of this agency and ensured the protections the American people expect and deserve."

**Key FY 2013 budget highlights include:**

**Supporting State Governments.** The budget proposes \$1.2 billion in categorical grants for states that are on the front lines implementing environmental statutes such as the Clean Air Act and the Clean Water Act. The increases from FY 2012 levels include nearly \$66 million for State and Tribal Air Quality Management grants, nearly \$27 million for Pollution Control (Clean Water Act Section 106) grants, and about \$29 million for the Tribal General Assistance Program.

**Protecting America's Waters.** The proposal provides \$2 billion for Clean Water and Drinking Water State Revolving funds (SRFs). This will allow the SRFs to finance over \$6 billion in wastewater and drinking water infrastructure projects annually. EPA will work to target assistance to small and underserved communities with limited ability to repay loans, while maintaining state program integrity.

**Cleaning Up Contaminated Sites in Communities.** The proposal includes \$755 million in funding for the Superfund Cleanup program which maintains funding to support cleanup at hazardous waste sites that address emergencies (Superfund Emergency Response and Removal) at the nation's highest priority sites (Superfund Remedial).

**Investing in Cutting Edge Research.** EPA's proposed budget provides \$576

million to support research and innovation. Science to Achieve Results (STAR) grants are funded at \$81 million to conduct research in key areas such as hydraulic fracturing, potential endocrine disruptors, and green infrastructure. Building upon ongoing research and collaborating with the Department of Energy and the US Geological Survey, a total \$14 million investment will begin to assess potential impacts of hydraulic fracturing on air quality, water quality, and ecosystems. The EPA also will release an Interim Report on the Impacts of Hydraulic Fracturing on Drinking Water Resources in 2012.

**Ongoing Support to Economically and Environmentally Vital Water Bodies.** To ensure the progress made during the past three years continues, EPA is proposing \$300 million for the Great Lakes Restoration Initiative. Programs and projects will target the most significant environmental problems in the Great Lakes. About \$73 million, which is a \$15 million increase, will fund the Chesapeake Bay program's continued implementation of the President's Executive Order on Chesapeake Bay Protection and Restoration. Funding will support bay watershed states as they implement their plans to reduce nutrient and sediment pollution in an unprecedented effort to restore this economically important ecosystem.

**Protecting Americans from Harmful Chemicals.** EPA is proposing \$68 million, an increase of \$11 million from FY 2012, to reduce chemical risks, increase the pace of chemical hazard assessments, and provide the public with greater access to toxic chemical information. Funding will sustain the agency's successes in managing the potential risks of new chemicals coming into the market and accelerating the progress to help ensure the safety of chemicals on the market that have not been tested for adverse human health and environmental impacts.

**Next Generation Compliance.** EPA's

budget proposal requests \$36 million to support "Next Generation Compliance", a new enforcement model designed to enhance EPA's ability to detect violations that impact public health. The three components of this approach are: promoting electronic reporting by facilities, modifying data systems to implement electronic reporting, and deploying modern monitoring technology. This will work toward improved compliance and transparency, and more efficient processes that do not rely on paper-based reporting. And, create cost savings and efficiencies for EPA, states and industry.

**Supporting the National Fuel Economy and Greenhouse Gas (GHG) Standards Program.** The budget contains a \$10 million increase to the EPA's National Vehicle and Fuel Emissions Laboratory for certification and compliance testing programs and to evaluate new biofuels technologies. The national program of fuel

economy and Greenhouse Gas (GHG) standards for light duty vehicles alone will save approximately 12 billion barrels of oil and prevent 6 billion metric tons of GHG emissions over the lifetime of the vehicles sold through model year 2025. These funds will improve testing methods for the agency's renewable fuels program, and the GHG and fuel economy programs intended to reduce dependence on oil and save consumers money at the pump.

#### **Reducing and Eliminating Programs.**

The budget includes \$50 million in savings by eliminating several EPA programs that have either completed their goals or can be implemented through other federal or state efforts.

More information: R019  
<http://www.epa.gov/budget>

## **ARTICLE:**

### **MONSANTO CORN FAILING IN FOUR STATES - MAYBE MORE From Institute For Responsible Technology, Spilling The Beans Newsletter By Jeffrey Smith**

*Dr. Tish emailed the following article to me, which we feel is important knowledge to share with you:*

First, the superweeds started turning Monsanto's Roundup Ready crops into a farmer's nightmare. Now, according to the US Environmental Protection Agency, Monsanto Bt corn that's genetically engineered to kill insects is losing its effectiveness against rootworms in four states - and may be failing in others. Rootworms in Iowa, Illinois, Minnesota, and Nebraska are suspected of developing tolerance to the plants' insecticide, based on documented cases of severe crop damage and reports from entomologists, the EPA said. There have also been reports

of Bt corn failure from Colorado, Minnesota, South Dakota, and Wisconsin. The EPA said that Monsanto's program for monitoring suspected resistance is "inadequate". The EPA said that Monsanto's proposed solution of using Smartstax corn, which contains two types of Bt toxin, in fields where bugs have developed resistance could merely hasten resistance to Smartstax. EPA's recommendation - which undermines the whole justification for introducing Bt crops - is that farmers use conventional insecticides to kill the bugs. [\[Read the Article\]](#)

Monsanto still denies the superinsect problem, despite the evidence. [\[Read the Article\]](#)

Meanwhile, the EPA is asking for more information on pest resistance in GM insecticidal plants. [[Read the Article](#)]

### **USDA works to speed up approval of GM crops**

Apparently the revolving door between government and the biotech industry is not good enough. Now even the façade of separation between the regulators and the regulated is being dismantled. Under a new two-year pilot program at the US Dept of Agriculture (USDA), regulators are training the world's biggest biotech firms, including Monsanto, BASF, and Syngenta, to conduct environmental reviews of their own GM seed products as part of the government's deregulation process. This would eliminate a critical level of oversight for the production of GM crops - at a time when even the US EPA is admitting GM crop failures. Regulators are also testing new cost-sharing agreements that allow biotech firms to help pay private contractors to prepare mandatory environmental statements on GM plants that the USDA is considering deregulating. [[Read the Article](#)]

In more GMO news from the Institute:

### **Virus confirmed in GM salmon**

AquaBounty's GM salmon, currently under review by the US Food and Drug Administration for potential sale to American consumers, tested positive for the Infectious Salmon Anaemia (ISA) virus in November 2009. The virus appears to be a new strain of ISA. AquaBounty's GM fish are in a closed, land-locked facility, so the virus is thought to have entered the facility through imported eggs or young fish. [[Read the Article](#)] A representative of the environmental organizations Living Oceans Society and Coastal Alliance for Aquaculture Reform explains more about the discovery in a video interview. [[Watch the Video](#)]

AquaBounty's sickly GM salmon has swallowed hundreds of thousands of taxpayer dollars. [[Read the Article](#)] However, no one has investigated the human health impacts of GM salmon. [[Read the Article](#)]

### **Kucinich introduces GMO bills for consumer protection and choice**

Congressman Dennis Kucinich (D-OH) has announced legislation that would prohibit open-air cultivation of GM pharmaceutical and industrial crops, preventing biological contamination of the food supply. The bill would also establish a tracking system to regulate and ensure the safety of GM pharmaceutical and industrial crops. "Under pressure from profit-minded industry, we have already allowed the spread of genetically modified crops into our agriculture at great cost to our economy and with unknown effects on our bodies," said Kucinich. [[Read the Article](#)] Kucinich also introduced a bill requiring labeling of GMOs. [[Read the Article](#)]

## **ACTION ALERTS**

### **Tell Congress to Label GMOs and Protect our Food Supply!**

Urge your representatives to support the GMO bills requiring labeling (HR 3553) and the prohibition of open-air cultivation of GM pharmaceutical and industrial crops (HR 3554). [[Take Action](#)]

### **Tell the FDA to Label GMOs**

A legal petition has been filed with the Food and Drug Administration (FDA) calling on the FDA to label genetically engineered foods. This is the first time a LEGAL petition has been filed. Join with us and over 350 other organizations and businesses in the *Just Label It!* Campaign, to direct **one million comments** to the FDA in support of the petition. [[Sign the petition](#)]

## ANNOUNCEMENTS:

Dr. Christopher Kozura, ND, and supporter of Song of Health, shares the following with us:

[www.ewg.org](http://www.ewg.org)

Now we are talking, this stuff can not only affect you but possibly 3 generations out. A rat study done showed these animals were not able to have offspring by the 3rd generation.



[World's Largest Soup  
Maker to Remove BPA from Cans |  
Environmental Working Group](#)

## 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*.

## SHOULD WE AVOID FOOD INTOLERANCE INGREDIENTS ON OUR SKIN?

*By Sandra Strom, CEO of Song of Health*

**Do you question the importance of  
avoiding your food intolerances externally  
as well as internally?**

**How much does our skin absorb?  
Enough to cause us problems?**

Medicine applies the edict that the skin absorbs such things as medications. I made the decision to avoid my personal food intolerances and other harmful substances applied on my skin. Mine is easy to avoid in soap; however, others aren't.

In February I shared with you my latest mission in helping you to maintain a healthier lifestyle by avoiding your food intolerances --- to create a food intolerance-free soap. I was specifically focused on developing a fruit-free formula,

as it is next to impossible to find a natural, healthy soap that does not contain coconut, olive, or palm oils (all fruit); or glycerin, which may be fruit or meat derived. Once I became acquainted with soap making products that are fruit-free, I researched further and I believe I am now developing a soap formula that also avoids *all* the food intolerance categories, as determined by the Carroll method – dairy, egg, fruit, grain, honey, meat, mine salt, potato, seafood, soy, and sugar. I am having Dr. Tish verify specific ingredients to be certain.

### **What is the composition of skin?**

Our skin is the largest organ of the *integumentary system*. In humans, the integumentary system is comprised of the skin, hair, scales, and nails. The skin's variety of functions includes:

- ✚ **Protection:** The skin helps to protect deeper tissues from damage. It also contains nerve endings that react to temperature, pressure, vibration, and tissue injury.
- ✚ **Heat regulation:** Due to its blood supply, the skin can maintain precise control of energy loss by radiation, convection and conduction. Dilated blood vessels increase heat loss, while constricted vessels reduce blood flow to conserve heat.
- ✚ **Control of evaporation:** Healthy skin is a barrier to fluid loss.
- ✚ **Aesthetics and communication:** Our physical state and mood can be assessed by the skin.
- ✚ **Storage and synthesis:** The skin acts as a storage center for lipids and water; it also provides for vitamin D synthesis.
- ✚ **Absorption:** The outermost cells of the skin are almost exclusively supplied by external oxygen. Medicine can be administered through the skin, by use of ointments or adhesive patches.
- ✚ **Water resistance:** As a resistant barrier, the skin protects from washout of essential nutrients from the body. <sup>1</sup>

The skin is composed of 3 primary layers:

- ✚ The *epidermis*, which provides the waterproofing and serves as a barrier to infection.
- ✚ The *dermis* is the layer of skin beneath the epidermis that consists of connective tissue and cushions the body from stress and strain. The blood vessels in the dermis provide nourishment and waste removal; it also provides the sense of heat and touch.
- ✚ The *hypodermis*, which lies under the dermis, isn't actually part of the skin but serves to attach the skin to muscle and underlying bone. It

also supplies the skin with blood vessels and nerves. <sup>2</sup>

### What is "natural skin care?"

Sunlight, water, and air play an important part in maintaining healthy skin. Our job is to ensure proper hygiene. *Natural skin care* is a way of producing a healthy surface environment, reducing dirt while maintaining the natural bacteria that determines healthy balance, avoiding development of pathogenic organisms. Functions of the skin are disturbed by excessive dirt, becoming more easily damaged and prone to infections. <sup>2</sup>

*A natural skin care product* is created from naturally-derived ingredients combined with naturally occurring carrier agents, botanically sourced, devoid of synthetic chemicals, and manufactured in such a way as to preserve the integrity of these natural ingredients. Herbs, roots, essential oils and flowers used fall into this category. A soap that is compatible with natural skin care possesses these traits. <sup>2</sup>

Studies about the skin claim that, because it is so close to the blood, it can absorb 60% of what is topically applied. In the underarm and genitalia areas the absorption rate is up to 100%, depending on the compound. Caffeine will absorb at a rate of 48% while DDT can absorb at a rate of 10%. Fragrance ingredients showed an alarming 100% absorption rate! <sup>3</sup>

No matter what the percentages are, my alarm warnings go off, knowing that *what we put on our skin can actually absorb into our system*. The ingredients in our skin care products matter. I am, therefore, careful not to apply ingredients containing my food intolerances on my skin. True, soap is washed off; yet, how much is absorbed first, and is all the residue completely removed? I'm not willing to chance it.

The skin is the least vital organ, which means it is the last body part to internally

receive nutrients as the more vital organs use them up first. It is imperative that we externally nourish, protect, and moisturize our skin with natural and safe products for us personally. By omitting our food intolerances from the ingredients we apply, we are not only protecting our skin – we are protecting our entire body. Our immune system will thank us!

To All My Relations, *Sandra*

1

[http://en.wikipedia.org/wiki/Integumentary\\_system](http://en.wikipedia.org/wiki/Integumentary_system)

2 [http://en.wikipedia.org/wiki/Natural\\_skin\\_care](http://en.wikipedia.org/wiki/Natural_skin_care)

3

<http://thehealthylivinglounge.com/2011/04/04/how-much-skin-care-do-you-absorb-into-your-skin/> Research studies by Ananda Mahony, ND

*"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.

✈ WE INVITE YOU TO SHARE YOUR SUGGESTIONS, RECIPES, COMMENTS AND CONCERNS. Please go to [The Forum](#) and post in the Recipes section, or contact us at [manager@songofhealth.com](mailto:manager@songofhealth.com).

~ 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).

Remember to check out the Recipes sections for Delicious and Healthy  
St. Patrick's Day options!

### **VEGETABLES:**

#### **[BROCCOLI CHILLED WITH ALMONDS](#)**

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: 100% almonds.
- ✦ Potential Hidden Ingredients: none obvious
- ✦ The product was evaluated for: ALL
- ✦ The results were: N

The product is: Rejuvenative  
Foods Fresh Raw Almond Butter,  
100% Organic



- ✦ Hidden ingredients resulted in No hidden ingredients! This product is neutral. Yea!

*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:** Did you know that pansies are edible? This month they are easy to find in pots at nurseries and markets, ready for planting in the flower beds. Pinch off the old blooms and they will bless you with new flowers for many months. What a beautiful flower to use for decorating salads, cakes, any dish you want to fancy up with splashes of color. Share your artistic endeavor with us! We'd love to see a picture and would be happy to publish on the website too.

### **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>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>           |
| <b>M =</b>   | <b>Meat</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 Blackberry, Iphone or other mobile internet device? You can log on to Song of Health.com, The Food Resource List, and look up items while you shop!

## **THE FOOD RESOURCE LIST MARCH 2012**

**The items listed were purchased in the Pacific Northwest unless otherwise noted.**

| <b><u>FOOD EVALUATED</u></b>                                              | <b><u>DATE EVALUATED</u></b> | <b><u>EVALUATED FOR</u></b> | <b><u>RESULTS</u></b> |
|---------------------------------------------------------------------------|------------------------------|-----------------------------|-----------------------|
| <b>ALCOHOLIC BEVERAGES:</b>                                               |                              |                             |                       |
| Riverport Brewing Company<br>Blonde Moment (American<br>Style Blonde Ale) | 11/11                        | ALL                         | F,G,P,S               |
| Riverport Brewing Company River<br>Rat Red (Scottish Style Ale)           | 11/11                        | ALL                         | F,G,P,S               |
| Slide Ridge Honey Cyser<br>Honeywine                                      | 12/11                        | ALL                         | G,H                   |
| <b>BAKING SUPPLIES:</b>                                                   |                              |                             |                       |
| Fleishmann's Active Dry Yeast                                             | 12/11                        | ALL                         | F,P,S                 |
| <b>BEANS AND LEGUMES:</b>                                                 |                              |                             |                       |
| Whole Foods Bulk Great Northern<br>Beans                                  | 11/11                        | ALL                         | N                     |
| <b>BREAD:</b>                                                             |                              |                             |                       |
| Alvarado St. Bakery Sprouted<br>Sourdough French                          | 12/11                        | ALL                         | G,H,S,Sy              |
| Food For Life Sprouted Whole<br>Grain & Seed English Muffins              | 12/11                        | ALL                         | G,P,S,Sy              |
| <b>CHEESE:</b>                                                            |                              |                             |                       |
| Main St. Market House Wheel<br>Butter Kaese                               | 12/11                        | ALL                         | D,M,P                 |
| <b>CHOCOLATE AND COCOA:</b>                                               |                              |                             |                       |
| Navitas Cacao Powder, Certified<br>Organic                                | 12/11                        | ALL                         | F                     |
| Vivani Dark Chocolate Bar<br>Organic 72% Cocoa Content                    | 12/11                        | ALL                         | S,Sy                  |
| <b>COOKIES AND TREATS:</b>                                                |                              |                             |                       |
| Michelle's Naturally Peanut Butter<br>Apricot Cookie                      | 11/11                        | ALL                         | F,G,P                 |

| <u>FOOD EVALUATED</u>                                                | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> |
|----------------------------------------------------------------------|-----------------------|----------------------|----------------|
| <b>FLOUR:</b>                                                        |                       |                      |                |
| Bob's Red Mill White, Unbromated Unbleached                          | 12/11                 | ALL                  | F,G,P          |
| Bob's Red Mill Whole Wheat Pastry, Stoneground From Soft White Wheat | 12/11                 | ALL                  | F,G,M          |
| <b>FRUIT &amp; BERRIES (INCLUDING SPREADS &amp; SAUCES):</b>         |                       |                      |                |
| Trader Joe's Organic Strawberry Fruit Spread                         | 12/11                 | ALL                  | F              |
| <b>MEATS AND MEAT BOUILLON:</b>                                      |                       |                      |                |
| Foster Farms Turkey, Frozen, No Additives                            | 12/11                 | ALL                  | F,M            |
| <b>MILK AND CREAM:</b>                                               |                       |                      |                |
| Kirkland Homogenized Whole Milk With Vit. D                          | 12/11                 | ALL                  | D,F,Sf         |
| <b>NUT BUTTERS:</b>                                                  |                       |                      |                |
| Natural Value Peanut Butter, Creamy Unsalted Organic                 | 12/11                 | ALL                  | N              |
| <b>PASTA:</b>                                                        |                       |                      |                |
| Tasty Traditions 100% Whole Wheat Homemade Noodles                   | 12/11                 | ALL                  | E,F,G          |
| <b>SALSA:</b>                                                        |                       |                      |                |
| Trader Joe's Salsa Verde                                             | 12/11                 | ALL                  | P              |
| <b>SEASONINGS AND SPICES:</b>                                        |                       |                      |                |
| Wild Harvest Organic Italian Seasoning                               | 11/11                 | ALL                  | N              |
| <b>SWEETENERS:</b>                                                   |                       |                      |                |
| Plantation Unsulphured Blackstrap Molasses                           | 12/11                 | ALL                  | F,M,S          |
| <b>TEAS:</b>                                                         |                       |                      |                |
| Triple Leaf Green, Decaf                                             | 12/11                 | ALL                  | N              |
| Yogi Tea Green, Decaf                                                | 12/11                 | ALL                  | N              |
| <b>TOMATO PRODUCTS:</b>                                              |                       |                      |                |
| Trader Giotto's Traditional Marinara Sauce                           | 12/11                 | ALL                  | Ms,P,Sy        |



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GREAT HEALTH – GREAT LIFE!**