



## DRAGONFLY NEWS

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

**MAY 2013**



### *Select Gift Box*

*Now Available*

**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. Then, in a few days you will be able to access the newsletter on the website. The Food Resource updates will be incorporated into the existing Food Resource List and can be found by clicking on the icon at the left side of most pages on the website. The recipes will be added to the Recipes section, including the Table of Contents and Index.

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

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

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

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

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

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Now available...

Stories, Comments, Questions Asked and Answered  
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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.



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

We invite everyone to contact us with any questions you may have at [manager@songofhealth.com](mailto:manager@songofhealth.com).

Song of Health.com actively promotes physicians and professionals who support our work, and companies who act with integrity and are honest about their products and services.

Check out your [Goods and Services section](#) at Song of Health.com.

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

### WEBSITE CHANGES AND NOTICES

- ✈ Added to the [coco-sha SOAPS](#) page, *Select Gift Box*. See the Soap Corner below for details.
- ✈ Well, eventually coming ... [coco-sha FAQs](#) page.
- ✈ The Forum has been crashing a lot lately. We are sorry for this inconvenience. You are welcome to email me at [manager@songofhealth.com](mailto:manager@songofhealth.com) with any questions directly.

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

Stay notified of any 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:contact us at manager@songofhealth.com).**

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

#### ✈ **Give and you shall receive!**

Honor your friends and family with a subscription to [Song of Health](#). For your generosity **YOU** will be honored with **an additional 10% off your next subscription or 2 free bars of [coco-sha](#) soap (your choice of soap)!** (Shipping will also be free.)

✈ **Refer a new subscriber and receive an additional 10% off your next renewal or 2 free bars of [coco-sha](#) soap (your choice of soap)!** (Shipping will also be free.)

To receive your discount coupon, email [manager@songofhealth.com](mailto:manager@songofhealth.com) and tell us the name of the person you are referring. Once they subscribe, you will receive your 10% discount or free soap. *It's that easy!* **To order: Contact [manager@songofhealth.com](mailto:manager@songofhealth.com)**

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

- ✈ **Renew 6 months early** and receive additional months and \$\$ off!
- ✈ **Use the promo codes in the renewal notifications emailed to you** for other special discounts!

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



**SUBSCRIBERS SPOTLIGHT**

**STORIES, COMMENTS AND QUESTIONS**

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

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

**Share your story with others.**

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

IF YOU PREFER US TO HELP YOU WRITE YOUR STORY, WE WILL BE HAPPY TO. JUST ASK! Please email your contribution to [manager@songofhealth.com](mailto:manager@songofhealth.com).

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

*The more we give away, the more we receive!*

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

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

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## QUESTIONS ASKED AND ANSWERED:

### EMAIL CORRESPONDENCE:

*Song of Health has been given permission by our Subscribers whose names appear, to share the following with you, so that we may all benefit. Some have chosen to stay completely anonymous, in which cases you'll see the name as "Subscriber".*

**From Adrienne M., April 21<sup>st</sup>:** Dear Sandy, thanks again for being on the planet. Because of your work I am able to enjoy my life by staying healthy. You point out the potholes in the road and I duck around them. Before Song of Health I was feeling not so well and I didn't have a clue why. After all, I have been a start-from-scratch cook all my adult life. Then I met Dr. Green and my life changed drastically for the better. All I had to do was avoid eating things that weren't good for me. You showed me how to do that.

Always glad to contribute to the testimonials.

And the soaps are going just as well as everything else. I'm beginning to take for granted that I won't have ugly hangnails all over my fingers. What I do is wash my hands in public restrooms using a sliver of *coco-shā* I carry in my purse, instead of the unknown products offered in a bottle on the sink. To carry soap in my purse I found a light-weight, colorful cotton envelope in our local "green" store ("Home Green Home"), intended to hold a sandwich. The bright yellow fabric with printed rabbits never gets left behind and I feel ingenious for having solved another of life's little problems!

In my next communication I will be writing about my experience with conditioning my hair with an infusion of calendula, nettles and lavender, prepared with sweet almond oil and left on the head overnight. This is the project I mentioned in an earlier email. I see Kara at Apothekara just around the corner here in Ithaca. Much love, *Adrienne M.*

**From Liz, April 29<sup>th</sup>:** Dear Sandra, my name is Liz and I had the Slide Ridge Honey Wine tested before it went on the market so I didn't have the ingredient list, but the results came back G,H [Grain, Honey], and I noticed that it is made with apple juice. I don't know why the results didn't pick up fruit but I don't want any fruit people to order it, thinking it's ok for

them. Will you change it on The Food Resource List? Thanks so much and thanks for all your hard work!

**Reply from Sandra:** Hi Liz. Thanks so much for the update. I will follow up on this and also bring it to the attention of our doctors. May I ask, who did the analysis for you? Thanks again, *Sandra*

**Editor's Note: Update:** I checked this product out on their website, and it does contain Fruit. The item listed in The Food Resource List has been updated.

### THE FORUM:

**Editor's Note:** For unknown causes, The Forum threads have periodically crashed. Our webmaster Shawn does a great job getting it back up as quickly as possible. We have discussed acquiring a different forum program. At this time, we will continue with what we have, as we are looking at updating the entire website in the near future. We thank you for having patience and bearing with us when these unforeseen and irritating crashes happen.

**CATEGORY:** [Food Questions](#)

**THREAD:** [list of food combination](#)

**From Nanette, May 23, 2013:** Can you please send a list of proper food combination?

**Reply from Sandra:** I apologize for The Forum crashing and apparently my response did not get posted properly. Here goes again... Most people have a "main" food intolerance food group, such as potato, dairy, egg, etc. and a combination of 2 or more foods when eaten within a certain period of time, i.e., within 6 hrs. of each other, 8 hr., etc. Although definitely not limited to the following, here are a few of the more common food intolerance combinations:

fruit/sugar

fruit/grain

potato/grain

grain/sugar

and so on. In order to know if you have a specific food intolerance combination, it is best to contact your Naturopath, or one that can help you, to be evaluated properly.

Hope that helps. I will contact our staff doctor (Dr. Tish) to see if they actually have a list of such combinations. In health,

*Sandra*

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

**IMPORTANT NOTE:** When posting a question or comment in The Forum to a thread that is not recent (within the current week), PLEASE CREATE A NEW THREAD, even if the topic has been

discussed at a prior time. This way, new entries won't get unintentionally missed.

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

**MAKE YOUR VOICE HEARD!**



## FOOD LABEL QUIZ

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

The following list of ingredients is on a label from a product that is dated 04/13:

INGREDIENTS: Brown Rice Flour, Potato Starch, Safflower Oil, Sesame Seeds, Sea Salt, Black Sesame Seeds, Poppy Seeds, Flax Seed. CONTAINS: SESAME SEED.

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. ~~~



## THE SOAP CORNER

CUSTOM MADE SOAPS AVAILABLE. [Email me](#) for a quote.

**coco-sha**  
soaps

are excellent used as SHAMPOO BARS too!



## Select Gift Box

<Now available...

Enclosed are 3 full size 4 oz. bars plus a sample gift organza bag of 3 guest size bars. Gift cards are included, printed with personalized names.

See all the details at

<http://www.songofhealth.com/subscribers/soap.html#SelectGiftBox>.

coco-sha ~ Feel Clean, Revived, & Moisturized! ~ coco-sha

**REMEMBER TO USE YOUR SUBSCRIBER PROMO CODE**

**TO RECEIVE 14% OFF ALL ORDERS: yummy soap**



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

### 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*.

### Alpha Lipoic Acid --- What About It?

*By Sandra Strom, CEO of Song of Health*

Last month I was thrilled to learn the results of my most recent lab blood work --- my organs showed improvement rather than deterioration in the last two years. As Dr. Tish and I were discussing the pros and cons of my current "meds" program (natural, of course), what I can reduce taking and what I might add, she suggested I add a supplement to my

arsenal, that has been on the market for years; yet, somehow I missed the memo.

Dr. Tish asked me if I am aware of *alpha lipoic acid* – ALA – (not to be confused with alpha linolenic acid, also known as ALA), and how it is being used as a supplement to help strengthen such organs as the liver, and help to combat the effects of free radicals and aging. I confess, I was unfamiliar with it. She suggested I read a

book on the subject by Dr. Burton Berkson, called The Alpha Lipoic Acid Breakthrough; I would find the information at his website. Googling, I found him at <http://drberkson.com>. Clicking on the link to his book, I came to [Amazon.com](http://Amazon.com), where several beginning pages are available to read for free. I was immediately taken with this man. His style of writing is captivating, and I felt a kindred spirit --- how often I feel like a lonely warrior in a hostile world of toxic inundation! I was expecting to find myself mired in a thick pool of boring words about yet another supplement revelation. Not so. He is fearless in revealing his thoughts and conclusions from personal experience and extensive research, against pressure, about our toxic environment and the foods most Americans consume.

The book (copyrighted 1998) begins with his personal travels to a national Midwest region, quite a different environment from his residential location in Arizona ranchland, considered a clean environment and virtually free of cancer. While visiting hospitals in this Midwest farming region, he came upon an inordinate number of cancer patients. Closer scrutiny of the polluted environment and the residents' unhealthy eating habits, compared to his home environment, indicated to him as to the probable causes for their plight.

Dr. Berkson pointedly describes how modern life affects our lives, adversely more than not. Today we are exposed to more environmental toxins than ever before. Biological catastrophes occur to our immune and reproductive systems. He believes that we must balance the equation to our favor by adding specific nutrients to our diet. He highly recommends boosting the alpha lipoic acid content in our bodies as a powerful aid to the immune system.<sup>1</sup>

#### **What is alpha lipoic acid and how does it differ from other supplements?**

Lipoic Acid was first discovered in the 1930's, but it wasn't until the 1950's that researchers began to consider it seriously for a supplement. It aids in recycling other antioxidants (the good guys) in the body, including Vitamin C and E. Antioxidants help maintain proper levels of oxidation in the body, flushing free

radicals at a proper rate.<sup>2</sup> Also known as *thioctic acid*, the body manufactures ALA throughout our lives. The liver and all body cells of a child produce ALA in great amounts; as the body ages, it produces less and less. The older we get, the more help our immune systems need to stay strong, and a higher amount of ALA is required.

ALA "works as a *coenzyme* --- a helper of enzymes --- in the cell's major energy cycle."<sup>1</sup> It changes certain chemicals that are required for energy metabolism. It may augment the amount of energy available to the body, thereby aiding it in muscle movement, growth, and repair of tissues. It is believed to aid in removing toxic free radicals from the body. Unlike other antioxidants, lipoic acid is both fat and water soluble, which allows it to be freely moved across cell membranes. This allows it to offer protection against free radicals both within the cell, a vulnerable area, and outside.

Alpha lipoic acid may benefit diabetes patients by speeding up the body's utilization of glucose. "Glucose (sugar) builds up in the bloodstream as a result of the body's inability to produce insulin (which regulates blood/sugar levels) or the inability of insulin in the body to control sugar levels."<sup>2</sup> In his personal experience with patients, Dr. Berkson found that ALA was instrumental in aiding the healing of liver ailments through regeneration of the cells, among other celebratory effects in the body.

#### **Sources of Alpha Lipoic Acid**

Natural supplies of ALA can be found in red meat, spinach, broccoli, yeast (particularly Brewer's yeast), and certain organ meats (such as kidney and heart).<sup>2</sup> On the supplemental market, there are more than one type of alpha lipoic acid formulas. **As with any supplement, please contact your personal physician *first* before choosing a product.**

I believe in being precautionous now, rather than sorry later, especially as I age. As the research industry continues to uncover information previously unknown, of effects that exposure to a disease could unknowingly have years down our road, of how the overwhelming evidence of the adulterated environment adversely affects us, I'm willing to try ALA supplements for an experimental period of time to see if we can

detect any positive differences to my immune system. If not, then I am of the belief that my body is already accomplishing production of what it needs in order to continue immune and systems strength, and there is no point in spending money on more supplements. I am now a curious guinea pig!

<sup>1</sup> [The Alpha Lipoic Acid Breakthrough](#), by Berkson.  
Copyright 1998 by Burt Berkson. Pg. 12

<sup>2</sup>  
[http://www.naturalnews.com/025150\\_lipoic\\_acid\\_antioxidant\\_supplement.html](http://www.naturalnews.com/025150_lipoic_acid_antioxidant_supplement.html)

To All My Relations, *Sandra*

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



## NEW RECIPES

Each month a new recipe(s) are published in the Recipes section at

*Song of Health*. In the newsletter they are listed and linked so you can easily go to them in the Recipes section.

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

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

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

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

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

## LIST OF NEW RECIPES

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

Is there a recipe you would like to have, or need help adapting? I'm happy to help!

Contact me at [manager@songofhealth.com](mailto:manager@songofhealth.com).

### MAIN DISHES:

#### VEGETARIAN TACOS

Creating vegetarian tacos is as varied as your imagination can conjure! You can use cooked grains, beans, and/or cheese as the main ingredient(s). Top with shredded romaine, spinach, or lettuce of choice, diced tomatoes, avocado, etc. This is a simple, basic recipe to start with. Have fun with your own creations. And remember, refer to *The Food Substitutions List* whenever needed.

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: Ingredients for Multi-Seed Gluten Free Rice Thins: Brown Rice Flour, Potato Starch, Safflower Oil, Sesame Seeds, Sea Salt, Black Sesame Seeds, Poppy Seeds, Flax Seed. CONTAINS: SESAME SEED.
- ✈ Potential Hidden Ingredients: ?
- ✈ Obvious Ingredients: G, P
- ✈ The product was evaluated for: ALL
- ✈ The results were: ALL
- ✈ The product is: Back to Nature Multi-Seed Gluten Free Rice Thin Crackers



- ✈ Hidden ingredients are: C, D, E, F, H, M, Ms, S, Sf, Sy (These results are probably due to the entire product evaluating as adulterated, for reasons unknown.)

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:** ~ *Select Gift Box*. Continuing in our tradition to improve what we offer you, now available is this elegant and practical gift: a beautiful gift box of  you can have directly shipped to the special people of your choice. See details at <http://www.songofhealth.com/subscribers/soap.html#SelectGiftBox>.



## FOOD RESOURCE LIST UPDATES

**THE FOOD RESOURCE LIST ON THE WEBSITE  
IS AVAILABLE IN PRINTABLE VERSION.  
Use the codes below to translate the Results Column.**

### KEY FOR RESULT CODES

|              |                    |             |                        |
|--------------|--------------------|-------------|------------------------|
| <b>ALL =</b> | <b>Bad for All</b> | <b>M =</b>  | <b>Meat</b>            |
| <b>C =</b>   | <b>Cactus</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>           |

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

✿ As items are submitted and analyzed by our staff doctors, they are then added to the Food Resource List on the *Song of Health* website. We compile the updated lists to email to you as well.

✿ The items are listed per category.

✿ By listing the **"Date Evaluated"** you can be assured of the most recent updates.

✿ Under the **"Evaluated For"** column, "ALL" signifies that the product has been analyzed for all food categories included in the Carroll Food Intolerance Evaluation Method. In some cases, you will see ingredients listed in the **"Results"** column that are not included in "Evaluated For." This is because the ingredient has been listed on the packaging, or it is obviously in the stated category. For example, results for milk will be "dairy (D)."

✿ Under **"Purchased At"** we no longer furnish where the product was purchased; however, if the product was purchased outside the Pacific Northwest area, the region will be noted. Sometimes, I will be able to locate a place to purchase a product for you, if requested.

**If you have any questions, please contact us at: [manager@songofhealth.com](mailto:manager@songofhealth.com).  
We are happy to help!**

- **SHOPPING SUGGESTION:** Do you have a smart phone? You can log on to Song of Health.com, The Food Resource List, and look up items while you shop!

**THE FOOD RESOURCE LIST**  
**MAY 2013**

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

| <b><u>FOOD EVALUATED</u></b>  | <b><u>DATE EVALUATED</u></b> | <b><u>EVALUATED FOR</u></b> | <b><u>RESULTS</u></b> |
|---|------------------------------|-----------------------------|-----------------------|
| <b>ALCOHOLIC BEVERAGES:</b>   |                              |                             |                       |
| Alaskan Amber Alt Style Beer  | 04/13                        | ALL                         | G,P,S                 |
| Deschutes Brewery Black Butte Porter  | 04/13                        | ALL                         | F,G,P,S               |
| Kokanee Glacier Beer  | 04/13                        | ALL                         | G,P,S                 |
| Slide Ridge Honey CaCysir Honey Wine  | 04/13                        | ALL                         | F,G,H                 |
| <b>BAKING SUPPLIES:</b>   |                              |                             |                       |
| Chocolate Dream Dairy Free Semi-Sweet Baking Chips (also under Chocolate & Cocoa) | 04/13                        | ALL                         | S,Sy                  |
| Frontier Organic Fair Trade Vanilla Extract                                       | 03/13                        | ALL                         | G                     |
| Rapunzel Organic Cocoa Powder (also under Chocolate & Cocoa)                      | 04/13                        | ALL                         | Sy                    |
| <b>BEVERAGES AND SUPPLIES</b>   |                              |                             |                       |
| <b>NON ALCOHOLIC:</b>   |                              |                             |                       |
| Seagram's Sparkling Seltzer Water Original (also under Water)                     | 03/13                        | ALL                         | F,Sy                  |
| <b>BREAD:</b>   |                              |                             |                       |
| Great Harvest Bread Company Dakota  | 04/13                        | ALL                         | G,H,P                 |
| <b>BUTTER:</b>  |                              |                             |                       |
| Fred Meyer Unsalted   | 04/13                        | ALL                         | D                     |
| <b>CEREALS – HOT:</b>   |                              |                             |                       |
| Honeyville Farms Farina Ground Wheat Cereal                                       | 04/13                        | ALL                         | G                     |
| <b>CHEESE:</b>  |                              |                             |                       |
| Mt. Vikos Barrel Aged Feta  | 03/13                        | ALL                         | D,F                   |

| <u>FOOD EVALUATED</u>   | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> |
|---|-----------------------|----------------------|----------------|
| <b>CHIPS AND CRACKERS:</b>  |                       |                      |                |
| Back to Nature Multi-Seed Gluten Free Rice Thin Crackers              | 04/13                 | ALL                  | ALL            |
| <b>CHOCOLATE AND COCOA:</b>   |                       |                      |                |
| Chocolate Dream Dairy Free Semi-Sweet Baking Chips                    | 04/13                 | ALL                  | S,Sy           |
| Dark Chocolate Dream Pure Dark Chocolate Bar 100% Dairy-Free          | 04/13                 | ALL                  | G,S,Sy         |
| Rapunzel Organic Cocoa Powder   | 04/13                 | ALL                  | Sy             |
| <b>CONDIMENTS:</b>  |                       |                      |                |
| Follow Your Heart Vegenaïse Horseradish Sauce                         | 04/13                 | ALL                  | F,G,P          |
| Follow Your Heart Vegenaïse Tartar Sauce                              | 04/13                 | ALL                  | F,G,S,Sf       |
| <b>MILK AND CREAM – NON DAIRY:</b>                                    |                       |                      |                |
| Wild Harvest Organic Soymilk Vanilla (also listed under Soy Products) | 04/13                 | ALL                  | F,G,S,Sf,Sy    |
| <b>NUT BUTTERS:</b>   |                       |                      |                |
| Kettle Roaster Fresh Peanut Butter Organic Creamy Unsalted            | 04/13                 | ALL                  | N              |
| Trader Joe’s Peanut Butter Organic Creamy Unsalted                    | 04/13                 | ALL                  | N              |
| <b>NUTS:</b>  |                       |                      |                |
| Wonderful Pistachios Roasted No Salt                                  | 04/13                 | ALL                  | P              |
| <b>PREPARED FOODS AND MIXES:</b>                                      |                       |                      |                |
| Wing Hing Egg Roll Wraps  | 04/13                 | ALL                  | E,G,P          |
| <b>SEAFOOD:</b>   |                       |                      |                |
| Roland Anchovy Paste  | 04/13                 | ALL                  | F,P,Sf         |
| <b>SEASONINGS AND SPICES:</b>   |                       |                      |                |
| Huckleberry’s (Bulk) Chipotle Powder (located @ Rosauers)             | 04/13                 | ALL                  | G              |
| <b>SEEDS:</b>   |                       |                      |                |
| Good Grains Flax Whole Linaza Integral                                | 04/13                 | ALL                  | G              |
| Spectrum Cold Milled Organic Ground Premium Flaxseed                  | 04/13                 | ALL                  | G              |

| <u>FOOD EVALUATED</u>                                | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> |
|--|-----------------------|----------------------|----------------|
| <b>SOUPS:</b>  |                       |                      |                |
| Imagine Creamy Garden Tomato Organic Light in Sodium | 04/13                 | ALL                  | F,G,P          |
| <b>TORTILLAS:</b>                                    |                       |                      |                |
| La Banderita Corn                                    | 04/13                 | ALL                  | F,G,P          |
| <b>VEGETABLES:</b>                                   |                       |                      |                |
| The Berry Ranch Green Acorn Squash                   | 04/13                 | ALL                  | N              |
| <b>WATER:</b>  |                       |                      |                |
| Seagram's Sparkling Seltzer Water Original           | 03/13                 | ALL                  | F,Sy           |



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

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