



DRAGONFLY NEWS

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

MAY 2010



Picture by National Geographic

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. 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.

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

Visit Sandra at [Twitter](#), [Facebook](#), [MySpace](#), and [Startup Nation](#).
You're invited to follow and share comments!

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SOUPS AND SOUP GARNISHES: Cream of Broccoli and Mushroom Cheese Soup
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- ✿ **FOOD RESOURCE UPDATE:** **MAY 2010**

The Carroll Institute of Natural Healing, co-founded by our renowned Doctors Letitia "Tish" 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 physicians and students 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 traditional 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.

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WEBSITE CHANGES!

- ✿ **FOOD CATEGORY ADDITIONS:**
- **Glycerine** (also spelled glycerin) has been added to both the **Fruit and Meat** pages. It may be manufactured from either fruit or meat. One or the other will be used in foods, depending on the product. Per Dr. Tish, originally it was all derived

- from meat. The fruit glycerine product was derived to meet vegetarian demand.
- **Sorbate** has been added to the Fruit page.
- **Wolfberry (also known as goji)** is now specified on the Fruit page.

🦋 NEW SERVICE FREE TO SUBSCRIBERS:

Email us the food intolerances you (and family) need to avoid. We will keep track of new questions/info related to your personal needs and notify you by email. **To be added to THE ALERT LIST contact us at manager@songofhealth.com**

🦋 THE RECIPES SECTION FRONT PAGE HAS A NEW LOOK. When you go to the **Recipes section, you will see that it is now called THE FOOD INTOLERANCE COOKBOOK!** The introduction page looks different. The format for the rest of the Recipes section remains the same. The cookbook, along with the Food Substitutions List *only*, will be available as an E-book that the public may purchase in the near future. That is all they will have access to. As a Subscriber of Song of Health, your ability to access everything remains the same.

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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.

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 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. So, DON'T BE SHY!

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. 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.

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REMINDER: IMPORTANT! Per the request of Dr. Zeff, 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. Dick 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, 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. 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:

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

From Susan: Hello Sandra. Just to share some food test results that may make your life nicer: I found some pastas that may work for you. (You're potato, right?) They are Mrs. Leeper's Corn and Quinoa Fusille Pasta and Andean Dream Rice Pasta. I am potato, fish, fruit/sugar and they tested okay for me. We can all use a little option now and then, huh?

I've been successful with making soda bread using a combination of teff, rice, millet, and oat flour. It's really pretty good. Sometimes just teff and rice together also. It's got a little sweetness from the teff. I make oat flour by putting Bob's Red Mill gluten free oatmeal in the Magic Bullet. Works great. Any modified muffin recipe will do. With that basic mix I get pancakes, waffles, muffins, or a cake/soda bread. I always throw in plenty of fruit for fun. Home canned peaches, no sugar, and bananas together are fabulous. Try it, you'll like it. All my "non-Windrose" friends even like it! *Susan*

Editor's Note: I searched on-line for Mrs. Leeper's pastas, and although I found corn and rice products, I was not able to find a corn or rice fusille. I did find Andean Dream Fusilli Quinoa Gluten-Free Pasta. The ingredients listed on packaging are organic rice flour, organic royal quinoa flour.

From Julie: I am concerned about the dated material I saw on your site. How often does Song of Health update test/check the food ratings? Maybe Song of Health could clarify the mistakes I saw... Does Song of Health/Dr. Tish test a food and then

A Sample From The Forum:

Posted by Robin V Smith: I see Tillamook Sharp Cheddar on the Food Resource List as being tested for fruit. However, I am wondering, has

not revisit the food for years to see if it has changed? I am having a hard time buying more of this site. It seems my info may be more current and I may have some foods Song of Health doesn't. Let me know what you can do?

Reply from Sandra: Regarding the currency of the information offered at Song of Health: Windrose Clinic furnishes me lists of foods they have evaluated, both for patients and Song of Health subscribers. I then publish the information for Subscribers. Everything they evaluate, unless it is an exceptionally personal case that would not otherwise apply to anyone else even with the same food intolerances, is passed on to me. When a product is submitted for evaluation, that is what is shared.

So, if you are submitting products for evaluation, then I should be also receiving the results. Would you please identify for me what variances you have found so that we can follow up on them? I would greatly appreciate it. I need to know what date the product was submitted, what it was evaluated for, and the results. Thank you, Julie, for your assistance.

Please let me know what information or other service we may help you with to make eating and cooking easy for you.

Editor's Note: As of this time, at publishing of the newsletter, I haven't heard back from Julie regarding evaluation results, so I'm not able to verify for all of you what products were in question.

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annatto been used to color this cheese yellow? Last week Dr. Potenza explained to me how yellow butters and cheeses are colored in this way and that it is a fruit derived

thing. Since this cheese has been tested recently, can I assume it's "safe"?

**Posted by [Sandra, CEO of Song of Health](#):**

Hello Robin, this is a great question. I looked up Tillamook's sharp cheddar cheese on their website, and they list annatto as the last ingredient in their cheese. It doesn't have a date as to when this was posted, other than 2010. It is possible that the batch, from which the cheese that was evaluated, did not have annatto added. I will forward this to our doctors at Windrose Clinic to verify their conclusions.

In the meantime, if you are eating this cheese without any side effects, I would say that you are ok. I would also suggest staying aware of any symptoms, as it is possible the company may add annatto in some of their other batches. In Health, *Sandra*

**Posted by [Windrose Clinic](#):**

Further discussion with Windrose Clinic:

**Dr. Tish:** I would assume all yellow cheese is fruit. That is my experience in testing them. If Tillamook is listing this as an ingredient, then it will most likely test fruit by our means.

**Elizabeth (manager of Food Resource List updates):** Hi Sandy, I found the test slip for the Tillamook sharp cheese. It was tested for "All" and says positive for dairy and potato. I would imagine it is a white sharp cheddar cheese because it didn't test positive for fruit, or it is without the annatto. I hope that helps.

Another option is to have the patient bring in another sample to check to see what it is currently testing positive for. Everything changes so quickly it is hard to keep ahead of everything. I think you know what I mean. *Elizabeth*

**Posted by [Dr. Tish](#):** I re-tested this

product (4/10). The newest results are that **it evaluates positive for fruit.** *Dr. Tish*

**Posted by Robin V Smith:** Happy to see the new newsletter today! One of the items that was added to the cheese list, I was wondering about. It's called Italian Parnassian Reggiano. Is this spelled incorrectly in the newsletter? I'd like to go find this cheese in the world but as we know, the names must be so specific or we may buy the wrong item. Can it be found at Costco? It seems the other cheeses on the list appear to be from Costco.

**Posted by [Sandra, CEO of Song of Health](#):** The spelling in the newsletter is "Italian Parnassian Reggiano. This is correct. I will forward your question to Windrose Clinic to see if they know where this was purchased.

**Posted by [Dr. Tish](#):** This product was purchased at Rosauers in Spokane, WA., although it is available in many other stores, as well.

**Posted by Dr. Tish, in response to question about teas, "[Does anyone make their own tea?](#)":**

You have the option of taking the tea out of the tea bag and putting it in a tea ball. Chamomile, peppermint, green teas, etc., work if taken out of the tea bag.

The "Two Leaves and a Bud" brand teas with the bags do not test fruit (unless, of course, they are fruit teas.... apple blossom, orange peel, and the like). *Dr. Tish*

**Posted by Robin V Smith:** If I separate the tea from the bag and use a tea ball, should I be nitpicky and have the tea tested for fruit before I use it or assume it's okay?

**Posted by [Sandra, CEO of Song of Health](#):** That's a great question, Robin. It is always safest to have a product evaluated to determine if anything has leached out of the bag

and into the tea during the processing. What I am understanding Dr. Tish to say is, GENERALLY, most people would be ok by removing the tea from the bag and preparing it in a tea ball. She also gave an example of a brand whose tea bag analyzed free of fruit.

Oftentimes, when a person's body is clean of toxins caused by food intolerance consumption, a quick, or acute, reaction will be felt if their food intolerance is then consumed. If the body is in a toxic state, then it is common not to feel immediate symptoms, yet the body becomes even more adulterated with toxins. So, depending on your personal condition, you may or may not feel an immediate reaction. However, if you do, that is a sure sign to stay away from the product.

Again, we reiterate, if you are concerned about a specific product - either the ingredients are suspicious, you experience a reaction when consuming it, or the hidden ingredients vary from evaluations, submit the product for evaluation by our doctors at Windrose Clinic. It's a great option versus worrying about it! In Health, *Sandra*

**Posted by Robin:** I was wondering if

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**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*

you'd consider testing the 2 Ezekiel breads on The Food Resource List again? It's been since 2007 that they were tested. They are commonly found in town and I would like to feel comfortable about using them; also, the same with the Organic Valley Provolone cheese.

**Posted by [Sandra, CEO of Song of Health](#):**

Hello Robin, we appreciate your input. In answer to your question: Windrose Clinic generally evaluates products as they are submitted by Song of Health Subscribers and patients. I suggest going to <http://www.songofhealth.com/subscribers/carrolltest.html> (How to Submit a Product for Evaluation) to download the form and receive your Subscribers discount. In Health, *Sandra*

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

**MAKE YOUR VOICE HEARD!**



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. It is our goal to share our findings with you, on what may have a cause and effect on all of our healthy lives. ✨

### **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*.

### **ALTERNATIVE DENTAL SOLUTIONS TO ROOT CANAL SURGERY**

**By Sandra Strom, CEO of Song of Health**

Get a half dozen women together - a conversation emerges from thin air and stems out like roots to a begonia. Thus emerged comments between friends the other day, ranging from wire bras causing fatal damage to lymph tissue, to root canals causing breast cancer. One friend looked over at me and said, "Now there's a subject for you to research and write about."

Dr. Potenza has previously discussed alternative dental options to fluoride (see article "[Fluoridation Follies and Other Dental Dilemmas](#)"). Is there a direct connection between disease of the root canal and cancer? What alternative options are available versus surgically treating a root canal?

When we look at our mouth and all that's in it as just another part of the holistic body, we can simply apply the same theories of medicine to teeth and gums as applied to anything else. Just as Naturopathic physicians consider the whole person in mind, body, and spirit when determining treatment and lifestyle, so do holistic dentists. The importance of a healthy immune system is vital to overall health and wellness. Holistic dentists receive conventional training and are licensed to perform conventional procedures; however, they address issues such as root canals and

periodontal disease with non-toxic applications.

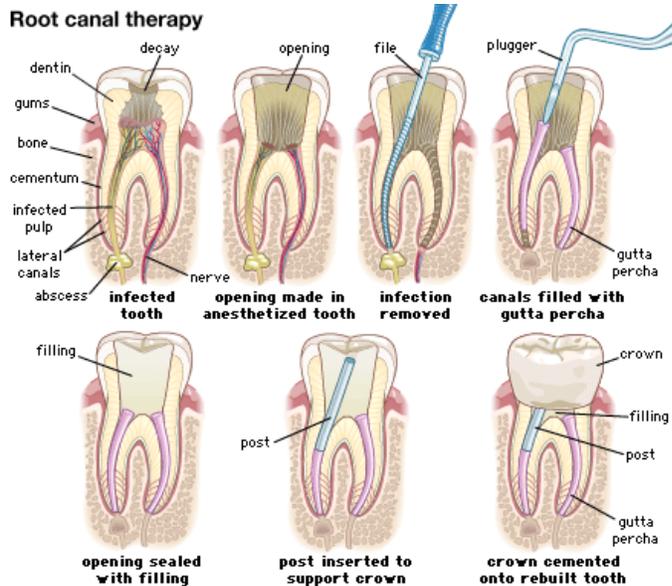
#### **What is a root canal?**

The term "root canal" is often colloquially used to refer to a surgical treatment. The root canal is actually part of the tooth anatomy:

"Underneath the enamel on the surface of the crown (the portion of the tooth visible above the gums) is bone-like tissue called dentin. Dental pulp (which contains nerves, arteries, veins, and lymph vessels) lies inside the dentin. The pulp extends from a pulp chamber in the crown of the tooth to the tip of the root. This is the root canal. Although teeth can have more than one root (molars, for example, have two or three roots with canals in each root), all teeth have only one pulp chamber.

When the pulp is injured or diseased, your body will try to repair and heal it; if it can't, the pulp dies. This usually happens when bacteria invade the pulp chamber, either through a fractured tooth or a deep cavity, which can expose the pulp to the bacteria found in your own saliva. Supporting bone surrounding the tooth can be compromised or destroyed."\*

Conventional root canal therapy involves “drilling out the affected nerve and removing the pulp from the tooth. The pulp chamber and root canal(s) of the tooth are cleaned, sterilized, and sealed to prevent re-contamination.” \* The outward appearance of the tooth is retained, but it will no longer be able to sense heat, cold or pain.



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### Controversy of Procedures

Ideally, root canal therapy would completely seal all of the canals associated with the affected tooth. Dr. Josef M. Issels, M.D., famous German alternative oncologist, was outspoken about his findings relating to conventional dentistry, such as root canal therapy, and chronic tooth problems. His wife, Ilse Marie, further discusses subsequent dental problems in her article, “Chronic Dental Infections and Toxicity, An Overview by Ilse Marie Issels, 2001.” \*\* In summary:

In a desire to preserve as many teeth as possible, both to maintain health and looks, “attempts are made to save teeth that are in fact lost.” “There is a widespread conviction that the sterile evacuation of the pulp of

the root canal of the tooth followed by the refilling of the root canal is possible without any health risk. However, the dentinal canal does not end in just one opening that can be sealed. Instead, it resembles a tree in just one opening that can be sealed. Instead, it resembles a tree with many branches that penetrate the tooth’s body in all directions.” \*\* This and other articles point out several problems with complete effectiveness of conventional root canal therapy, as described above.

✈ The structure of the root canal prevents full elimination of dead pulp tissue and sterilization. Once the nerve is drilled out, there are still miles of microscopic tubules left. Filling of all capillary canals is impossible.

✈ The root canal procedure seals the tooth. Bacteria in the tubules that are left continue to survive. These microbes produce toxins but can no longer be drained into the mouth. The toxins must therefore be drained into the marrow of the jawbone, and from there flow to the tonsils and, consequently, throughout the body, reaching all cells and organs.

✈ “The most dangerous of the toxins found in root canal treated teeth are the thio-ethers which are closely related to mustard gas and other poisonous gases.” \*\*

Thio-ether toxins are fat soluble, concentrating in the lipid part of cells. They are very resistant to oxidation and may remain in the tissues for a long time because they are slow to detoxify. Effects can result in difficulty of cells to make energy; the toxins can block aerobic metabolism and force cells to rely on fermentation as a means of energy production, which causes the body to become more acidic. This snowballs into other potential health complications, including excess of minerals, such as calcium. Calcium deposits may be

witnessed as tartar on the teeth, buildup in the arteries, or x-rayed in cancer cells.\*

These toxic substances that seep out of root canal filled teeth can damage enzymes vital to body cell function. The resulting dysfunction of regulatory and defense mechanisms can cause immune disorders, as well as chronic degenerative diseases, such as cancer.\*\*

As a footnote, chemical imbalances can also be attributed to reactions to toxic substances in the mouth, such as amalgam fillings. But that is another topic.

### **What are alternatives to conventional root canal therapy?**

Because of the risk of toxins damaging the immune system and bodily tissues, which can weaken it to a multitude of disease and disorder including cancer, holistic practitioners suggest a number of safe alternatives:

 Healthy diet and preventative cleaning measures are the first and foremost method of *avoiding* dental bacterial problems.

 Extraction of the tooth and thorough cleaning of the infected socket is a recommended alternative

**"Every dis-ease known to humans is created in our digestion system" ~ Dr. Harold Dick, N.D.**



## **NEW RECIPES**

 The ingredients in each recipe are coded for food intolerance items.  
 WE INVITE YOU TO SHARE YOUR SUGGESTIONS, RECIPES, COMMENTS AND CONCERNS. Please go to [The Forum](http://www.songofhealth.com/forum) and post in the Recipes section, or contact us at [manager@songofhealth.com](mailto:manager@songofhealth.com).

- ~ Always use organic products whenever possible.
- ~ We recommend you use Celtic sea salt, which is Neutral and pure.

to root canal filling. Granted, it is not favored for cosmetic reasons; however, at this point the tooth is no longer "alive" and serves no other purpose.

 "Injections next to the tooth with German isopathic remedies, procaine, homeopathics or ozone can sometimes save an infected tooth." \*

 If a root canal is still chosen as the method of treatment, there are compounds that can be used but are not considered conventional protocol, in place of toxic compounds.

So, once again we are taught that the body is a working machine with all parts connected. Given the proper environment and care, its immune system will afford it to heal naturally, albeit sometimes with a naturally-derived medicinal boost. Block the natural function of the body to address an "ow-ee", the result can become a more serious issue as the dis-ease travels deeper into the system.

*To All My Relations, Sandra*

References:

\* <http://www.notdoctors.com/cavdoc9.html>

\*\* <http://issels.com/publications/Dental.aspx>

✦ See the [Food Substitutions List](#) for easy alternatives to adapting your favorite recipes.

### KEY FOR CODES

|   |       |  |    |           |
|---|-------|--|----|-----------|
| D | Dairy |  | Ms | Mine Salt |
| E | Egg   |  | P  | Potato    |
| F | Fruit |  | Sf | Seafood   |
| G | Grain |  | Ss | Sea Salt  |
| H | Honey |  | S  | Sugar     |
| M | Meat  |  | Sy | Soy       |

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

## COOKIES

### SPICE COOKIES WITH APPLE JUICE

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

| FOOD CATEGORY | INGREDIENTS                             |
|---------------|-----------------------------------------|
| E             | 1 egg                                   |
| F             | ½ cup apple juice (no sugar added)      |
|               | ½ cup oil (peanut or safflower is best) |
|               | ¼ cup maple syrup                       |
|               | 1 tsp. baking soda                      |
|               | ½ tsp. ground Celtic salt               |
|               | ½ tsp. whole cloves, fresh ground       |
|               | 1 tsp. fresh ground cinnamon            |
| G             | 2 cups whole white wheat flour          |
| F             | 1 cup raisins                           |
|               | ½ cup nuts, chopped                     |

**Pre-heat oven to 425 degrees.**

Using a whisk, beat egg with the apple juice.

Add the oil, maple syrup and baking soda; mix well.

With a mortar and pestle smash cloves with salt until powdered.

Add to mixture along with cinnamon.

Stir in flour until mixed well, being careful not to overbeat.

Stir in raisins and nuts.

Arrange by tablespoonfuls on a greased cookie sheet.

Bake until lightly browned, about 10 minutes.



*Yield: Approximately 16 cookies.*

**Reminder:** Store bought ground cloves almost always evaluate positive for fruit, while whole cloves do not.

## CUSTARDS AND PUDDINGS

### RICE CUSTARD

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

| FOOD CATEGORY | INGREDIENTS                           |
|---------------|---------------------------------------|
| E             | 2 egg yolks                           |
| H             | ¼ cup honey                           |
|               | ¼ cup maple syrup                     |
|               | 1/8 tsp. salt                         |
| E             | 2 egg whites                          |
| D             | 2 cups milk                           |
| G             | 1 cup brown rice, cooked until soft   |
| F             | 1/8 tsp. grated lemon rind (Optional) |
|               | ½ tsp. vanilla                        |
| F             | ½ cup raisins (Optional)              |

Beat egg yolks with honey, maple syrup and salt until smooth.

In a separate bowl, beat egg whites until stiff.

Place milk and rice in a saucepan. Heat on medium, stirring constantly to keep from burning. (Or heat in a double boiler.)

Remove from heat. Slowly stir in to the egg mixture.

Pour back into saucepan. Cook until thick, stirring to keep from burning.

Stir in vanilla and raisins.

Remove from heat and carefully fold in stiff egg whites.

Serve warm or cold.



*Yield: 4-6 servings.*

**Reminder:** Vanilla may evaluate positive for a food intolerance category, depending on what it is made with, i.e., glycerine-based or alcohol-based.

## MAIN DISHES

### MANGO HONEY BUTTER SALSA (FOR SEAFOOD)

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

| FOOD CATEGORY | INGREDIENTS                      |
|---------------|----------------------------------|
| F             | 1 mango*                         |
|               | 1 clove garlic                   |
|               | 1 Tbsp. cilantro, finely chopped |
| D             | 2 Tbsp. butter                   |
| H             | 2 Tbsp. honey                    |

Cut washed mango in ½ inch pieces. Set aside.

Mince the garlic, then press down on it with the side of the knife.

Prepare the cilantro.

Melt butter on medium high in a skillet. Skim the fat solids off the top, leaving just the oil.

Add garlic and cilantro, stir just until coated.

Add mango pieces, stir to mix evenly, sauté until garlic is soft and golden.

Turn burner off, and immediately stir in honey.

Continue to stir until everything is mixed well and honey forms a glaze.

Immediately pour over seafood.

*Yield: Enough for 1 lb. seafood.*

**\*Substitution Suggestion:** Substitute cantaloupe, which is “neutral”, for the mango.

*Shown: Sautéed Gulf Prawns dusted in rice flour, Pan-fried Dover Sole dusted in rice flour and corn meal, served with Mango Honey Butter Salsa. Garnished with Cilantro*



## PAN GRILLED ROCK SHRIMP WITH HONEY GLAZED WALNUTS

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

*This recipe was inspired by the famous Chinese dish Shrimp With Honey Glazed Walnuts. I needed a dish to take to a pot luck anniversary party. It was to be eaten cold, so I didn't want to flour and fry the shrimp. Several food intolerances needed to be avoided, as well, so I didn't want to use some of the ingredients traditionally used in the original dish. There was a good buy on rock shrimp that day. Hence, this dish...*

### FOOD CATEGORY    **INGREDIENTS**

|           |                                                             |
|-----------|-------------------------------------------------------------|
| <b>Sf</b> | <b>2 lb. cleaned rock shrimp</b>                            |
| <b>G</b>  | <b>½-¾ cup Eden brand Rice Mirin (rice cooking "wine")*</b> |
| <b>G</b>  | <b>few drops Eden Hot Sesame Oil (or to taste)</b>          |
|           | <b>2 cups (organic, if possible) walnuts</b>                |
|           | <b>1 quart water for first boil</b>                         |
|           | <b>1-1½ cups water for second boil</b>                      |
| <b>H</b>  | <b>1 cup honey</b>                                          |
|           | <b>1/8 tsp. Celtic salt</b>                                 |
|           | <b>1 cup Safflower oil or enough to deep fry walnuts</b>    |
|           | <b>2 cups shredded cabbage or enough to cover platter.</b>  |

In a bowl, mix shrimp with the rice Mirin and sesame oil. Place marinated shrimp in refrigerator until ready to use.

Place walnuts in cooking pot with 1 quart of water and bring to a boil for 5 minutes.

Drain and rinse. If skins are loose, remove.

Return walnuts to pot and add the 1-1½ cups of the water with honey and salt. Bring to a boil. Cook until walnuts are soft, about 10 minutes. (Hint: Stir and watch to make sure the sauce doesn't boil over.)

Remove walnuts from sauce and place on a cookie sheet to dry a little bit.

Spread the shredded cabbage on serving platter to prepare for serving.

Heat oil to high (or 350 degrees) in a skillet and deep fry walnuts, just until barely shiny and lightly brown (a little more than golden).

Remove from oil and drain grease. Set aside.

Take the shrimp out. If desired, very sparingly sprinkle with crushed Celtic salt. Turn shrimp so that it is all coated evenly.

Rub a large wok or cast iron skillet with just enough oil to keep the shrimp from sticking/burning. Turn burner on high.

Place just enough shrimp in at a time to cook evenly, along with some of the marinade, turning to keep from burning. The marinade will bubble up.

Immediately remove from skillet and place on serving platter over cabbage. Repeat until all the shrimp and marinade are cooked.

Turn burner off. Add the walnuts and stir quickly, just enough to coat them in the bubbled marinade.

Toss walnuts over shrimp.

Garnish with cilantro and parsley sprigs.

*Serving suggestion:* Serve with steamed brown Basmati rice.

*Yield:* 8 servings.

\* Eden brand Rice Mirin is fermented but does not contain alcohol.

*Shown: Pan Grilled Rock Shrimp  
With Honey Glazed Walnuts,  
Garnished with Cilantro and  
Parsley*



Remember to: REFER TO THE [FOOD RESOURCE LIST](#) FOR HIDDEN INGREDIENTS AND THE [FOOD SUBSTITUTIONS LIST](#) FOR ALTERNATIVE INGREDIENTS.

### PAN FRIED DOVER SOLE WITH MANGO HAZELNUT SAUCE

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

| FOOD CATEGORY | INGREDIENTS                                                                                                                                                                                                          |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sf            | 1 lb. Dover sole fillets                                                                                                                                                                                             |
| G             | ¼ cup or enough rice flour to dust fish fillets (optional)<br>¼ cup oil, for frying fish<br>2 dashes ground exotic pepper mix (includes coriander, red and white peppercorns)<br>1/8 or less tsp. ground Celtic salt |
| F             | 1 mango<br>½ cup hazelnuts, chopped                                                                                                                                                                                  |
| F             | ½ tsp. grated rind of fresh lemon                                                                                                                                                                                    |
| D or N        | 1 Tbsp. butter or oil                                                                                                                                                                                                |
| H             | 2 Tbsp. honey                                                                                                                                                                                                        |

Clean and prepare the fish fillets.

Place rice flour in a paper sack, then add fish one at a time. Shake to coat. Set aside.

Leaving the skin on, cut washed mango from the seed. Coarsely chop.

In large skillet, heat oil on medium high.

When oil is hot, add fish.

Quickly sprinkle pepper mix over fish.

Fry fish for 1 minute, until barely golden.

Turn. Sprinkle with the salt. Fry 1 minute.

Remove immediately to serving platter. Cover with cotton towel to keep warm, if desired.

Heat the butter or oil in a saucepan on high. (DON'T WALK AWAY!) When the butter is melted, clarify by skimming off the fat solids.

Add the chopped mango and nuts, and grated lemon rind and stir well. Turn off heat but keep saucepan on burner.

Stir in the honey, letting it all sizzle together for about 30 seconds, stirring to cook evenly.

Remove from burner, pour over fish.

Serve immediately.

*Yield: 2-3 servings.*



Shown: Pan Fried Dover Sole with Mango Hazelnut Sauce, served with Steamed Broccoli and Sourdough Roll

## PIZZA PIE

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

| FOOD CATEGORY | INGREDIENTS                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| G, E or Sy    | ½ recipe <u>BISQUIT/PIZZA DOUGH/CINNAMON ROLLS</u> (If using egg, use 1 whole egg)<br>SAUCE:<br>¼ cup oil<br>¼ cup onions, diced<br>2 cloves garlic, finely diced or pressed<br>4 oz. (1/2 cup) tomato paste<br>8 oz. (1 cup) diced tomatoes, fresh cooked or canned<br>2 Tbsp. sweet basil<br>1 Tbsp. oregano<br>1 Tbsp. rosemary<br>1 tsp. crushed fennel seed<br>1/8 tsp. or less cayenne (depending on taste)<br>1/8 tsp. ground Celtic salt |
| H or F        | 1 tsp. honey or apple juice                                                                                                                                                                                                                                                                                                                                                                                                                      |
| G             | 1 tsp. rice mirin (optional)                                                                                                                                                                                                                                                                                                                                                                                                                     |
| D             | TOPPINGS:<br>2 cups white cheese<br>Your choice of vegetables, meat, seafood, fruit, nuts!                                                                                                                                                                                                                                                                                                                                                       |
| G             | 1 tsp. sesame seeds (optional)                                                                                                                                                                                                                                                                                                                                                                                                                   |

### PIZZA CRUST:

Prepare pizza dough. Roll out to 1/8 inch thick.

Place dough in large pie dish, adjusting to fit evenly and flat on bottom.

Pinch edges like a pie crust, then push pointy tips down a bit. This will keep it from burning and tasting tough.

### PIZZA SAUCE:

Heat oil in a saucepan on medium high.

Add onions and garlic. Sauté, stirring for ½ minute.

Turn heat down to medium.

Stir in tomato paste, mixing evenly.

Stir in diced tomatoes, spices and salt. Simmer for 5 minutes, stirring occasionally to keep from burning.

Stir in honey or apple juice. Cook 1 minute.

Stir in rice mirin if using.

Remove from heat and let set for 5 minutes or until toppings are prepared and you are ready to put pizza pie together.

### PREPARE TOPPINGS:

*Vegetarian toppings:* Chop or slice what is to be used, such as onions, mushrooms, red peppers, romaine or spinach, leeks, chives, olives (F), pineapple (F), pine nuts, feta or parmesan cheese (D), etc.

*Meat toppings:* Quickly sauté or bake any uncooked ground meat to at least 3/4 done.

Chop or slice cooked non-ground meat.

*Seafood toppings:* Use cooked or canned choices.

*To prepare bay scallops as shown in picture:*

Marinate ½ lb. scallops in ¼ cup lime juice (F) with 1 Tbsp. chopped fresh cilantro.

Refrigerate for at least 30 minutes.

In a small saucepan boil 1 cup water. Add scallops with the lime juice and cilantro. Boil for no more than 1 minute. (Overcooking will make scallops tough.)

Immediately strain scallops and add to pizza.

### PUTTING PIZZA PIE TOGETHER:

**PRE-HEAT OVEN TO 375 DEGREES.**

- 1) Spread pizza sauce over crust. It's ok to pour remaining sauce in pie dish. It makes a thick pie.
- 2) Sprinkle 1 cup of the cheese over sauce.
- 3) Add ingredients, 1 at a time to make layers.
- 4) Sprinkle remaining cheese over the top.
- 5) Sprinkle sesame seeds over the top, if desired.

Bake for 20 minutes, or until bubbling hot and crust is finished. Pizza should be golden brown on top.

*Yield: 4-6 servings, depending on amount of toppings.*

**REMEMBER TO REFER TO THE FOOD SUBSTITUTIONS LIST FOR ALTERNATIVES THAT WILL WORK FOR YOU.**



< *At left:* Pizza pie before baking  
*At right:* Pizza pie finished >

*Toppings shown:* cheese, romaine,  
mushrooms, bay scallops,  
sesame seeds



**Reminder:** Many canned tomato products contain citric acid (F).

## SOUPS AND SOUP GARNISHES

### CREAM OF BROCCOLI AND MUSHROOM CHEESE SOUP

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

| FOOD CATEGORY | INGREDIENTS                               |
|---------------|-------------------------------------------|
|               | 2 cups fresh broccoli, finely chopped     |
|               | 2 cups fresh mushrooms, sliced or chopped |
|               | ¼ cup onion or leek, diced                |
|               | 1 large clove garlic, diced or pressed    |
| D or N        | 2 Tbsp. butter or oil                     |
| G             | 2 Tbsp. flour                             |
|               | 1 cup vegetable broth or water*           |
| D             | 1 cup milk*                               |
| D             | 1 cup white cheddar cheese, grated        |
|               | 1 Tbsp. fresh parsley, chopped            |

Prepare the broccoli, mushrooms, onion or leek, and garlic.  
Heat a large saucepan on medium.  
Melt butter and clarify by skimming fat solids that settle on top.  
Add broccoli, mushrooms, onion and garlic. Sauté until soft and onions are clear looking (not opaque but not brown).  
Stir in flour and mix well.  
Slowly add broth, constantly stirring. Cook until thick.  
Slowly add milk, then add cheese. Cook until cheese melts, stirring often to keep from burning on the bottom. Stir in parsley and serve.

*Yield: 2-3 servings.*



**\*Variation:** Use 1-1/2 cups broth and ½ cup half and half. Or, substitute nut milk for dairy.

## VEGETABLES

### To Steam:

Prepare vegetables by cutting into desired pieces.  
Fill steamer or double boiler with enough water to fill to 3 inches.  
Heat water to boiling.  
If using steamer, add vegetables on top of "rack." If using double boiler, place vegetables in top pot.  
Cook until barely tender. Be careful not to overcook, otherwise not only will nutrition be lost they will also discolor and not look very appetizing.  
Serve immediately.

## 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>A =</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 furnish where the product was purchased, whenever the information is available, in the newsletter. **(Most brand foods considered "natural" or organic products may be found at your local natural foods stores.)** We are not able to show the "Purchased At" column on the website, however. **IN MOST CASES THE PRODUCTS ARE AVAILABLE IN OTHER STORES ALSO.**

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 phone? I log on to Song of Health.com, The Food Resource List, as my shopping tool!

**FOOD RESOURCE LIST UPDATES**  
**MAY 2010**

| <b><u>FOOD EVALUATED</u></b>                                            | <b><u>DATE EVAL.</u></b> | <b><u>EVALUATED FOR</u></b> | <b><u>RESULTS</u></b> | <b><u>PURCHASED AT</u></b> |
|-------------------------------------------------------------------------|--------------------------|-----------------------------|-----------------------|----------------------------|
| <b><u>BAKING SUPPLIES:</u></b>                                          |                          |                             |                       |                            |
| Earth Circle Organic Carob Powder                                       | 04/10                    | ALL                         | G                     | Lorien's                   |
| Huck's Carob Powder, Bulk                                               | 04/10                    | ALL                         | N                     | Huckleberry's              |
| <b><u>BREAD:</u></b>                                                    |                          |                             |                       |                            |
| Nature Bake Spelt Bread                                                 | 04/10                    | D,E,F,G,P,S,Sy              | H,P,S                 | Fred Meyer                 |
| <b><u>CEREALS - COLD:</u></b>                                           |                          |                             |                       |                            |
| Nature's Path Kamut Puffs                                               | 04/10                    | F,G,S                       | G                     | Rosauers                   |
| <b><u>CHEESE:</u></b>                                                   |                          |                             |                       |                            |
| Tillamook Medium Cheddar                                                | 04/10                    | ALL                         | D,F,Ms,P              |                            |
| Tillamook Sharp Cheddar                                                 | 04/10                    | ALL                         | D,F,P                 |                            |
| <b><u>CHOCOLATE AND COCOA:</u></b>                                      |                          |                             |                       |                            |
| Sunspire All Natural Grain Sweetened Chocolate Chips                    | 04/10                    | ALL                         | D,F,G,P,Sy            | Huckleberry's              |
| Sunspire White Chocolate Chips                                          | 04/10                    | ALL                         | D,G,F,P,S,Sy          | Huckleberry's              |
| <b><u>COOKIES AND TREATS:</u></b>                                       |                          |                             |                       |                            |
| Kind Walnut Date Bar                                                    | 04/10                    | ALL                         | F,G,H,S,Sy            | Huckleberry's              |
| <b><u>FLOUR:</u></b>                                                    |                          |                             |                       |                            |
| Azure Organic Red Wheat Flour                                           | 04/10                    | ALL                         | F,G,P                 | Azure                      |
| Bob's Red Mill Teff                                                     | 04/10                    | ALL                         | N                     | Huckleberry's              |
| Pendleton Mills Morbread Flour                                          | 04/10                    | ALL                         | F,G,P                 | Cash N Carry               |
| <b><u>FRUIT AND BERRIES (Including Fruit Spreads &amp; Sauces):</u></b> |                          |                             |                       |                            |
| St. Dalfour Red Raspberry Jam                                           | 04/10                    | ALL                         | F                     | Huckleberry's              |
| <b><u>GRAINS:</u></b>                                                   |                          |                             |                       |                            |
| Lundberg Short Grain Brown Rice                                         | 04/10                    | ALL                         | F,G                   |                            |
| <b><u>HONEY:</u></b>                                                    |                          |                             |                       |                            |
| Montana Best Pure Honey                                                 | 04/10                    | ALL                         | H                     |                            |
| <b><u>MILK – NON-DAIRY:</u></b>                                         |                          |                             |                       |                            |
| Native Forest Organic Coconut Milk                                      | 04/10                    | D,E,F,G,P,S,Sy              | F                     | Huckleberry's              |
| Pacific Organic Unsweetened Original Soy Milk                           | 04/10                    | ALL                         | G,Sf,Sy               | Huckleberry's              |
| Silk Original Creamer                                                   | 04/10                    | D,E,F,G,P,S                 | D,F,G,P,S,Sf,Sy       |                            |
| <b><u>OILS:</u></b>                                                     |                          |                             |                       |                            |
| Barleans Evening Primrose Oil                                           | 04/10                    | D,F,G,P                     | F,G,M                 | Rosauers                   |
| Spectrum Canola Oil                                                     | 04/10                    | ALL                         | N                     |                            |

| <u>FOOD EVALUATED</u>                                                                                                                            | <u>DATE EVAL.</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u>   | <u>PURCHASED AT</u> |
|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|----------------------|------------------|---------------------|
| <b><u>PASTA:</u></b>                                                                                                                             |                   |                      |                  |                     |
| Gemelli Organic Garofalo Pasta                                                                                                                   | 04/10             | ALL                  | G                | Costco              |
| <b><u>TOILETRIES:</u></b>                                                                                                                        |                   |                      |                  |                     |
| Uncle Harry's Tooth Powder                                                                                                                       | 04/10             | ALL                  | D,F,Ss           | Internet            |
| <b><u>TOMATO PRODUCTS:</u></b>                                                                                                                   |                   |                      |                  |                     |
| Bionature Organic No Salt<br>Tomato Paste                                                                                                        | 04/10             | ALL                  | N                | Huck's, Yoke's      |
| S & W Organic Tomato Paste*                                                                                                                      | 04/10             | ALL                  | F (inconsistent) |                     |
| * This product was evaluated from 2 different batches, a week apart. The second batch resulted as neutral. Consider this product = inconsistent. |                   |                      |                  |                     |
| <b><u>YOGURT AND KEFIR:</u></b>                                                                                                                  |                   |                      |                  |                     |
| Straus Organic Plain Whole<br>Milk Yogurt                                                                                                        | 04/10             | E,P,S,Sy             | D,F              | Huckleberry's       |



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