



DRAGONFLY NEWS

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

MAY 2012



"Summer Mint" Soap

Photo by Sandra Strom

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

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

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

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

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

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

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

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

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

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

- ✈ By next month a new section will be added to Song of Health ~ **THE SOAP SECTION**. On this page will be all of the information and pictures of the fruit-free (and most other food intolerance-free)



soaps available to purchase, under the Song of Health label

. **Subscribers,**

you will receive \$1.00 off each bar of soap just by using the promo code available only to you!

ARE YOU SIGNED UP ON THE ALERT LIST YET?

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

WAYS TO SAVE \$\$ ON YOUR NEXT SUBSCRIPTION RENEWAL:

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Honor your friends and family with a subscription to SONG OF HEALTH.

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



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 reading about how our lives were dramatically changed, we can help others to step through the door toward wellness. **WE**

WOULD BE HONORED TO INCLUDE YOUR STORY about how you came to follow the Carroll Food Intolerance way of life. We reserve the right to edit for grammar and spelling correctness, however we will not change your story content.

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

Please email your contribution to manager@songofhealth.com.

Thank you for helping us to achieve our goal of reaching out to as many people as possible in

order to provide help, hope and answers. The more we give away, the more we receive!

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

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

QUESTIONS ASKED AND ANSWERED:

Questions Emailed to us:

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

From Adrienne M., April 27th:

Dear Sandra,

Just a note to say your efforts to produce a fruit-free soap are landing in Ithaca with a big HOORAY!

My partner, Joe, was diagnosed fruit intolerant by Dr. Joshua Green. No wonder Joe didn't like the intense fruit-based facial cleansing product I had purchased at our wonderful coop, Greenstar!

Since then we have both switched to Dr. Hauschka products which the store also carries. This is a great leap forward. But wouldn't it be terrific to have all our soaps fruit free?! We await developments from Song of Health.

And, by the way, thanks for making life possible after the diagnosis of food intolerance (potato). Reassure me that you are cloning yourself, Sandra. All is well.
Best wishes, *Adrienne M, Ithaca, NY*

From Adrienne, April 8th:

Dear Sandra,

I live in Ithaca, NY. At present I am staying with my daughter in Salem, OR, to support her recovery from a car accident. I'm taking on preparing healthy meals, for her and for MYSELF. (Taking care of the caregiver.)

What I am noticing is how far out I am in the forefront of knowing what to eat. Virtually no one around me has ever heard of "hidden" ingredients in our foods. Very bright people tell me cheerfully that they will cook wonderful meals for me by paying strict attention to the list of ingredients on the food package! People cannot conceive of Tillamook cheese containing potato! Well, now I can well conceive of it, although I am disappointed because I like Tillamook cheese.

Many people distrust what I am telling them. They want "proof" that I am not neurotic, I guess. They act like I have been talking to space aliens. I sail serenely on, knowing that when I stopped eating potato, and fruit and sugar together, my life got better. Sores on my scalp, chest and thigh disappeared. When I am not careful, they start growing again. Does anyone need any more proof?

Dr. Joshua Green discovered my food intolerances and he has been so very helpful in guiding me through this serious change in my life. He is always available to speak with when I get confused or discouraged. It was he who told me about your website.

At first I rebelled, saying, "I can read and I can cook and I don't need anyone's website." After a few months I became more coachable and I joined Song of Health with a big sigh of relief. I just hadn't understood what was happening to me. Now I want to thank you again for creating this unique website to support the multitudes who need it. Really, Dr. Green should have told me I HAD to sign up right away. Do I want to go under for the third time? You are a great lady and you are truly my friend.

It is Easter Sunday today. For a holiday meal I made that great classic that I discovered in one of the cookbooks in the house, Cook's Illustrated, The New Best Recipe, p.458. I haven't made it for a long time. Now I wonder if you would want to recommend it because it is delicious and it needs no flour.

I am speaking of Sautéed Pork tenderloin medallions with port, dried cherries and rosemary. The ingredients are pork

Samples From The Forum:

IMPORTANT NOTICE: At this time, due to work overload and shortage of time, our doctors are not able to answer your questions in the category

You all have been awfully quiet in The Forum...Remember to take advantage of this awesome opportunity, available only to Subscribers.

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

tenderloins sautéed in olive oil, then a sauce prepared of port wine, dried cherries, chicken broth and rosemary. It is so easy and so spectacular. I earned a new level of respect from Tom, my son-in-law! And I could enjoy the meal too (with brown rice, broiled asparagus, and salad).

I hope to hear soon that soap can be made with ingredients other than fruit (for Joe). For myself, I will continue to enjoy your reports and follow your food advice.

I am practicing to become a crone. You make me a wise old woman in the area of food intolerances, and I am pleased to speak about your work to everyone who is interested in learning about the subject. Someday what we are speaking of will be old hat and written up in the history books, accepted everywhere. Until then, you and your subscribers are leading the way to better health for all. Thank you for all you do.
Most sincerely, *Adrienne M*

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

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

## MAKE YOUR VOICE HEARD!



### FOOD LABEL QUIZ

#### CAN YOU GUESS THE FOOD CATEGORIES OF INGREDIENTS LISTED ON THIS LABEL?

The following list of ingredients is on a label from a product that is dated 12/11 in The Food Resource List:

**INGREDIENTS:** Cultured Part Skim Milk, Salt, Enzymes.

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

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

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



ANNOUNCEMENTS:

✈ **The first batches of food intolerance free soap will be available very soon!**

Because it is very difficult to find a natural, healthful soap that does not contain fruit derivatives, this was the catalyst that sparked this new extension into avoiding our food intolerances --- on all levels.

FINALLY ~ A natural fruit-free soap for our fruit intolerants!



Pictures below: The 1st test batches of fruit-free soap made with new formulas. Note the second picture top shelf, soap contains Shea butter, which evaluated positive for dairy (we don't know why).

Pictures were taken after a few days into the curing process. The faint cocoa butter scent is delicious! These batches should be ready in 30 days. I tested a piece, prematurely, and it is a wonderfully moisturizing soap. While cleaning off normal everyday dirt, including muddy garden soil, it left a nice silky feeling to my hands, and actually felt healing from the dryness caused by handling firewood and digging in the dirt. And it is completely free of scent on the skin.

Note: All the essential oils used in the soaps are steam distilled, completely natural; the powders used to color some of the bars are natural herb and root powders. All ingredients are naturally derived, with minimal refinement and processing. The sweet almond oil is cold-pressed. These batches of soap are made with unrefined cocoa butter (and unrefined Shea butter when used). And the packaging is all eco-friendly. The soaps that are not made with Shea butter are 100% Vegan safe. You will often see other soap products labeled as "Vegan" that contain Shea butter. I have all the ingredients evaluated by our doctors to determine if there are any hidden ingredients. For our purposes, in accordance with the Carroll Evaluation methods, I cannot in good conscience claim the soaps with Shea butter are 100% Vegan safe.

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|  |  |  |  |
| <p><u>"CARROT CAKE
RIPPLE"</u>
Made with carrot juice, black walnut hull powder for swirl color. <u>Food intolerance free, all categories.</u></p> | <p><u>"UNSCENTED"</u>
<u>Top shelf</u>, batch contains Shea butter, which evaluated positive for dairy, the only food intolerance present. <u>Lower shelf</u>, does not contain Shea butter. <u>Food intolerance free, all categories.</u></p> | <p><u>"LAVENDER ANNIE"</u>
Softly scented with essential oils of true lavender and anise. Just a hint ~ of relaxing and soothing lavender with the quiet awakening aromatherapy of anise, colored with natural woad and madder root powders ~ this soap is <u>Food intolerance free, all categories.</u></p> | <p><u>CALYPSO BAY</u>
Women, you'll enjoy this soap too, even though it is scented to please the men, yet mild enough for children. Close your eyes and let the essential oils of Bay (Rum), with hints of lemongrass and clove bud, transport you to an island of Calypso paradise. Madder root powder added for color. <u>Contains 1% Shea Butter (dairy).</u></p> |

✂ **The following important announcement was emailed to me;** it is from SumOfUs.org:

"AGENT ORANGE COMING BACK FROM THE DEAD"

In two days, the USDA will decide whether to allow Dow to introduce corn resistant to one half of the chemical mixture Agent Orange into our food supply. Wide scale use of Roundup has led to a new generation of resistant weeds, and the next step in the pesticide arms race is 2,4-D -- a chemical linked to cancer, Parkinson's and reproductive problems.

Farmers that sign up to use genetically-engineered 2,4-D-resistant corn will be required to spray down their fields with both 2,4-D *and* Roundup, double-dosing our food, our soil and our waterways with the toxins. Some experts estimate this will increase the use of 2,4-D 50-fold, even though the EPA says the chemical is already our seventh-largest source of dioxins -- **nasty, highly toxic chemicals that bioaccumulate as they move up the food chain and cause cancer, developmental damage, and birth defects.**

We can stop this. The use of 2,4-D is banned entirely in parts of Canada and Europe. Already, nearly 100,000 SumOfUs.org members have signed our comments to the US Department of Agriculture, demanding they not to approve Dow's new 2,4-D- resistant corn. If approved, it could lead to widespread industrial use of the toxic herbicide.

If you choose, you can [add your name to help us get over 100,000 signatures on our letter to the USDA urging them to deny approval for Dow's 2,4-D-resistant GMO corn.](#)

This is part of a growing problem, an escalating herbicide war going on across America's heartland. From 1996 to 2008, herbicide usage increased by 383 million pounds. Nearly half of this took place between 2007 and 2008 after the introduction of another strain of herbicide-resistant plant pushed by Dow. Like Roundup before it, 2,4-D is only a temporary solution that will require more and more tons of toxins and more and more potent chemicals leaching into our food supply.

2,4-D is nasty stuff and has been linked to a number of health problems, such as tripling the rates of non-Hodgkin's lymphoma in Nebraska farm workers exposed to it and causing reproductive problems -- birth defects and high rates of miscarriage -- in both mice and men exposed to it in the lab and field.

[Tell the USDA - we don't want Dow's toxic pesticide.](#)

-Kaytee, Claiborne Taren and the rest of the team



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

ENVIRONMENTAL UPDATES FROM THE U.S. EPA

I am subscribed to receive updates to environmental and health policies from the Environmental Protection Agency. Each month I

will select those I feel are pertinent to share with you, and bring to your attention. Sandra

April 13, 2012

EPA Proposes Rule to Require Electronic Reporting for Chemical Information

WASHINGTON — The U.S. Environmental Protection Agency (EPA) has announced a proposed rule to require electronic reporting for certain information submitted to the agency under the Toxic Substances Control Act (TSCA). The action is an important milestone in the agency's effort to increase transparency and public access to chemical information in order to help Americans protect their health and environment. Electronic reporting will increase the speed with which EPA can make information publicly available, increase accuracy, and provide the public with quick and easier access to chemical information.

"Administrator Lisa P. Jackson is committed to strengthening EPA's chemicals management program and increasing the public's access to chemical information," said Jim Jones, acting assistant administrator for EPA's Office of Chemical Safety and Pollution Prevention. "The agency is also committed to reducing reporting burdens and paper-based reporting in favor of electronic reporting. These measures will streamline the reporting process and reduce the administrative costs."

Today's proposed rule would require electronic reporting rather than paper-based reporting for various TSCA actions including submission of information relating to chemical testing, health and safety studies, and other information. When final, EPA will only accept data, reports, and other information submitted through EPA's Central Data Exchange, a centralized portal that enables streamlined, electronic submission of data via the Internet. The agency will be soliciting comments on this proposed rule for 60 days.

Over the coming months, the agency will offer a number of opportunities for potential users to become familiar with the new requirements. These opportunities will include an initial webinar to introduce the web-based electronic reporting tool, follow-up webinars and testing of specific applications, and opportunities for submitters and others to provide feedback to the agency on their experiences using the tool before its release.

For more information on the proposed rule: <http://www.epa.gov/oppt/chemtest/>

For more information on OPPT's increasing transparency efforts: <http://www.epa.gov/oppt/existingchemicals/pubs/transparency.html>

ARTICLE:

Monsanto's Foxes, Pink Slime, and Mad Cow

The following is an excerpt from the newsletter "Organic Bytes" by Organic Consumers Association. Dr. Tish emailed it to me and we felt it worth sharing:



Monsanto's Foxes Guarding the Hen House

In 2009, President Obama appointed the infamous Michael Taylor, a former Monsanto lawyer-lobbyist, as Food Safety Czar in the FDA (Food & Drug Administration), and Tom Vilsack, Iowa's former Biotech Governor of the Year (an award from the industry organization representing Monsanto and the other genetic engineering companies), as

Secretary of the US Department of Agriculture.

What are some of the consequences of having Monsanto's foxes guarding our food safety hen house? The following alerts are a couple of examples of Taylor & Vilsack's worst crimes, followed by an action link to put pressure on President Obama to drop these guys before the 2012 election.

No Labels or Safety-Testing of Frankenfoods

May 26 will mark 20 years since the FDA decided, at the behest of the biotech industry and corporate agribusiness, and under the leadership of Michael Taylor, to keep Americans in the dark about whether our food has been genetically engineered or not. Thanks to Michael Taylor, genetically engineered foods don't have to be safety tested or labeled, and the Food & Drug Administration conducts no premarket review or approval, as long as Monsanto and their fellow chemical pushers (Dow, Dupont, Syngenta, BASF) conclude that the genetically engineered food is not "materially different" from normal food.

Twenty years later, Michael Taylor's FDA has rubber-stamped Dow's conclusion that their Agent Orange Corn (genetically engineered to resistant massive doses of the herbicide 2,4-D used in Agent Orange) is comparable to normal corn.

Tom Vilsack's USDA is ready to give Agent Orange Corn final approval. Soon, we'll be eating unlabeled corn engineered with genes from a soil bacterium that isn't killed by 2,4-D herbicide - something we've never eaten before, and that's never been safety tested.

2,4-D is currently the 7th largest source of dioxin pollution in the US and is toxic to the eye, thyroid, kidney, adrenals, ovaries/testes, and neurological system. Agent Orange Corn is projected to increase 2,4-D use 50 times over.

Pink Slime

The filler found in 70% of (non-organic) hamburger meat, dubbed "pink slime," a "high-risk product" and an "economic fraud" by USDA scientists, is a mixture of leftover dog-food-grade beef scraps and ammonia. Pink slime beef is regularly served up in U.S. school cafeterias and restaurants, and promoted as "lean finely textured beef" in U.S. supermarkets.



Fatty beef trimmings, which are especially susceptible to E. coli and salmonella contamination, were thought to be made safer when doused with ammonia, but those pathogens have been found in "pink slime."

Three quarters of Americans are concerned about pink slime and more than half have changed their eating habits as a result, but Taylor's FDA and Vilsack's USDA are doing everything they can to keep pink slime in the food supply unlabeled.

Force-Feeding Hormones and Antibiotics to Animals: A Biological Time Bomb

As a Monsanto lawyer, Michael Taylor wrote a memo outlining the strategy Monsanto would use to sue farmers who wanted to advertise the fact that they didn't use Monsanto's genetically engineered growth hormone by labeling their milk as "rBGH-free." Later, as an FDA regulator, he

pushed Monsanto's rBGH through an approval process he created and crafted a policy that requires hormone-free dairy farmers to put a disclaimer on their product noting that, according to the FDA, there's no difference between natural milk and milk produced with the use of rBGH.

One of the many problems caused by the use of rBGH is that when cows are artificially forced to over-produce milk, their udders swell and become infected with mastitis, requiring farmers to employ a wide variety of antibiotics (many of which are rarely tested for in milk) in an attempt to control the infections. The General Accounting office warned the FDA in 1993 not to approve rBGH for this very reason - fearing increased antibiotic residues in rBGH-derived milk and dairy products.

A far larger problem than antibiotic residues in milk however is the routine lacing of antibiotics (80% of all antibiotics in the U.S. are given to animals to make them grow faster, not to humans to make them recover from infections or disease) in animal feed on America's factory farms. This force-feeding of antibiotics in industrial agriculture **(banned on organic farms and all farms in the EU)**, combined with doctors' over-prescribing antibiotics to their human patients, has turned into a major public health issue, with animal and human pathogens steadily developing resistance to antibiotics.

Since 1993, when rBGH was approved, and more importantly when the feeding of antibiotics to animals on factory farms skyrocketed, the number of people dying from infections acquired in hospitals in the United States jumped from 13,000 to 100,000 per year. Faced with this massive,

but reversible, public health crisis, the FDA has done absolutely nothing.

Vilsack and Taylor Must Go!

When it's laid out, the case against Michael Taylor and Tom Vilsack is overwhelming. These minions of Monsanto should not be in charge of our food supply!

Mad Cow USA

The deadly prions that carry Mad Cow disease certainly aren't killed by ammonia or cooking, and there's scientific evidence that all cattle tissue can harbor Mad Cow Disease (BSE), not just the so-called "specified risk material" (brains, spinal column tissue, etc.) banned from the human food supply. This week, the USDA admitted that they had detected a case of Mad Cow Disease in the US for the first time since 2006. We suspect there are many other USA Mad Cows confined in feedlots and factory scale dairies. It is important to remember that **there has never been a single case of Mad Cow Disease in an animal raised its entire life on an organic farm or ranch.** Why? Because organic standards prohibit the routine Big Ag practice of feeding blood, manure, and slaughterhouse waste to cattle and other animals.

OCA agrees with the statement made by Dr. Michael Hansen of the Consumers Union on April 24:

"Consumers Union is seriously concerned by the announcement today of a new case of mad cow disease in a cow from Central California. This raises three important questions about the safety of US beef."

"First, the USDA testing program for mad cow disease is way too small..."

"Second, detection of BSE is needlessly hindered by the fact that USDA prohibits private companies from testing their own beef..."

"Third, the ruminant to ruminant feed ban in the US to prevent spread of mad cow disease

is inadequate..."

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*.

SMELLS LIKE FRUIT, BUT IT'S NOT By Sandra Strom, CEO of Song of Health

For those of you who do not have fruit intolerance, nor does any member of your family, nor do any of your friends, you might think...there is little to no value for you in the following discussion of what is fruit/no fruit. I can assure you that everyone can benefit from, and will enjoy the magical world of fruity-smelling non-fruit plants!

Fruit intolerance and fruit combinations are some of the most common of the known intolerances. So, when I focus on fruit intolerance issues, it is not that I'm slighting the others; it's just that fruit is a very difficult intolerance to get around. Why, fruit is even considered important in the Food Pyramid! (Another difference between the mainstream and our path of wellness.) Fruit derivatives are in most cleaning products and toiletries...citric acid being a biggy.

Nature has blessed us with numerous plants that have fragrant fruit-like bouquets, and that are generally safe for everyone. Here are just a few that are relatively easy to find, grow, and use.

NOTE OF IMPORTANCE: Remember that all herbs are medicinal and can have adverse effects as well as beneficial qualities. If you are considering an herb for medicinal use, it is always wise to consult your physician before use, especially if you have a medical condition and/or are on medications. These descriptions are only meant to open a door for you to these amazing plants. There has been much extensive writing on all of them that are easy to locate, if interested.



Lemon Balm (*Melissa officinalis*): A perennial herb in the mint family *Lamiaceae*, lemon balm has a gentle scent. Although it is native to southern Europe and the Mediterranean region, it adapts beautifully in the western hemisphere. I personally have a lemon balm plant that thinks it has rights to every inch in the flower bed, and I'm constantly pulling starts and using their bounty in cooking, beverages, and as a powder in soap making. It also makes a wonderful addition to potpourri and sachets.

Medicinal uses of lemon balm ~

- ✚ Bearing the reputation of claiming antibacterial and antiviral properties, hot lemon balm tea can help in relieving cold and flu symptoms by bringing on a sweat. The tea has also been touted to relieve stress, exhibiting a calming and tranquil effect.
- ✚ The leaves may be used as a mosquito repellent by crushing the fresh leaves and rubbing them on the skin.
- ✚ The essential oil has been used as a remedy for insect bites; it is used in aromatherapy for a number of issues, including relief of stress.

Culinary uses ~

- ✚ Imparting a slight lemon flavor and substantial lemon-like fragrance, lemon balm is delightful used as a

fresh or dried herb in cooking as a citrus substitute. If you have your own plants, pick fresh leaves and finely chop them, or use dried and crushed leaves. As with all herbs, they are the most fragrant and tasteful when used fresh.

- ✂ Flavor fish; make a fruit-free pesto (see the Recipes section); add to homemade sausage as a natural preservative; make a refreshing hot or cold beverage.
- ✂ Place chicken or fish on a bed of fresh lemon balm leaves before cooking to impart flavor.
- ✂ Add to salads for a little "zing."
- ✂ Combine with other herbs, such as spearmint, for a wonderfully refreshing herbal tea.
- ✂ Experiment with lemon balm in your baking and cooking recipes. I suggest you go easy with it to begin, as you can always add more as desired. Try it in custards and cakes!



Lemon Thyme (*Thymus*

citriodorus): A species of the herb Thyme in the genus *Thymus*, lemon thyme is a hybrid of European garden origin. Best known for its culinary use, it also possesses medicinal properties, and it is a beautiful addition to the herb garden. Mine is years old, living in a pot on the patio. It not only survives the harsh winters, it keeps its sweet lemony leaves all year round. It creates a beautiful ground cover, too.

Medicinal uses of lemon thyme ~

- ✂ Although lemon thyme is a wonderful culinary herb, its tea is also believed to aid in soothing sore throat and cough.
- ✂ Used daily in food, it is touted to aid in digestion and to boost the immune system.

- ✂ In aromatherapy, the essential oil is used to aid in respiratory ailments.
- ✂ It is rich in thymol, an anti-fungal; it has been used in foot treatments to relieve symptoms of athlete's foot and eczema.

Culinary uses ~

- ✂ Lemon thyme smells and tastes like lemon, so it can be used in most any cooking recipe that calls for lemon juice, lemon zest, or lemon flavoring.
- ✂ It is a superb marinade or other flavoring for fish or chicken, vegetables and salads. The aromatic leaves (I use the flowers too) are best used fresh, though they can also be dried and used. I love to chop the fresh leaves and sprinkle them over any dish that calls for the pungency of citrus, and add them to vegetables while steaming or roasting, especially summer squash and green beans.

Although not as readily found, there are also the hybrid plants lime thyme and orange thyme.

More fruit-fragrant, non-fruit plants:

I won't go into descriptions and uses of the other plants, as the culinary uses are similar; the medicinal properties are often different. I believe we are mostly interested in culinary use anyway, finding a way to capture flavor and aroma of these exciting herbs. Here are a few more that may interest you in pursuing and adding to your garden and kitchen:

Lemon Basil, Lemon Verbena, Lemongrass, Lemon Mint, and Pineapple Sage.



Dover Sole
 flavored with
 Lemon thyme and
 Pineapple Sage;
 Lima Beans & Corn
 with Lemon Balm

When you walk past them and their fragrance is exuded, or you rub your hands on them to impart their oils and the aroma is delightful, you'll be satisfied that you included them in your daily life.

To All My Relations, Sandra

References:

http://en.wikipedia.org/wiki/Melissa_officinalis

http://www.herballegacy.com/Lemon_Balm.html

http://en.wikipedia.org/wiki/Thymus_citriodorus

Picture of lemon thyme at

<http://www.wildgingerfarm.com/Thymus.htm>

If you haven't already, the next time you're looking for fragrant and beautiful plants to add to your flower bed, consider these herbs.

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



NEW RECIPES

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

- ✈ The ingredients for all the recipes are coded for the *basic* food intolerance categories.
- ✈ From time to time you may find an existing recipe has been slightly corrected from the original, in order to make it easier to follow, or to update new findings of ingredients for food intolerances.
- ✈ WE INVITE YOU TO SHARE YOUR SUGGESTIONS, RECIPES, COMMENTS AND CONCERNS. Please go to [The Forum](#) and post in the Recipes section, or contact us at manager@songofhealth.com.

~ 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.

PASTA AND PASTA SAUCES:

LEMON BALM AND BASIL PESTO

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: Cultured Part Skim Milk, Salt, Enzymes.
- ✈ Potential Hidden Ingredients: Fruit (in the skim milk as Vitamin A Palmitate, and enzymes); Mine salt; Potato (in mine salt)
- ✈ The product was evaluated for: ALL
- ✈ The results were: D,F,P
- ✈ The product is: [Tillamook Swiss Cheese](#)
- ✈ Hidden ingredients resulted in Fruit, Potato.



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:**

Summer Mint ~ Scented with Spearmint

Essential Oil, with Amazonian White Kaolin Clay, this formula is designed to help eliminate increased sweat and odors brought on from the summer heat. Great anytime of the year for a refreshing treat to your skin. Contains Shea butter (dairy).

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 | 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 |
| M = | Meat | | |

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 Blackberry, Iphone or other mobile internet device? You can log on to Song of Health.com, The Food Resource List, and look up items while you shop!

THE FOOD RESOURCE LIST

MAY 2012

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

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> |
|---|------------------------------|-----------------------------|-----------------------|
| ALCOHOLIC BEVERAGES: | | | |
| Bonterra Cabernet Sauvignon | 03/12 | ALL | F |
| E & J Brandy | 12/11 | ALL | F,G,S |
| Slide Ridge Honey Cyser
Honeywine | 12/11 | ALL | G,H |
| BAKING SUPPLIES: | | | |
| Frontier Agar Agar | 03/12 | ALL | Sf |
| BEANS AND LEGUMES: | | | |
| Wild Harvest Organic
Pinto Beans | 01/12 | ALL | N |
| CANDY AND GUM: | | | |
| Spry Power Peppermints,
Sugar Free | 03/12 | ALL | F,H,M,P |
| CEREALS – HOT: | | | |
| Augason Farms Creamy Wheat | 01/12 | ALL | F,G |
| CHEESE: | | | |
| Alta Dena Goat Milk | 04/12 | ALL | D,F,M,Ms |
| Arla Dofino Creamy Havarti
Deli Slices | 03/12 | ALL | D,M,P,Sf |
| Landhaus Butterkase (Purchased
at Moscow Food Co-Op) | 03/12 | ALL | D,F,P |
| Montchevre Goat Milk Cheddar | 03/12 | ALL | D,F,M,P |

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> |
|--|-----------------------|----------------------|----------------|
| CHEESE (CONT.): | | | |
| Tillamook Swiss | 03/12 | ALL | D,F,P |
| CHIPS AND CRACKERS: | | | |
| Mary's Gone Crackers Original
(Wheat Free, Gluten Free) | 03/12 | ALL | G,P,Sy |
| COFFEE AND ALTERNATIVES: | | | |
| Cafe Ibis Highlander Grog Coffee | 01/12 | ALL | F |
| Cafe Ibis Medium Roast Coffee | 01/12 | ALL | N |
| Starbucks Coffee Sumatra
Whole Bean | 03/12 | ALL | F,Sf |
| EGGS: | | | |
| Oakdell Organic Cage Free Brown | 04/12 | ALL | E |
| Simple Truth Cage Free Brown | 04/12 | ALL | E,F |
| Simple Truth Cage Free Omega 3 | 01/12 | ALL | E |
| Simple Truth Organic Cage Free | 01/12 | ALL | E |
| GRAINS: | | | |
| Azure Farm Organic Flax Seeds | 01/12 | ALL | G |
| Life Sprouts/ Pro-vita-Mix Seeds
For Sprouting | 01/12 | ALL | G |
| Nishiki Sushi Rice Premium Grade | 01/12 | ALL | F,G,P |
| St. Maries Black Wild Rice, Bulk
(Purchased at Huckleberry's) | 01/12 | ALL | G |
| MEATS AND MEAT BOUILLON: | | | |
| Whole Foods All Natural Split
Turkey Breast | 01/12 | ALL | M |
| MILK AND CREAM: | | | |
| Beachbody Shakeology Tropical
Strawberry | 03/12 | ALL | D,F,S |
| NUT BUTTERS: | | | |
| Trader Joe's Organic Creamy
Peanut Butter Made With
Sea Salt | 04/12 | ALL | F |
| OILS: | | | |
| Kirkland (Costco) Organic Extra
Virgin Olive | 03/12 | ALL | F |
| Vitacost Extra Virgin Organic
Coconut | 01/12 | ALL | F |

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> |
|--|------------------------------|-----------------------------|-----------------------|
| SALT: | | | |
| Selina Naturally Celtic Sea Salt | 04/12 | ALL | N |
| SEAFOOD: | | | |
| Port Clyde Sardines in Spring Water | 03/12 | ALL | Sf |
| SEASONINGS AND SPICES: | | | |
| Frontier Chili Powder | 01/12 | ALL | P |
| Simply Organic Garlic Powder | 01/12 | ALL | P,Sy |
| SWEETENERS: | | | |
| Wholesome Sweeteners Organic Raw Blue Agave | 01/12 | ALL | N |
| TEAS: | | | |
| Two Leaves and a Bud Organic Tamayokucha Green | 03/12 | ALL | N |
| TOMATO PRODUCTS: | | | |
| Muir Glen Organic Chunky Tomato Sauce | 05/12 | ALL | F,P |
| VINEGAR: | | | |
| Newmans Own organic Balsamic | 01/12 | ALL | F,P |
| WATER: | | | |
| Water run through Eco Water Systems | 01/12 | ALL | N |
| Water (no acidic) run through Jupiter Melody JP104 Water Ionizer Machine | 01/12 | ALL | F |
| YOGURT AND KEFIR: | | | |
| Fage Total 2% Lowfat Greek Strained Yogurt | 01/12 | ALL | D,F |



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