



DRAGONFLY NEWS

The Official Newsletter of *Song of Health.com*

MARCH 2014



Oh What a Beautiful Morning!

Reflections Between Storms

Photo by Sandra Strom

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

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

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

Dr. Letitia Dick-Kronenberg, N.D., *Song of Health* Staff Doctor

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

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

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MARCH 2014

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



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

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

Song of Health.com actively promotes physicians and professionals who support our work, and companies who act with integrity and are honest about their products and services. Check out your [Goods and Services section](#) at Song of Health.com.

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

WEBSITE CHANGES AND NOTICES

✦ **Our progress updating the website to the new php format:** What an involved process! We are still laboring to copy and transfer all the current website information to the new format. So many codes and programs to attach! Wish we could give you an estimated date as to when the new format will be going live. All we can do is keep you posted. Thanks again for your patience.

WE STILL INVITE YOU TO EMAIL YOUR SUGGESTIONS FOR OUR

NEW WEBSITE LOOK NOW!

We love to hear from you and consider your suggestions and comments.

✦ The  name and logo are now in the process of being trademark registered. For now you will be seeing the temporary TM notation with the name.

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 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!*

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**✈ TAKE ADVANTAGE OF ADDITIONAL DISCOUNTS
WHEN YOU RENEW YOUR SUBSCRIPTION. ✈**

✈ Renew 6 months early and receive additional months and \$\$ off! When you renew early you will receive an additional \$10.00 off the discounted renewing price plus 1 additional month.

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

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## **SUBSCRIBERS SPOTLIGHT**

### STORIES, COMMENTS AND QUESTIONS

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

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

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

**SUBSCRIBERS, please help others by sharing your story.** When you allow us to publish it in *Dragonfly News* and *Subscribers' Testimonials*, a dedicated section at [Song of Health](#), you provide an opportunity to reach out to those who still suffer, yet are apprehensive about our dietary lifestyle working for them. By reading how our lives were dramatically changed, it gives them encouragement to try. **WE WOULD BE HONORED TO INCLUDE YOUR STORY** about how you came to follow the Carroll Food Intolerance way of life. We reserve the right to edit for grammar and spelling correctness, however we will not change your story content. You will receive the draft prior to publishing for your approval.

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

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

Thank you for helping us to achieve our goal of reaching others in order to provide help, hope and answers.

*The more we give away...*

*The more we receive!*

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

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QUESTIONS ASKED AND ANSWERED:

EMAIL CORRESPONDENCE:

Song of Health has been given permission by our Subscribers whose names appear, to share the following with you, so that we may all benefit. Some have chosen to stay completely anonymous, in which cases you'll see the name as "Subscriber" or initial. Other correspondence has been received from outside our membership; however, we feel it is pertinent information to share with you.

From: Miriam M., February 22, 2014: Hi, I was reading on your website that Lindt extra dark chocolate tests positive for potato. How can this be? It does not list in the ingredients any of the other names also used for potato. Will all brands of dark chocolate also test positive for potato? I am potato intolerant but like dark chocolate! Kind regards, *Miriam*
Reply from Sandra: Good morning Miriam, this is a tricky product to guess what hidden ingredients may be present. It really is a guessing game for us lay people! Thank Goodness we have our doctors who evaluate foods submitted to them. That said, here's how I would view these products as to whether they would be safe for me:

The product listed in The Food Resource List is: **Lindt Extra Dark Chocolate**, evaluated 08/08 for ALL; results: D,F,G,P,S,Sy.

I looked up the different Lindt Dark Chocolate products available today and there are several: 60%, 70%, and 85% come closest to the one listed above. The simplest ingredients list of these is: Chocolate, Cocoa Powder, Cocoa Butter, Demerara Sugar, Bourbon Vanilla Beans. The red flag ingredients can be: chocolate and the bourbon vanilla beans. I would question the demerara sugar also, as it is highly processed and we don't know what all that entails. There is no salt listed, however that doesn't mean there is none if there is minimal amount below FDA requirements to list. What a loophole that is. And most processed foods contain some kind of added salt.

Chocolate is not the same as cocoa (powder), which is just one ingredient in chocolate. I googled "chocolate ingredients" and the

website "the story of chocolate" came up. This is their description of it:

Chocolate is a natural product made of these ingredients:

- **Chocolate Liquor:** Cocoa beans with their shells removed that have been fermented, roasted and ground until they liquefy. This liquid is made up of cocoa butter and cocoa solids; both are naturally present in the bean.
- **Cocoa Butter:** Natural fat from the cocoa bean; extra cocoa butter enhances chocolate's flavor and mouthfeel.
- **Sugar**
- **Lecithin:** An emulsifier, often made from soy that makes the ingredients blend together.
- **Vanilla** or vanillin and other flavors.

It also may include

- **Milk:** For milk chocolate.
- **Fruits, Nuts and other Add-ins:** For specialty chocolates.

Vanilla bean extract is sold in a "carrier" ingredient, such as alcohol or glycerine. If you check the list of Baking Supplies, you'll see that at least 2 of the vanilla products listed evaluated positive for potato. This could be from the alcohol carrier, or possibly as a stabilizer additive.

Have you tried Green & Black's or Dagoba's dark chocolate bars? They are organic and delicious, although they do contain sugar, which I always recommend refraining from. However, they are way less harmful for you than the mainstream chocolate products. Look down the list and you will find a variety of dark chocolate bars that you can have. I understand how "hooked" we get on our favorite candies; we just have to retrain ourselves. I'm sure, once you get used to the organic chocolates you won't want to go back to the other!

Does this help clarify the mystery for you? Let me know. In health, *Sandra*

Miriam: Thank you Sandra for your reply. I will definitely try the organic chocolate you recommended.

From Ashley K., February 27th: I'm just overwhelmed with how to use this website to suit my specific intolerances. I'm afraid to eat most of the time. So I'm just trying to figure out how to select the recipes for fruit intolerance. And my sugar and grain combination. I just don't know how to make sure a recipe I can use is for me.

Reply from Sandra: Hello Ashley.

Let's begin with what you usually like to eat. If you would list your normal eating habits throughout the day, then that gives me a place to start helping you. I can also guide you with recipes in the Recipes section at Song of Health. If you happen to see some recipes that you are interested in, I can help you to adjust most of them. We will refer to the Substitutions List to adapt recipes, and tailor your meals for your specific needs.

My first suggestion, which will make your life a lot easier as well as healthier, is **to omit all refined sugars** from your diet. They are horrible for us to begin with; secondly, it will free you up to have all the grains you want provided they are fruit-free. In The Food Resource List you will find many grains and flours that have been evaluated for hidden ingredients. Unfortunately, you'll find many grains do contain hidden fruit --- generally it is citric acid added as a preservative. It is minute enough that the FDA does not legally require companies to list it on the package ingredients; yet your body will react to even minute amounts. I can teach you where and how to refer to these resources. Have faith, before you know it, you'll be an experienced hand at using all the resources available to you!

I recommend to take it a step at a time in order to keep from getting overwhelmed. There is a ton of information on the website to help you; here's what I recommend to **become familiar with in order:**

1) In the **FOOD CATEGORIES section:** Go to your food intolerance pages ~ fruit, grain, sugar. Become comfortable with the foods and products listed on those pages. This will give you the first step at knowing what to avoid.

2) **The Food Substitutions List:** This is an easy-to-follow list of what can be substituted for foods you need to avoid in recipes. For

example: Honey is one of the foods that can be used in place of sugar. The ratio amounts are also listed (half amount of honey to sugar).

3) **The Food Resource List:** This is an invaluable resource for determining if there are hidden ingredients in a food product. Remember that it is a guide only, as manufacturers may change ingredients in a product at will. The List will definitely help though, and you will find with practice and experience that you can spot iffy ingredients to stay away from.

4) **The Food Intolerance Cookbook (Recipes section):** You'll see that the ingredients in the recipes are coded for obvious food intolerance categories. So, if you see an ingredient in a recipe that is, for example, fruit (F), you know to substitute that ingredient wherever possible. If not substitutable, then it will have to be omitted.

Again, I can help you with all of this whenever you need. Hopefully, this will give you a place to start from and a place for me to start you out on your food intolerance free journey! I look forward to hearing from you. In health,
Sandra

Ashley: That helps a lot thank you! I was wondering if there is a recipe or way to make protein bars. Or if you know some that I could get. I work out and I'm a mom and I work full time so this a huge change and somewhat time consuming. Thanks.

Reply from Sandra: Hi Ashley, I will research for you and see how I can adapt for you. Dr. Tish actually evaluated one last weekend that you can have: Rise Protein Bar Crunchy Carob Chip. It is sweetened with agave and has no fruit.

Ashley: Do you know where I can get those in Spokane? I have looked some places. I'm thinking I would have to order them. Also, can I have brown sugar? And I can have only distilled vinegar?

(Note: Her intolerances are fruit; and grain/sugar combo.)

Sandra: Per Dr. Tish, you can purchase the Rise Protein Bar Crunchy Carob Chip at Rosauers at the "Y" on Division St. in the health food section. You may want to call the Rosauers nearest to you and ask them if they also carry the bars.

You may have organic brown rice vinegar unseasoned. I use the Spectrum brand. It is listed in The Food Resource List under "Vinegar." It is a delicious full body grain vinegar.

Brown sugar is a refined sugar. Do not combine it with grain, your combination intolerance. If you'll refer to the Sugar page in the Food Categories section, you will find a list of refined sugars; brown sugar is one of them.

It takes a while to get a feel for where to find the information you need on the website. Don't worry, after a while it will be second nature to you! In the meantime, I'm happy to help. In health, *Sandra*

From Environmental Working Group, Feb. 13th: Dear Sandra, do you want more affordable organic food options? Or food that is labeled natural to actually be natural?

EWG sure does. That's why we're partnering with *Only Organic* - a new public outreach campaign.

As government regulations currently stand, almost any food can be stamped "natural" or "all natural" on its package, when in reality it's anything but. This misleading advertising can lead consumers to think these products have the same benefits as organic products.

The mission of *Only Organic* is to educate consumers so they understand that only organic food is made in the way nature intended, without the use of toxic pesticides, antibiotics, hormones and genetically engineered ingredients.

[Click here to check out the Only Organic site](#) and watch its uproarious new video that debunks the "natural" myth. More than 550,000 people have laughed till they've cried.

Thank you for supporting this new campaign. Sincerely, *Ken Cook*
President, Environmental Working Group
Editor's Note: This short video is well worth watching. A satirical presentation of a serious subject...a need-to-know.
<http://www.onlyorganic.org/naturaleffect/>

From Environmental Working Group, March 3rd: Dear Sandra, Yoga mat sandwich? How about a flip-flop hoagie?

If only this were a joke. You may have heard that our friend Vani Hari - the Food Babe - just successfully campaigned to have Subway remove a chemical commonly found in yoga mats, flip-flops, insulation and more from the bread the company uses for its sandwiches.

We know how concerned the food community is about this, so EWG has taken Vani's work one step further.

Using the ingredient data from our upcoming food database, we found the same chemical - *azodicarbonamide* - in nearly 500 items and more than 130 brands of bread, stuffing, pre-made sandwiches and snacks.

[Click here to see which foods contain this industrial chemical.](#)

Azodicarbonamide, nicknamed ADA, is used in the plastics industry as a chemical foaming agent and in the food industry as a dough conditioner. What?!

While the additive has not undergone extensive testing to determine its health effects on humans - it is not food! Many well-known brands, including Pillsbury, Sara Lee, Shoprite, Safeway, Smucker's, Fleischman's, Jimmy Dean, Kroger, Little Debbie, Tyson and Wonder have been using it for sheer convenience.

EWG wants to make sure you have the information you need to make smarter choices about the food you eat. That's why we compiled this list of products that contain ADA.

Here's to healthier eating.
Sincerely, *Ken Cook*
President, Environmental Working Group

From EWG, Feb. 24th: It's estimated that more than 75 percent of the food in supermarkets is genetically engineered or contains GE ingredients.

And with no federal requirement that foods with genetically engineered ingredients be labeled, how are you supposed to know what you are eating?

EWG wants to make sure you have the information you need to make informed choices at the store, so our researchers created the brand-new EWG Shopper's Guide to Avoiding GE Food.

This new guide will help you navigate store shelves. It will show you the "Factory Four" - the most common GE ingredients in processed foods. And it will help you break down food labels so you can shop smart.

[Click here to see EWG's one-of-a-kind Shopper's Guide to Avoiding GE Food.](#) It has all the information you need to make smarter choices about your food.

THE FORUM:

Editor's Note: The new *Song of Health!* website format will be available soon, which will include a wonderful new forum format. In the meantime, please continue to share with your fellow Members (Subscribers)! Thank you for your patience. *Sandra*

You can't count on the government to require labeling of GE food. And you and I both know that big food companies aren't going to step up to let you know which of their products contain GE ingredients. So check out EWG's Shopper's Guide to Avoiding GE Food today. Sincerely, *Ken Cook*
President, Environmental Working Group

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The following are new in The Forum:

**CATEGORY:** [Specific Food Intolerance Discussions](#)

**THREAD:** [Is there a fruit free protein bar I can have?](#)

## 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 02/14:

✈ **INGREDIENTS:** *Sprouted Organic Whole Wheat Berries, Organic Unbleached Wheat Flour, 100% Pure Barley Malt, Filtered Water, Cultured Wheat, Fresh Yeast, Sea Salt*

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

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

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



CUSTOM MADE SOAPS AVAILABLE.
Please [Email me](mailto:manager@songofhealth.com) for a quote.


may be used as
SHAMPOO BARS too!

Reminder: Your 14% Member Discount Taken Automatically

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

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

SAVE ADDITIONAL \$10.00 ~

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

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

Slice your own bars off the 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.** 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:

✦ The  name and logo are currently in the process of trademark registration with the federal government. We can use the trademark symbol TM until the registration process is complete, at which time we will be able to use the ® symbol. This protects the name and logo from being used by anyone else; it assures you that, as consumer, you are getting only the real product.

✦ **New batches:**



Calypso Bay
Bay Rum, Lemongrass, & Clove Bud

No longer contains African Shea Butter

Calypso Bay no longer contains shea butter in order to create a more consistent, improved bar of soap. For some scientific reason I cannot explain, the shea reacts with the Clove Bud essential oil and causes the butter to separate itself from the consistency of the batch.



Earth in Sky

Every batch looks a bit different ~ same wonderful ingredients.

The beauty of creating soap with natural colorants is the unique look of each batch and bar.



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

The main focus of *Song 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:

EPA Proposes New Safety Measures to Protect Farm Workers from Pesticide Exposure

WASHINGTON —Today, the U.S. Environmental Protection Agency (EPA) announced proposed revisions to the Worker Protection Standard in order to protect the nation’s two million farm workers and their families from pesticide exposure.

“Today marks an important milestone for the farm workers who plant, tend, and harvest the food that we put on our tables each day,” said Gina McCarthy, EPA Administrator. “EPA’s revised Worker Protection Standard will afford farm workers similar health protections to those already enjoyed by workers in other jobs. Protecting our nation’s farm workers from pesticide exposure is at the core of EPA’s work to ensure environmental justice.”

EPA is proposing significant improvements to worker training regarding the safe usage of pesticides, including how to prevent and effectively treat pesticide exposure. Increased training and signage will inform farm workers about the protections they are afforded under

the law and will help them protect themselves and their families from pesticide exposure.

Workers and others near treated fields will now be protected from pesticide overspray and fumes. In addition, EPA has proposed that children under 16 be legally barred from handling all pesticides, with an exemption for family farms. These revisions protect workers while ensuring agricultural productivity and preserving the traditions of family farms.

This proposal represents more than a decade of extensive stakeholder input by federal and state partners and from across the agricultural community including farm workers, farmers, and industry on the current EPA Worker Protection Standard (WPS) for Agricultural Pesticides first established in 1992.

For more information on the EPA’s Proposed Worker Protection Standard:

<http://www.epa.gov/oppfead1/safety/workers/proposed/index.html>

SHARING EXPERIENCES:

Remember that eating our food intolerances can have a dramatic effect on our moods as well as other symptoms we discuss, *ad infinitum*.

SEPARATING HOGWASH FROM TRUTH

By Sandra Stram, CEO of Song of Health

It has been some time since I googled “food intolerance” and related topics to determine what searches will bring up Song of Health and/or our doctors who perform the Carroll Food Intolerance Evaluation methods. OMG! A lot of stuff pops up on the lists, especially first page searches. And it’s not all good --- in fact, much of it is off the hook.

Descriptions of what food intolerance is, and the difference between it and allergies and food sensitivities, appears fairly accurate in most cases -- enough so that the reader can comprehend the gist of the basic differences. Under a search for “food intolerance” seven listings on the first page are directed to some allopathic medical site. The others are bloggers citing and blurting, often beginning with headlines as, “Is Food Intolerance For Real?” One such site referred to food intolerance testing as though all methods were the same. Doctors revered as experts in their field on line --- not sure if it is because they are so successful in healing patients or because their on line marketing techniques saturate to create an easily recognizable name --- make such claims as Dr. Andrew Weil, MD’s: “With certain exceptions (such as sensitivities to lactose and gluten, both of which have a genetic basis), food intolerances are often highly individual and mysterious. In some cases, they are due to physical or emotional stress or exposure to environmental toxins rather than a reaction to the foods themselves.”¹ He further purports on the same page, “Sometimes you can overcome food intolerances by avoiding the food or foods to which you’re sensitive for a few months. Then, you can try reintroducing each food (separately) on a regular basis beginning with tiny amounts. Eat some every day, gradually increasing the portions. With luck, you’ll find that you are able to develop tolerance to foods that have previously bothered you.” Are you kidding me? I’m curious to know what success he’s had with that philosophy. Where in the Great Universe do they come up with such concoctive claims? If one just studies how the digestive system is affected first in the body when a food intolerance is

consumed, they must then question how it is even possible for that statement to be true. Allergy and food sensitivity, yes, but food intolerance? Preposterous!

It is very important to have watch dogs calling the many shysters out who jump at the opportunity to grab your money for the promise of a panacea, an almighty cure. We most definitely need to be aware of quackery in the “natural” world too. For good reasons, medical doctors warn us to be wary and aware of what could be dangerous fixes. Indeed, our naturopaths also warn us of potential life-threatening choices. Supplements, vitamins, herbs, potions in many forms should not be taken as self-diagnosis. If a condition exists, it can be greatly exacerbated, for example.

That said, it is in my experience that statements such as Dr. Weil’s, that we can build a tolerance to our intolerances, are completely erroneous; instead, I adhere to the Carroll methods. I speak only for myself, but after years of suffering and numerous surgeries, once my food intolerances were identified by the late Dr. Harold Dick, ND, protégé of Dr. Otis G. Carroll, and my body was cleansed of them, remarkable healing periods began to occur. There are numerous of your testimonials of success published on Song of Health; I have found other testimonials on other sites, as well...nearly all have been patients of one of our “Carroll” doctors. The ones of us who take our diets seriously and avoid even minute amounts of our food intolerances in products are the ones who attest to its success. The others who poo-poo it? I have yet to read where any of them have followed their diets of avoidance for any length of time. We must also change to diets of nutritious and healthy habits.

So, why the many testaments of hogwash to food intolerance avoidance published and printed in media? In attempts to find legitimacy, I believe there are several possibilities to ponder before we decide what rings true for us.

 First, we would all love the “quick fix” that makes our lives easier while resulting in the desired changes. This is a major reason why the pharmaceutical companies are so lucrative. Pop a pill and symptoms are masked. Next, consider what emotions are charged just by the word *change*. Change can be scary, uncomfortable, inconvenient, painful in some form. Many of us will dance around obvious answers and solutions if we can hold on to the useless hope that there’s an easier solution.

 Medical doctors have been trained to diagnose and treat patients that do not include studying the relationship of the body to Nature’s bounty of cures. Recognizing effects of food intolerance consumption is not a consideration either. True, they are being literally forced by the public to venture outside their diagnose-the-symptoms and prescription drug and surgery modalities due to inadequate satisfaction of patients’ results; however, they venture very timidly and in miniscule amount, just enough to “prove” their methods are correct and the alternatives are untested and unpredictable. Can you imagine most medical doctors admitting that their patients would best be served by first diagnosing the causes and look at natural options first, rather than their methods of first diagnosing symptoms and treating those with chemicals? It defies everything they have been taught, their foundation of medicine. Why...the allopathic leaders would have to admit they were wrong! That could threaten to be a very spendy ratification on a number of levels. Wouldn’t it be wonderful, though, if the two medical worlds were to work together?

 Not recognizing food intolerance as a beginning health issue is not reserved just to allopathic medical doctors. The

contemporary naturopathic colleges do not focus on the classical nature cures either. Suffice it to simplify, political powers within the medical and legal world caused the shift in naturopathic teachings from causal to symptomatic focus. How confusing for the majority of us, including medical professionals, students, and patients, to attempt to make sense of cause and effect. There are so many non-experts on line, looking for their “15 minutes” of validation. Everyone is entitled to opinion, which must be separated from what really happens within the body’s workings. I have an acquaintance that has said to me, “I don’t believe and go along with your concept of food intolerances.” She is entitled to her opinion, but that does not preclude reality. Funny, she recognizes how she must stay away from specific food categories or get sick. Oh well.

The truths are so buried under powerful political rhetoric that only those of us with personal history, or those who are witness to the remarkable healing of acquaintances, recognize the effectiveness of eliminating foods we have been evaluated to be intolerant to, and we begin to experience what feeling good really feels like! **For those of you who are new to the Carroll Food Intolerance path, I encourage you to have faith and stick with it to the best of your ability.** You will be amazed at the changes --- some subtle, some radical. Be bold and ask those of us who have been at it for a long time, how we do it and what are the results. Connect on The Forum, email us, stay connected with us. Together, we succeed! Together, we give each other the knowledge and strength required to weed out the chaff.

To All My Relations, Sandra

1 <http://www.drweil.com/drw/u/QAA400354/Best-Test-for-Food-Intolerance.html>

“Every dis-ease known to humans is created in our digestion system”, Dr. Harold Dick, ND



NEW RECIPES

Each month a new recipe(s) are published in the Recipes section at *Song of Health!*. In the newsletter they are listed and linked so you can easily go to them in the Recipes section.



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



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

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

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



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

LIST OF NEW RECIPES

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

**Is there a recipe you would like to have, or need help adapting? I'm happy to help!
Contact me at manager@songofhealth.com.**

Sure to be a hit for any occasion, they are easy to make if you have a food processor to mince the stuffing ingredients.



MAIN DISHES: PAN FRIED FISH FILLETS ON BED OF SAUERKRAUT WITH ORANGE (Recipe can be altered to omit fruit, if necessary)



Note: The dish shown contains butter (D) and orange (F). These can be easily substituted or omitted, if desired. See recipe for variations.

Remember to refer to the [Food Substitutions List](#) to adapt most recipes to meet your needs and taste.

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: Sprouted Organic Whole Wheat Berries, Organic Unbleached Wheat Flour, 100% Pure Barley Malt, Filtered Water, Cultured Wheat, Fresh Yeast, Sea Salt
- ✈ Potential Hidden Ingredients: P,S
- ✈ Obvious Ingredients: G
- ✈ The product was evaluated for: ALL
- ✈ The results were: G,P,S
- ✈ The product is: Alvarado Street Bakery Sprouted Wheat Bagels
- ✈ Hidden ingredients are: P,S



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:** ~ *Oh What a Beautiful Morning! Reflections Between Storms* ~ The Coast Range in Pacific Northwest Oregon, near the Columbia River, is abundant in magical mystical sceneries. Look closer and one finds an abundance of Nature's medicinals. Each season offers special rewards. Now, it is a perfect time to harvest the Old Man's Beard hanging from the trees in lacy green swags. The woods are echoing with the awakening chirps of squirrels and peck peck pecking of brushy bright red-headed woodpeckers. At home, lilacs and hydrangeas are sprouting green, while the happy yellow of daffodil blooms brighten the day. Time to rub sleepy winter eyes and prepare for blooming joys of what is just around the corner...Springtime!



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

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

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.
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
MARCH 2014

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

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|--|-----------------------|----------------------|----------------|---------------|
| ALCOHOLIC BEVERAGES: | | | | |
| Carmen Stevens Angel's Reserve Shiraz 2012 | 02/14 | ALL | F | |
| Christina Pallmann Accord Cabernet Sauvignon Alexander Valley 2012 | 02/14 | ALL | F | |
| Kid Cab 2012 Cabernet Sauvignon | 02/14 | ALL | F,P,S | |
| BAKING SUPPLIES: | | | | |
| Kirkland Signature (Costco) Chocolate Chips Semisweet | 02/14 | ALL | F,G,P,S,Sy | |
| BREAD: | | | | |
| Alvarado Street Bakery Sprouted Wheat Bagels | 02/14 | ALL | G,P,S | |
| CHEESE: | | | | |
| Trader Joe's Organic Pepper Jack | 02/14 | ALL | D,F | |
| CHOCOLATE AND COCOA: | | | | |
| Kirkland Signature (Costco) Chocolate Chips Semisweet | 02/14 | ALL | F,G,P,S,Sy | |
| COFFEE AND ALTERNATIVES: | | | | |
| Thomas Hammer Coffee Roasters Decaf Signature Blend Whole Bean (Bulk) | 02/14 | ALL | F | |
| FROZEN FOODS: | | | | |
| Azure Standard Broccoli Florets Bulk Frozen Organic (Also listed under Vegetables) | 02/14 | ALL | N | |
| GRAINS: | | | | |
| Garden Spot Market Popcorn White Organic | 02/14 | ALL | G | |
| Lundberg Organic California Brown Basmati Rice | 02/14 | ALL | G | |

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|--|-----------------------|----------------------|----------------|---------------|
| GRAINS (CONT.): | | | | |
| Trader Joe's Quick Cook Steel Cut Oats | 02/14 | ALL | F,G | |
| MEATS & MEAT BOUILLON: | | | | |
| Pure Country Pork Good Morning Sausage Links | 02/14 | ALL | F,M,P,S | |
| Trader Joe's Organic Free Range Whole Chicken | 02/14 | ALL | M | |
| MILK AND CREAM: | | | | |
| Horizon Organic Sour Cream | 02/14 | ALL | D,F | |
| NUTS: | | | | |
| Azure Standard Raw Spanish Almonds Organic Unpasteurized | 02/14 | ALL | F | |
| Azure Standard Cashews Raw Organic (Bulk) | 02/14 | ALL | F | |
| OILS: | | | | |
| Omega Nutrition Olive Certified Organic Extra Virgin | 02/14 | ALL | F | |
| Omega Nutrition Pumpkin Seed Organic | 02/14 | ALL | N | |
| SALT: | | | | |
| Kirkland Signature (Costco) Himalayan Pink | 02/14 | ALL | N | |
| SEASONINGS & SPICES: | | | | |
| Frontier (Bulk) Chipotle Chili Pepper Organic Ground | 02/14 | ALL | F,G,P | |
| Mountain Rose Herbs Cinnamon Powder Organic | 02/14 | ALL | N | |
| Mountain Rose Herbs Cumin Seed Powder Organic | 02/14 | ALL | N | |
| Mountain Rose Herbs Parsley Leaf Organic | 02/14 | ALL | N | |
| SWEETENERS: | | | | |
| C&H Pure Cane Sugar Golden Brown | 02/14 | ALL | S | |
| TEAS: | | | | |
| Frontier (Bulk) Se Chung Special Oolong Organic | 02/14 | ALL | N | |

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|---|-----------------------|----------------------|----------------|---------------|
| TEAS (CONT.): | | | | |
| Huckleberry's (Bulk) Irish Breakfast Organic | 02/14 | ALL | F | |
| TOMATO PRODUCTS: | | | | |
| Muir Glen Organic Pizza Sauce | 02/14 | ALL | F,P | |
| TORTILLAS: | | | | |
| Food For Life Ezekiel 4:9 Sprouted Grain Tortillas | 02/14 | ALL | G,Sy | |
| VEGETABLES: | | | | |
| Azure Standard Broccoli Florets Bulk Frozen Organic | 02/14 | ALL | N | |
| VINEGAR: | | | | |
| Omega Nutrition Balsamic Organic | 02/14 | ALL | F,P | |



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

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