



## **DRAGONFLY NEWS**

**The Official Monthly Newsletter of *Song of Health.com***

**MAY 2009**



[www.mrx.no/Rarindra-Prakarsa/mother.html](http://www.mrx.no/Rarindra-Prakarsa/mother.html)

***Honoring Mother Earth and All Her Children***

**Welcome Subscribers, to *Dragonfly News*.** We are excited about the 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 the icon on the left side of most pages on the website.

**If you did not receive this issue at your email address and would like to, please notify us immediately at [manager@songoofhealth.com](mailto:manager@songoofhealth.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*

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

Dr. Jared Zeff, N.D., Staff Doctor

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

Elizabeth Vedder, Manager of Food Resource Updates

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

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*Edited by Dr. Letitia Dick, N.D.*

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## **SONG OF HEALTH CELEBRATED 2<sup>ND</sup> ANNIVERSARY!**

On March 23, 2007, while we tested the process of *Song of Health.com* going live on line, our first subscriber – Debbie Daniel – managed to register her subscription. Unfortunately, for a few days Debbie's subscription was caught in an infinite loop while we scrambled to straighten out the program kinks.

**✧ Thank you, Debbie, for your immeasurable patience and for having faith in us and what we were passionate about making available to all of you at *Song of Health*. ✧**

Since that "fateful" moment, we feel blessed to announce that ***in just the last 8 months we have received nearly 334,000 website "hits!"***

*The Song of Health Staff* extend our heartfelt gratitude to all of you for your participation in helping us to continue to make all of this important information available for you.

***HAPPY ANNIVERSARY, SONG OF HEALTH!***

## **Song of Health and The Carroll Institute of Healing Booth at the 2009 Northwest Naturopathic Physicians Convention**



From left to right: Sandra Strom, CEO; Elizabeth Vedder, Manager of Food Resource Updates; Dr. Caryn Potenza, N.D., Staff Supporting Doctor; Dr. Letitia Dick, N.D., SOH Staff Doctor and Founder of The Carroll Institute of Natural Healing.

Taken Sunday, April 26<sup>th</sup>, closing moments of the conference ~ exhausted and casual!

***The Carroll Institute of Natural Healing***, co-founded by our renowned Doctors Letitia Dick, N.D. and Jared Zeff, N.D., is an educational opportunity for naturopathic physicians and students to further their education in the traditional methods of naturopathy, not otherwise taught in the naturopathic colleges. This is where to learn how to perform the Carroll Food Intolerance Evaluation method, constitutional hydrotherapy and other important methods of traditional natural healing.

***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 the traditional 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.

**Extending Advertising Discount Rates Through May!**  
**at Song of Health.com**

A notice was emailed out to physicians and professionals who subscribe and support *Song of Health*, announcing **40% and 50% discounts on all advertising plans at Song of Health.com**. This is in coordination with the Northwest Naturopathic Physicians Convention that took place April 24<sup>th</sup> through 26<sup>th</sup>. We offered these promotional discounted rates at the convention and offer them to you now! These discounts will be available through May 31, 2009. **ANYONE INTERESTED IN PROMOTING AT Song of Health, please contact us at [advertise@songofhealth.com](mailto:advertise@songofhealth.com).**

***Song of Health promotes those who act with integrity and are honest about the ingredients in their products.***

**WEBSITE CHANGES!**

**In the Food Resource List:**

- ✈ We faded out the category "Fruit Spreads and Sauces" and moved the entries to the category "Fruit and Berries."
- ✈ We faded out the category "Soaps" and moved the entries to "Toiletries."

**Look for our new video coming soon:** "A Naturopathic Approach to Your Health Concerns and The Importance of Identifying Food Intolerances," presented by *Song of Health* and *The Carroll Institute of Natural Healing*. The film features Doctors Letitia Dick, N.D., Jared Zeff, N.D. and *Song of Health* CEO Sandra Strom. We will also email everyone a notification when it becomes available on line at the *Song of Health* website. Our plan is to have clips from the video on YouTube, as well.



- ✈ Learn how to quickly identify your personal food intolerances in ingredients listed on food packaging.
- ✈ Learn new, easy recipes and substitutes for favorite ones that your entire family can

safely eat and enjoy.

You have been evaluated for personal food intolerance by your doctor. Because there is so much to know about the different food categories and hidden ingredients in foods, your doctor has referred you to *Song of Health*, at [www.songofhealth.com](http://www.songofhealth.com).

*Song of Health* strives to present all the up-to-date information you need as your tool for avoiding your food intolerances in a good way. We also understand how difficult it can be to completely change the eating habits you have always practiced. Sometimes, you need more than just reading all this information...you need help.

Sandra Strom, CEO of *Song of Health*, offers personal phone consultation sessions to help you with food intolerance issues.

**Half-hour phone session.....\$30.00**

**35 minutes to 1 hour.....\$55.00**

#### **TO SET UP YOUR PERSONAL APPOINTMENT:**

- ✈ *Song of Health* uses Google Checkout to make your payment. It is very safe and secure. Go to <http://www.songofhealth.com/advice.html> to pay for your session:
- ✈ Be sure to give Google Checkout the email address and phone number where you want Sandra to contact you at OR you may email your contact information to: [advice@songofhealth.com](mailto:advice@songofhealth.com).

Once your payment is received Sandra will contact you to schedule the date and time for your appointment. We will strive to make it as convenient as possible for you.

**If you have any questions or need help with the appointment or payment process, please contact us at: [manager@songofhealth.com](mailto:manager@songofhealth.com).**

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#### **GIVE THE GIFT OF HEALTH:**

**HONOR YOUR FRIENDS AND FAMILY WITH A SUBSCRIPTION to SONG OF HEALTH.**



#### **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 your 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 hearing and reading about how our lives were dramatically changed we can help them to step through the door toward wellness. **WE WOULD BE HONORED TO INCLUDE YOUR STORY** about how you came to follow the Dr. 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!

**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 Dr. Zeff: "...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, Dr. Watrous may determine a different result than Dr. Zeff, or any of the other doctors who competently perform this testing, because they are testing a patient's specific blood sample to a specific food sample. As Dr. Zeff puts it, "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, a test evaluation shows a food should be o.k. for you to eat, yet you have a reaction to it anyway, we suggest you refrain from consuming it until you have it tested 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. What we are not qualified to answer directly, we refer to our doctors and they, in return email their responses to us. You may consider *Song of Health* as your information center.

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 and learning

about other natural health issues.

*In Health,*

*Sandra Strom*

### **QUESTIONS ASKED AND ANSWERED:**

#### **Questions emailed to us:**

**From Julia:** Hi Sandra. I have just looked through the water list and wonder how Poland Spring and Volvic waters are doing? These are the ones I most often drink. Also, regarding toothpaste without fruit I couldn't find any entries.

Do really almost all plain yogurts contain fruit? How sad.....

I also need to know about sunscreens that are fruit free and free of the combination of potato/grain. Could you help me out with this?  
Thank you so much, Julia.

#### **Reply from Sandra, CEO of *Song of Health*:**

Hello Julia. Welcome to *Song of Health*! Thank you for subscribing. We will do our best to answer you in a timely fashion.

In The Forum, a question was asked about fruit/toothpaste/shampoo, etc. At [http://www.songofhealth.com/cgi/forum/mf\\_browse.pl?Com=thread&Category=a01yY605&Thread=7D56ve9](http://www.songofhealth.com/cgi/forum/mf_browse.pl?Com=thread&Category=a01yY605&Thread=7D56ve9) you will find communication regarding shampoo and toothpaste.

Summer's second question somehow slipped through the cracks until now, when I was looking for The Forum entry for you. I have forwarded the further question to Dr. Zeff.

As for sunscreen, good question. I will forward it to our doctors to see if they can shed any light on a product they are familiar with.

Re: Water - We don't know about a specific product unless it is submitted to our doctors for evaluation. This is how we compile the Food Resource List available to you, as a subscriber. You can go to <http://www.songofhealth.com/subscribers/carrolltest.html> at *Song of Health.com* to find out how to submit a product in question. The results are emailed to you personally as well as added to our List.

Yogurt - Yes, it is sad! You can always make your own, which you will find far surpasses commercial products in quality and flavor. Hope this helps for now. Again, thank you for joining us at Song of Health.

In Health, *Sandra*

#### **Reply from Dr. Dick:**

I usually recommend Banana Boat sunscreens to fruit intolerant patients. I haven't had one that reacted adversely yet. **Dr. Tish**

#### **A Sample ~ From The Forum:**

**Posted by Sammie Snyder, 16th April, 2009.** I don't know if this question has already been addressed, but I was wondering why some herbs and nuts test positive for fruit.

#### **Reply by Sandra Strom, CEO of *Song of Health*.**

Dear Sammie,

Which herbs, nuts are you specifically referring to? Regarding nuts, such as almonds, which are not fruit but will often evaluate positive for fruit: Often the fruit is an element used in



the processing. Citric acid is commonly used for preserving, hence longer shelf life.  
In Health, *Sandra*

**Posted by Sammie Snyder, 21st April, 2009.** Do you know any good online resources that talk about eating locally? I'm having the kids in my cooking class research some of the advantages and disadvantages of eating locally, and I thought it would be helpful to give them some sites.

**Reply by SANDRA, CEO OF *Song of Health*.** Hi Sammi. There is an article in the July 08 issue of Dragonfly News by Dr. Potenza, "Why Buy Local Foods?" Off-hand, I don't know of other websites to direct you too. I will keep my ears open and let you know if I come across something. *Sandra*

**The suggestion was made by subscriber Stephenie R.:**

 **When posting a question or comment on The Forum to a thread that is not recent, Subscribers 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.**

**SUBSCRIBERS:**

**Would you like to have a cooperative service with *Song of Health* and the store you shop at** for groceries? Please tell them! We would be happy to help get them set up with access to the website information on their computers, in an effort to help all of you. If there is a store you would like me to contact, please email me at [manager@songofhealth.com](mailto:manager@songofhealth.com). I will do my best to present our position. *Sandra*

**MAKE YOUR VOICE HEARD!**

**HEALTH HUMOR – (From an Anonymous Source)**

Q: Is getting in-shape important for my lifestyle?

A: Hey! 'Round' is a shape!

**Do you have any silly Health Humor you would like to share? Please email to us at [manager@songofhealth.com](mailto:manager@songofhealth.com).**

**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 is the first step to getting and staying well. We feel, however, there are also many other interesting and important issues to be aware of. It is our goal to share, with you, our findings on what may have a cause and effect on our healthy lives.**

**SHARING EXPERIENCES:**

**"Green Allopaths versus Traditional Naturopaths -  
What is The Controversy Among Naturopathic Physicians?"**  
**By Sandra Strom, CEO of *Song of Health***

The 2009 Northwest Naturopathic Physicians Conference was held from April 24<sup>th</sup> through April 26<sup>th</sup> in Seattle, Washington. *Song of Health* and *The Carroll Institute of Natural Healing* shared a booth in the Exhibitors' Center, which afforded me opportunities to meet and share ideas with other vendors, naturopathic physicians and students. In between exhibitor hours I was able to sit in on a few lectures and to peruse other vendor booths. I recognized a

number of outstanding product lines and happily visited with the vendors, grabbing my share of free samples. Truthfully, for the most part I was overwhelmed by the saturation of natural pharmaceutical products being promoted. I was also surprised at the number of naturopathic college administrators, doctors and students who treated us, albeit respectfully, as though we were on the *fringe* of contemporary naturopathic medicine. They appeared fascinated and interested with our work, yet vaguely, if at all aware that what our doctors practice is traditional naturopathic medicine! I would overhear conversations between Dr. Letitia Dick and Dr. Caryn Potenza with our visitors, who would compliment them on *their* work.

I was confused!! What was meant by "*their*" work? Is it not naturopathic medicine, which all naturopathic physicians are taught to use in diagnosing and treating patients? So, after the conference Dr. Dick and I discussed this in length. This is the understanding I now have, of what direction the naturopathic colleges are going with their curricula, and what spurred her and Dr. Jared Zeff to establish *The Carroll Institute of Natural Healing*, in order to keep traditional naturopathic methods from disappearing, as well as to teach other doctors and students how to perform the Carroll Food Intolerance methods:

Dr. Zeff discusses the first two Principles of Naturopathic Medicine in the August 2008 issue of Dragonfly News ( <http://www.songofhealth.com/subscribers/newsletter0808.html#principles>) and in the November 2008 issue ( <http://www.songofhealth.com/subscribers/newsletter1108.html#principle>). And Dr. Dick describes the difference between Allopathy and Naturopathy in the February 2008 issue ( <http://www.songofhealth.com/subscribers/newsletter0208.html#allopathy>). (Remember to log in to Song of Health.com first.)

To review, **traditional naturopathy first addresses the nature of the cause of most dis-eases known to humans: *toxemia of the gut*.**

- ✿ Step #1 to treating a patient is to correct the diet.
- ✿ Step #2 is to detoxify the body.
- ✿ Step #3 is to rebuild the body.

All traditional naturopaths address the diet, in one form or another, with their patients.

**IF A DOCTOR DOES NOT ADDRESS THE DIET AND TOXEMIA,  
THEN THEY ARE MERELY TREATING *SYMPTOMS*  
AND NOT THE *CAUSE* OF DIS-EASE!**

We cannot emphasize this enough. It is absolutely imperative, in order to experience the process of healing and well-being, that one removes from the diet those foods which are causing toxins in the body that inevitably create dis-ease.

"Green allopaths," as Dr. Dick refers to them, are N.D.s who practice the method of treating symptoms as a first step, with natural pharmaceuticals, or "nutraceuticals,"\* instead of first addressing cause, in accordance with the traditional methods of naturopathy. Nutraceuticals may be needed to replace missing metabolic functions or to manipulate symptoms, but this is done when diet and detoxification aren't able to restore normal metabolism.

We want to emphasize that our doctors will prescribe the proper nutraceuticals, when necessary, once diet and detoxification have been addressed. Nutraceuticals generally have far less side effects than do chemical drugs. Also, these medicines should not be confused



with homeopathic medicine, which does not suppress symptoms.

**When you interview doctors to hire as your physician, ask them:**

- ✿ Do you practice traditional naturopathic methods?
- ✿ Do you address dietary issues?
- ✿ What detox programs do you employ?

**If no diet and/or detox program is used... consider finding a traditional naturopathic physician.** Involve diet and hydrotherapy\*\* in treatment so the healing process can occur.

***How and why is this change of moving away from traditional methods occurring in contemporary naturopathic practice?***

It begins with the naturopathic colleges. Who determines the academic standards to uphold and what is required for students to qualify for government funding are a couple considerations influencing the various school curricula. In order for a college to acquire accreditation for funding, specific criteria must be met. So, the colleges hire professors who are able to teach the necessary studies, as determined by the Library of Congress and the National Library of Medicine classification systems.\*\*\*

The field of naturopathic medicine became very popular in a very short time and collegiate leaders who taught the traditional methods - such as Dr. Zeff, who also held the dean's position at the National College of Naturopathic Medicine in Portland, Oregon - were suddenly overwhelmed with the responsibilities of administration as well as teaching in a school that was no longer small. Because there were not enough "old timers" available to cover the increased masses, the naturopathic schools were forced to turn to professionals outside the naturopathic circles, who knew how to competently run a school administration. Many of these professionals were professors with doctorate degrees but who had no understanding of the naturopathic therapeutics that were so successful when applied. They were unaware of true naturopathy.

An inevitable process of new instruction popped up - teaching students to send their difficult patients to medical practitioners outside the naturopathic circle, then directing the patient to return to them for treatment of the symptoms by using herbal medicines or nutraceuticals. The students today are not being taught how to diagnose and treat the causes themselves. Instead, they are learning what nutraceutical to administer. The basic difference between "green allopaths" and allopaths (also known as medical doctors) is their use of natural pharmaceuticals (nutraceuticals) instead of synthetic chemical prescription medications.

**Pharmacological products - natural or chemical -  
treat symptomology, not vitality!**

The nutraceutical industry has built itself around the naturopathic one. Numerous companies have been patenting their own versions of concentrated components of an herb and then target their marketing efforts toward naturopaths, the same way that pharmaceutical companies direct their sales representatives to medical doctors.

Today, our traditional naturopaths feel patronized by naturopathic school administrators. "That is great work you're doing," college leaders tell Dr. Dick, Dr. Potenza and Dr. Zeff. How angering! The great work is the traditional teachings that should be emphasized in their school curriculum. Fortunately, our steadfast doctors are still being invited to lecture

some classes, affording them the opportunity to share the old ways with unsuspecting and surprised students. It is an uphill battle, though. Even as dean, Dr. Zeff was not able to reverse this affected trend.

Look around you, to the people who succumb to all sorts of health issues. What treatments are they choosing for their conditions and how successful are their recoveries? Who recovers the quickest and remains well versus those who continue to suffer from chronic conditions?

***The reason why our doctors continue to practice the old ways  
is because they work!***

Their patients get well and, when diligent about watching their diet and maintaining a healthy lifestyle, they stay well. It's that simple. Maybe it's not as easy as taking a "quick fix" pill, but it's definitely more effective.

Continue to support those traditional naturopathic physicians who have helped you in the healing process. Join those of us who choose to stand strong against common opposition, knowing that the original traditional naturopathic doctors *were* right and so *are* their predecessors, physicians like Dr. Dick and Dr. Zeff, who are renowned for their exceptional contributions in their field. I consider myself blessed in fortune to have been led to this way of life, healed from an otherwise fateful demise.

We remind you to go to the [Goods and Services](#) section for a list of naturopathic physicians who honor the traditional methods.

In Health,  
*Sandra*

\*"The term "nutraceutical" was coined from "nutrition" and "pharmaceutical" in 1989 by Stephen DeFelice, MD, founder and chairman of the Foundation for Innovation in Medicine (FIM), Cranford, NJ. According to DeFelice, 'A nutraceutical is any substance that is a food or a part of a food and provides medical or health benefits, including the prevention and treatment of disease. Such products may range from isolated nutrients, dietary supplements and specific diets to genetically engineered designer foods, herbal products, and processed foods such as cereals, soups and beverages. In the United States the term nutraceutical is commonly used in marketing [and] has no regulatory definition.

Since the term was coined by Dr. DeFelice, its meaning has been modified by Health Canada which defines nutraceutical as: a product isolated or purified from foods, and generally sold in medicinal forms not usually associated with food and demonstrated to have a physiological benefit or provide protection against chronic disease."

[http://www.ana-jana.org/nut\\_info\\_details.cfm?NutInfoID=4](http://www.ana-jana.org/nut_info_details.cfm?NutInfoID=4), American Nutraceutical Association, "Nutraceutical Information, What is a nutraceutical?"

\*\* Hydrotherapy is the use of water to revitalize, maintain, and restore health.

Constitutional hydrotherapy involves the application of hot and cold wet compresses. Dr. Zeff discusses the effects of hydrotherapy in The Forum at

[http://www.songofhealth.com/cgi/forum/mf\\_browse.pl?Com=thread&Category=a01cI799&Thread=6g67rw7](http://www.songofhealth.com/cgi/forum/mf_browse.pl?Com=thread&Category=a01cI799&Thread=6g67rw7).

\*\*\*An interesting example of the dilemmas of subject determination is an article, found at <http://dlist.sir.arizona.edu/1070/>, regarding change of curriculum and classification at the Southwest College of Naturopathic Medicine Library, in Tempe, Arizona.

## **RECIPES**

**REMINDER: ALWAYS USE ORGANIC PRODUCTS WHENEVER POSSIBLE.  
IF A RECIPE CONTAINS YOUR FOOD INTOLERANCE, SEE THE SUBSTITUTIONS LIST  
FOR ALTERNATIVE INGREDIENTS.**

### **MAIN DISHES**

#### **NUT AND COCONUT BATTERED SEAFOOD (or Tofu)**

***(Contributed by Sandra Strom, CEO of Song of Health)***

**1 lb. cleaned prawns or fish (rockfish, halibut, salmon, cod, tuna, etc. or tofu cut in  
1/2" thick slices)  
2 eggs  
1/4 cup finely ground coconut (fresh or dried)  
1/4 cup finely ground almonds or pecans  
2 Tbsp. fresh, finely chopped cilantro  
1 Tbsp. maple syrup  
1 tsp. tamari soy  
1/4 tsp. baking soda  
1/4 cup corn starch  
rice flour  
safflower, sunflower or olive oil for frying**

In a big bowl, crack eggs and beat well. Mix in maple syrup and tamari soy. Add baking soda and corn starch and mix well, until batter is smooth and not lumpy. Mix in cilantro, coconut and almonds. If batter is too thin add enough rice flour until consistency is like heavy cream. Mix well.

In heavy frying skillet (preferably cast iron) place enough oil to cover the fish in half. Heat to medium high. The oil needs to be hot enough to keep the batter from falling off yet not too hot to burn fish. Place a drop of batter in the oil to determine if hot enough to fry. Add the fish. Fry until golden on one side, about 3 minutes. With prongs or spatula, carefully turn over, then fry until golden on second side. Remove, allowing oil to drain.

**NOTE: Mushrooms are also delicious using this batter.** Cut big mushrooms in half, or use small button mushrooms, whole.

## **FOOD RESOURCE LIST UPDATES**

THE FOOD RESOURCE LIST ON THE WEBSITE IS ALSO AVAILABLE IN PRINTABLE VERSION. JUST GO TO THE BOTTOM OF THE PAGE AND CLICK ON "SOH RESOURCE LIST PART 1 OR PART 2 FOR THE VERSION IN .PDF FORM.

### **KEY FOR RESULT CODES**

<b>All</b>	<b>Bad for All</b>
<b>D</b>	<b>Dairy</b>
<b>E</b>	<b>Egg</b>
<b>F</b>	<b>Fruit</b>
<b>G</b>	<b>Grain</b>
<b>H</b>	<b>Honey</b>
<b>M</b>	<b>Meat</b>
<b>Ms</b>	<b>Mine Salt</b>
<b>N</b>	<b>Neutral for All</b>
<b>P</b>	<b>Potato</b>
<b>S</b>	<b>Sugar</b>
<b>Sf</b>	<b>Seafood</b>
<b>Sy</b>	<b>Soy</b>

### **HOW TO READ THE FOOD RESOURCE LIST AND USE THE KEY:**

As items are submitted and analyzed by Windrose Naturopathic Clinic and Salmon Creek Clinic, 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)." We will furnish where to purchase a product, whenever the information is available, in the newsletter. We are not able to show the "Purchased At" column on the website, however.

**If you have any questions, please contact us at: [manager@songofhealth.com](mailto:manager@songofhealth.com).**

**FOOD RESOURCE LIST UPDATES**  
**APRIL 2009**

<b><u>FOOD EVALUATED</u></b>	<b><u>DATE EVALUATED</u></b>	<b><u>EVALUATED FOR</u></b>	<b><u>RESULTS</u></b>	<b><u>PURCHASED AT</u></b>
<b><u>BABY FOOD:</u></b>				
Earth's Best Organic Whole Grain Rice Cereal	04/09	ALL	G	
<b><u>BAKING SUPPLIES:</u></b>				
Arm & Hammer Baking Soda	04/09	ALL	N	
<b><u>BUTTER:</u></b>				
Horizon Organic Unsalted	04/09	ALL	D	Huck's, Safeway
Lucerne Unsalted	03/09	ALL	D,F (inconsistent)	
Organic Valley Organic Sweet Cream Unsalted	04/09	ALL	D,F	Huckleberry's Huckleberry's; Country Village, Longview, Wa. Trader Joe's
Strauss Organic, Unsalted	04/09	ALL	D,F	
Trader Joe's Salted	04/09	F,P,S,Sf	D,P,Sf	
Woodstock Farms Organic, Unsalted	04/09	ALL	D,F	Huckleberry's
<b><u>CANDY AND GUM:</u></b>				
The Nut Factory Sugar Free Butterscotch	04/09	ALL	D,F,P,S	The Nut Factory
<b><u>CEREALS – HOT:</u></b>				
Earth's Best Organic Whole Grain Rice Cereal	04/09	ALL	G	
<b><u>CHEESE:</u></b>				
Organic Valley Low Fat Cottage Cheese	04/09	F,P	D,F,P	Huckleberry's; Fred Meyer
<b><u>COOKIES AND TREATS:</u></b>				
Bumble Bar Organic Energy Awesome Apricot	04/09	ALL	F,G	
Bumble Bar Organic Energy Cherry Chocolate	04/09	ALL	D,F,G,S	
Bumble Bar Organic Energy Chunky Cherry	04/09	ALL	F,G,S	
Bumble Bar Organic Energy Tasty Tropical	04/09	ALL	F,G	
<b><u>FLOUR:</u></b>				
Wheat Montana Prairie Gold 100% Whole Wheat	04/09	E,F,P,S,Sf	G	
<b><u>FRUIT AND BERRIES:</u></b>				
Gerber® Graduates® For Pre-Schoolers Fruit Twists, Grape				

<b><u>FOOD EVALUATED</u></b>	<b><u>DATE EVALUATED</u></b>	<b><u>EVALUATED FOR</u></b>	<b><u>RESULTS</u></b>	<b><u>PURCHASED AT</u></b>
and Strawberry	04/09	P,S	F,P,S	
<b><u>JUICES AND DRINKS:</u></b>				
Gatorade Lemon Lime	04/09	ALL	ALL	
GT's Organic Raw Kombucha Original Flavor	04/09	ALL	G,F	Huckleberry's, Yoke's
R.W. Knudsen Organic "Very Veggie" Juice	04/09	E,F,P,S,Sf,Sy	F,P,Sf	
<b><u>MEAT:</u></b>				
Hebrew National Beef Franks	04/09	D,S	D,M,S,Sy	Fred Meyer
Oscar Meyer Turkey Bologna	04/09	D,S	D,S	
<b><u>PASTA:</u></b>				
Bella Terra Whole Wheat Spaghetti	04/09	ALL	G,P	
<b><u>SEASONINGS AND SPICES:</u></b>				
The Spice Hunter Yellow Ground Mustard	04/09	D,E,F,G,P,S,Sf	F,Sf	Rosauers
<b><u>VEGETABLES:</u></b>				
Safeway Canned Cut Green Beans	04/09	F,P,S,Sf,Sy	N	Safeway
<b><u>VITAMINS, HEALTH PRODUCTS AND NUTRITIONAL SUPPLEMENTS:</u></b>				
Allergy Research Group DIM*	04/09	ALL	F,G,Sf,Sy	
Allergy Research Group Modified Citrus Pectin Powder*	04/09	ALL	F	
Green Supreme with Barley Power	04/09	D,F,P	F,G	<a href="http://barleypower.com">barleypower.com</a>
Standard Process Immuplex	04/09	ALL	E,G	Windrose Clinic, Salmon Cr. Clinic
<b><u>WATER:</u></b>				
Glacier Water Machine, Albertsons	04/09	ALL	N	Albertsons
<b><u>YEAST:</u></b>				
Red Star Active Dry	04/09	D,E,F,P,S	S	

\*By Prescription Only

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