



DRAGONFLY NEWS

The Official Newsletter of *Song of Health.com*

MAY 2013



My Mothers Day Gift From Mother Nature! Wild Lupine "Volunteer"

Photo by Sandra Strom

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

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

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

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

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

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

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MAY 2014

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



work together to reach as many people as possible in order to educate and help in understanding the importance of avoiding personal food intolerances, applying Classical Naturopathic methods of healing, and naturally restoring the body to health.
We invite everyone to contact us with any questions you may have at manager@songofhealth.com.

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WEBSITE CHANGES AND NOTICES

- ✈ **THE FOOD INTOLERANCE CATEGORIES PAGE UPDATED:** As our doctors continue to discover rare, yet existing, new food intolerances, the Food Categories section is updated. The "[Directory of Food Intolerance Categories](#)" page reflects the new changes and is your guide to all the information.
- ✈ **ADDED TO THE POTATO FOOD INTOLERANCE PAGE:** The Iris Family is potato.



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

✈ **Give and you shall receive!**

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

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

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

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

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



SUBSCRIBERS SPOTLIGHT

STORIES, COMMENTS AND QUESTIONS

What information would you like to have in your newsletter?

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

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.

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.*



QUESTIONS ASKED AND ANSWERED:

EMAIL CORRESPONDENCE:

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

**From: "Ken Cook, EWG" ewg@ewg.org,
March 27th:** Dear Sandra, We all know about bisphenol A - BPA - its dangers and the fight to remove the toxic chemical from consumer products like Sippy cups and the linings of food cans. But new studies are finding that the chemicals replacing BPA could be just as bad or worse.

CREDO Action has launched a new petition demanding that the EPA take a hard look at potentially dangerous chemicals like BPA and its alternatives.

Please take just a minute to read CREDO's email and [join us in taking action for safer consumer products!](#)

Sincerely, Ken Cook
President, Environmental Working Group
CREDO Action

Tell the EPA: Stop letting companies replace BPA with other toxic chemicals.

[Sign the petition:](#)

"A new study has revealed that the chemicals replacing BPA in most of our plastics are just as bad or worse for us than BPA itself. These replacement chemicals can interfere with hormone signaling and show the potential to damage DNA. Stop letting companies replace one toxic chemical with another."

Worse than BPA? In 2008, consumers across the country were outraged that the EPA was allowing the endocrine disruptor BPA in products for kids.

Thanks to the public outcry, containers from Sippy cups to the linings of canned food now offer BPA-free alternatives. Unfortunately, that victory isn't looking so great anymore.

New studies have found that many of those "BPA-free" plastics contain other chemicals that are just as bad - or worse - than BPA.¹ These replacement chemicals can interfere with hormone signaling and show the potential to damage DNA.²

Just as alarming, two years ago the EPA quietly withdrew rules that would classify plastic toxics like BPA and others as "chemicals of concern," making them subject to more regulation.³ Now that we have even more evidence about the dangers of estrogenic chemicals in plastics, it's time for the EPA to finally protect us from their dangers, not keep sweeping them under the rug.

[Tell the EPA: Protect us from dangerous plastics chemicals like BPA and its replacements.](#)

The real problem here is the deeply flawed and outdated 1976 Toxic Substances Control Act, which gets our safety standards backward by presuming that chemicals are safe until proven otherwise. That's why more than 80,000 chemicals are approved for use but have never been tested for their effects on our health.⁴

This results in a dangerous "toxic shell game" where corporations that are under pressure to remove chemicals known to be dangerous from their products simply replace them with less-well-known ones, which may turn out to be just as dangerous.

Unfortunately, congressional action is required to change the Toxic Substances Control Act. That's highly unlikely in this Congress.

But the EPA can step in right now and ensure that chemical companies can't keep swapping one toxic chemical for another. One of the rules the EPA withdrew two years ago would have closed a major loophole that lets companies keep the results of their health and safety studies private by claiming they contain "confidential business information." That information needs to be public so that the EPA can begin to evaluate which chemicals are safe

and which need to be regulated or removed from the market.

[Tell the EPA: Don't let chemical companies put toxins in the plastics our families use.](#)

Our public pressure was enough to make a major dent in the use of BPA. Unfortunately that was just a bandaid on a larger problem. And the EPA can take the first step right now to protect our health from all dangerous plastics chemicals.

Thanks for standing up for our safety.

Charlie Furman, Campaign Manager
CREDO Action from Working Assets

[Learn more about this campaign](#)

¹ "Detection of Estrogenic Activity in Plastic Cups and Plates". Guochun He and Michael Denison. University of California, Davis. January 28, 2014.

² "The Scary New Evidence on BPA-Free Plastics". Mariah Blake. Mother Jones. March 3, 2014.

³ "EPA withdraws draft rules on BPA, PBDEs". Jeremy Carroll. Plastics News. September 20, 2013.

⁴ "What is TSCA?". Safer Chemicals. Accessed March 10, 2014.

From The Xerces Society for Invertebrate Conservation, April 17th: CONTROL MOSQUITOES, PROTECT WILDLIFE

Effective Mosquito Management in Your Neighborhood

On April 7, the World Health Organization (WHO) of the United Nations celebrated World Health Day. This year's theme was vector-borne diseases, i.e., diseases that are transmitted by mosquitoes, black flies, ticks, and other biting invertebrates. The diseases transmitted by mosquitoes, such as malaria, yellow fever, West Nile virus, and dengue fever, continue to cause great suffering in many parts of the world, and efforts should always be made to reduce the incidence of insect-borne disease. However, fear of disease can lead to inflated concern over the presence of mosquitoes. Many mosquito species don't feed on humans -- preferring birds or other animals instead -- and those that do are often "nuisance biters" and do not transmit disease. In addition, the presence of a vector species in an area does not automatically equate with disease risk; the pathogens must be present and able to be picked up by a female mosquito and transmitted to a new host.

Unfortunately, unfounded fear of disease, often fueled by media hype, can result in extensive spraying campaigns that are not only ineffective at controlling mosquitoes but harmful to water quality and wildlife. The insecticides most commonly used against adult mosquitoes are organophosphates and pyrethroids, which severely impact nontarget invertebrates, fish, amphibians, and birds.

When a mosquito outbreak occurs, blame is often placed on local ponds and wetlands, and spraying plans are set in motion. But the source is often much closer to home, in the stagnant water in old tires, blocked gutters, and neglected wading pools and pet dishes. The U.S. Centers for Disease Control and the WHO recommend a variety of techniques for successful and cost-effective mosquito management, including removing standing water around the home and yard; wearing protective clothing and insect repellent; and repairing window screens to exclude mosquitoes from the home.

Insecticides are often the default method of control in many cities and counties. You can become involved in changing how mosquitoes are managed in your community with the help of Xerces' new booklet, [How to Help your Community Create an Effective Mosquito Management Plan](#). This guide helps you understand the basics about mosquito ecology and disease and outlines ways to influence local decision-making that help protect both human health and the environment.

For more information:

Download a copy of [How to Help your Community Create an Effective Mosquito Management Plan](#)

Read about [how to avoid being bitten and manage mosquitoes in your yard or neighborhood](#)

Learn about Xerces' efforts [to ensure sensible mosquito management in and around the Bandon Marsh National Wildlife Refuge](#)

Download a PDF of Xerces' scientific report, [Ecologically Sound Mosquito Management in Wetlands](#)

From Ken Cook, EWG ewg@ewg.org, May 3rd: Dear Sandra, have you checked out *EWG's 2014 Shopper's Guide to Pesticides in Produce* yet?

EWG has just released its annual Shopper's Guide to Pesticides in Produce, featuring the 2014 Dirty Dozen and Clean Fifteen lists. You may be surprised to see where some of your favorite fruits and vegetables rank.

[Click here to check out this year's updated lists.](#)

From apples and strawberries to spinach and grapes, our research team has analyzed over 32,000 samples tested by the U.S.

Department of Agriculture and federal Food and Drug Administration and compiled our annual ranking of pesticide contamination on 48 popular items in the produce aisle.

So before your weekly trip to the grocery store, make sure you have this year's Dirty Dozen and Clean Fifteen lists on hand to help you lower your exposure to potentially harmful chemicals and make healthier decisions for yourself and your family.

[Click here right now to explore EWG's 2014 Shopper's Guide to Pesticides in Produce.](#)

Happy shopping!

KenCook Ken Cook - President,
Environmental Working Group

P.S. Want the Dirty Dozen and Clean Fifteen on your iPhone? [Visit the Apple store today to download the 2014 Shopper's Guide to Pesticides in Produce iPhone app.](#)

From Erin L., April 29th: Sandra, another question. I'm helping a patient with mushroom intolerance.

Does this include both culinary and medicinal mushrooms? Does this include kombucha or truffles? Thanks. *Erin*

Reply from Dr. Tish: Mushroom includes any fungi including truffles.

The Kombucha is in question. I believe this is a cultured yeast and not truly a fungus. I need to evaluate this to be sure.

From Erin, April 21st: Sandra, just to clarify. Is the Intolerance Group called Coriander/Dill then? Not Cumin/Dill? Or is coriander just in the list along with cumin and dill?

Reply from Sandra: Hi Erin, grouping is cumin/dill. I have question in to Dr. Tish re coriander. Will let you know. I may be wrong too! *Sandra*

Update: *Dr. Tish has not had time to "sort it all out" yet. I will update you when we know more.*

From EWG, May 15th: Dear Sandra, would you eat cookies for breakfast? Probably not – and I bet you wouldn't give your kids cookies for breakfast either. But the healthful-looking cereal you just poured into a bowl may not be any lower in sugar. Eleven of the 13 most heavily sugared children's cereals feature marketing claims such as "Good Source of Fiber" that suggest misleadingly that the products are healthful – even though they're loaded with excess sugar.

EWG analyzed the sugar content of more than 1,500 cereals, including more than 180 marketed to children, and found that **eating a bowl of kid's cereal every day would add up to eating 10 pounds of sugar a year.** A single serving of a kid's cereal on average contains nearly as much sugar as three Chips Ahoy! or more than two Keebler Fudge Stripe cookies.

To help you navigate the cereal aisle, EWG researchers just released our "Sugar by the Pound" report – just one of the breakthrough research projects that will come out of EWG's Food Database – to let you identify the cereals with the highest and lowest sugar content.

[Click here to check out EWG's latest healthy food research and to see the cereals with the most and least sugar.](#)

This report couldn't be timelier. The movie FED UP is now in movie theaters, and EWG is so excited to spread the word about this powerful film.

FED UP is the film the food industry doesn't want you to see. From broadcast journalist Katie Couric, filmmaker and author of "The Family Cooks" Laurie David and director Stephanie Soechtig, FED UP's message is about America's addiction to unhealthy food. It aims to change the way Americans eat.

From childhood obesity to the insidious practices of big food companies to the lack of political will to address the problems – it's time to for us all to get serious about fixing America's food.

Once you've [got the lowdown on the sugar in your favorite cereal](#), find out where [FED UP is playing near you](#).

Here's to a healthier breakfast.

Sincerely, *KenCook* Ken Cook - President,
Environmental Working Group

From Sandra to Ellen S: Hello Ellen, my USPS tracking records indicate that your package of *coco-sha*™ soaps were delivered to you. This is to verify that you did receive them.

Best regards, Ellen

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**Reply from Ellen:** Thanks so much - they are already in use! Love them.

### THE FORUM:

**Editor's Note:** Be sure to take advantage of this wonderful opportunity to *share with your fellow Members (Subscribers)!*

## 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 04/14:

🦋 **INGREDIENTS:** *Brown rice syrup solids, unsweetened chocolate, cocoa butter, soy lecithin, vanilla. Contains: soy. Due to shared equipment, product contains traces of milk.*

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

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

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



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

Try *UNSCENTED CARROT RIPPLE*
Made with Homemade Organic Carrot Juice as a
SHAMPOO BAR too!

Your 14% Member Discount Taken Automatically

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

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

✦ SAVE ADDITIONAL \$10.00

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

\$10.00 OFF YOUR ALREADY 14% DISCOUNTED PRICE.

Slice your own bars off of a full loaf using a clean large kitchen knife. It's easy! For more information and/or to place your order, please email me at manager@songofhealth.com. Tell me which **coco-shā™** soap you want, or if you prefer to have your own custom made. You will be emailed an invoice from which to pay. Expect curing time of at least 4 weeks from time of order. **It's that easy!**

SOAP NEWS AND UPDATES:

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



*It's time to think about Fathers Day gifts, and **coco-shā SOAPS™** offer amazing choices for the special men in your life!*

Here are some awesome suggestions:

| | |
|---|--|
|  | <p>Select Gift Box
~An elegant and practical choice~</p> <p>\$34.89</p> |
|  | <p>Add Select Gift Box
with Handmade Pine Wood Soap Tray</p> <p>\$39.95</p> |
|  | <p>Or choose Guest Size sample bars in a lovely organza gift bag. Classy gift card tag attached and information slip included. \$9.49</p> <p>Also Available...Regular Size bar of coco-shā™ in <u>ORGANZA DRAWSTRING GIFT BAGS</u></p> |

| | |
|--|---|
| <p><i>Suggested soaps for the men:</i></p>  <p><i>Calypso Bay</i>
Bay Rum, Lemongrass, & Clove Bud</p> <p><i>Earth in Sky</i>
With Fir Needle Essential Oil</p> | |
|  <p><i>Lavender Annie</i>
Premium Lavender and Anise Scented</p> | <p><i>And of course....</i></p>  <p>GMB (GOOD MORNING BOYS!)
<i>Soap and Shaving Bar</i></p> |
| <p><i>Lavender</i>
Premium Essential Oil</p> <p>is always a favorite among the men!</p>  | <p>Log in and go to the <i>coco-sha</i>™ website page to check out all your options and place your order now!</p> |



Member of

We are dedicated to preserving the environment to the best of our ability.

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



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

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

ENVIRONMENTAL UPDATES FROM THE U.S. EPA:

EPA Recognizes Seven University Teams for Environmental Solutions

WASHINGTON – Today, the U.S. Environmental Protection Agency (EPA) announced seven winning student teams of EPA’s People, Prosperity and the Planet (P3) phase II awards for innovative and sustainable designs to help solve today’s

complex environmental problems at the 10th annual National Sustainable Design Expo in Washington, D.C. “As we mark the 10th year of the National Sustainable Design Expo and P3 competition, we continue to be inspired by the next generation of scientists and engineers shaping the future of our

country," said Bob Perciasepe, U.S. EPA Deputy Administrator. "These students support a vision for the future that encourages a prosperous economy while seeking sustainable and creative solutions to some of the most pressing environmental and health challenges facing our world."

EPA's P3 Program challenges student teams to create designs for a sustainable future while offering quality hands-on experience that brings science, technology, engineering and math classroom learning to life. This year's winners were selected from 35 competing teams following two days of judging by a panel of national experts convened by the American Association for the Advancement of Science.

Each award-winning team is recommended for a grant of up to \$90,000 to further develop their design, apply it to real world situations, and bring it to the marketplace. Previous P3 award winners have started successful businesses and are marketing their technologies in the U.S. and around the world.

Winners of this year's awards are: Cornell University, New York, for designing a low-cost monitor for measuring water quality.

Embry-Riddle Aeronautical University, Florida, for designing an innovative air conditioning system that runs on solar power.

Iowa State University for designing a new kind of fabric made with fibers from bacteria and yeast grown in tea and polymers of corn and soy.

Purdue University, Indiana, for researching how to improve indoor air quality by using plants grown in the air filter of a home HVAC system.

SUNY Stony Brook, New York, for designing and building Poseidon, an ocean energy harvester that converts wave motion into electrical energy.

University of Tennessee, Knoxville, for exploring ways to use green oak or "heart centers," the low-quality part of hardwood logs in U.S. building construction.

University of Wisconsin, Madison, for implementing a campus recycling program for expanded polystyrene packaging thereby diverting almost 2000 boxes and other polystyrene material from landfills in 6 months of operation.

The winning teams announced today received EPA's P3 award and will each be recommended for Phase II funding of a grant up to \$90,000. Phase I funding provided teams with up to \$15,000 to develop their design. In addition to the seven winning team, 17 teams were recognized as Honorable Mentions for their project quality inspiring innovation for environmental solutions.

Now in its tenth year, EPA's P3 program has funded 477 student team projects that involved over 3,400 undergraduate and graduate students and 1,000 faculty members.

The 2014 National Sustainable Design Expo was held in conjunction with the USA Science and Engineering Festival (USA SEF) at the Walter E. Washington Convention Center in Washington, DC. This was the third year of the Festival, the largest science festival in the United States.

More information on the P3 Program and this year's projects:

<http://www.epa.gov/ncer/p3/>

More information on USA SEF:

<http://www.usasciencefestival.org/>

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*.

Why Bother Gathering Stinging Nettles?

By Sandra Stram, CEO of Song of Health

I love spring! This time of the year gets me all excited as new colorful flowers bless us in their glory, and many medicinal plants make their entry on Nature's stage. That's how it is for those of us who live in the "Northern Lands" and bear Winter's brunt.

Where I reside, this is the perfect time to gather and dry Stinging Nettles. Why in the world, you may question, would someone *choose* to subject themselves to having a relationship with a plant that wreaks so much pain when its fresh form makes contact with human skin? As with many of Nature's gifts, once Nettle has been dried or cooked, its ouchy properties subside to become a wonderful herbal medicinal.

I confess, my neighbor gathered the raw plants for me up in the hills above us while on his daily hike, clipping at just the right time. I kept close eye on those below while his wife and I were on our daily walks on the lower hills. As with most herbal-type plants, the time to gather is when the bud is well-formed but prior to opening and exposing the flower.

Well covered in jeans, long-sleeved shirt and sturdy work gloves --- no spot of skin uncovered! --- I separated the plants and laid them out well-spaced on newspaper and cardboard, to bask on the patio for the first day. Then, with them half-dried, I tied half a dozen together in bundles and hung them to finish completely drying, a couple days to be safe. It is of utmost importance that the plants be completely dry to avoid any molding. Tomorrow I will take them down and store them in glass gallon jars. By the way, once Nettles are dried they no longer sting or irritate the skin. Quite the opposite, they are reported to have healthful benefits.

What do I use Stinging Nettles for?

My personal favorite use for Nettles is as a hair rinse and conditioner. I make a very strong tea by placing a fistful of dried leaves and stems into a saucepan of filtered water, bringing to a boil, then immediately removing from heat; I cover and let sit until cool. (I also enjoy drinking a cup of the hot tea when it is medium strength.) That's all there is to it. My hair has never been healthier than when I use Nettle tea hair rinse. And I don't experience hair loss as long as I use the tea!

I love to use Stinging Nettle powder as a colorant in my soaps. It imparts a beautiful green hue, and the tiny leaf particles create an interesting pattern of texture.

Earth in Sky is a good example of a ™ soap that contains Nettle.

Stinging Nettle is often used as a spring tonic; "a slow-acting nutritive herb that gently cleanses the body of metabolic wastes... It has a gentle, stimulating effect on the lymphatic system, enhancing the excretion of wastes through the kidneys." ¹ It is beneficial to the blood due to its iron content, aids the kidneys and liver, and may benefit women during pregnancy, menstruation, and menopause. ¹ The list of how this plant affects these organs and benefits other conditions goes on and on.

Although a temporarily painful method due to its stinging properties, fresh Nettle has been used for centuries as a topical aid for skin ailments and joint issues such as arthritis, bursitis, rheumatism, etc.

It is really an amazing plant. Much has been written about the many healthful benefits of

Stinging Nettle. I'm just giving you a taste to "whet your appetite" to encourage further learning of how you can easily add this plant to your herbal repertoire. Do you use Nettle? We invite you to share with us your experiences!

NOTE: Remember to always consult with your physician about physical conditions and do not attempt to treat yourself without professional guidance.

¹ http://www.herballegacy.com/Vance_Medicinal.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.

✈ **MAIN DISHES: RAZOR CLAMS (Sf)**

This is probably the easiest recipe around to make delicious fried clams. I use mainly organic brown rice flour to coat the clams, which gives a light and golden crust and helps to retain the natural liquid of the clams.

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: Brown rice syrup solids, unsweetened chocolate, cocoa butter, soy lecithin, vanilla. Contains: soy. Due to shared equipment, product contains traces of milk.
- ✈ Potential Hidden Ingredients: D, F (Vanilla), S
- ✈ Obvious Ingredients: G, Sy
- ✈ The product was evaluated for: ALL
- ✈ The results were: F, G, P, Sy
- ✈ The product is: Sunspire Grain Sweetened Chocolate Chips (Dark)
- ✈ Hidden ingredients are: F, P



This was another tricky one!

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:** ~ **My Mothers Day Gift From Mother Nature! Wild**

Lupine "Volunteer" ~ This beautiful Lupine seeded itself in my patio planter last year. A gift from Nature! The closest Lupine I have found growing is in a ledge the next road over (about 2 miles away), so it is Nature's secret how it ended up in my planter. What an awesome gift!



FOOD RESOURCE LIST UPDATES

THE FOOD RESOURCE LIST ON THE WEBSITE IS AVAILABLE IN PRINTABLE VERSION.

Use the codes below to translate the Results Column.

KEY FOR RESULT CODES

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

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

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

The items are listed per category.

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

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

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

If you have any questions, please contact us at: manager@songofhealth.com.
We are happy to help!

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

THE FOOD RESOURCE LIST MAY 2014

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

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|---|-----------------------|----------------------|----------------|---------------|
| BAKING SUPPLIES: | | | | |
| Azure Standard Arrowroot Powder | 04/14 | ALL | N | |
| Sunspire Grain Sweetened Chocolate Chips (Dark) | 04/14 | ALL | F,G,P,Sy | |
| BUTTER: | | | | |
| Amish Country Roll Butter Unsalted | 04/14 | ALL | D,F,P | |
| CHEESE: | | | | |
| Lifeline Farms "Montazarella" Montana Mozzarella (Organic) | 04/14 | ALL | D,Ms,P | |
| CHOCOLATE AND COCOA: | | | | |
| Lydia's Organics Cacao Crunch Bar | 04/14 | ALL | G | |
| Trader Joe's Dark Chocolate Honey Mints | 04/14 | ALL | F,G,H | |
| COFFEE AND ALTERNATIVES: | | | | |
| San Francisco Bay Organic Rainforest Blend Coffee Beans | 04/14 | ALL | N | |
| Thomas Hammer Coffee Roasters Sumatran Mandheling (Fair Trade/Organic 12 oz.) Preferred Drip Method | 03/14 | ALL | N | |
| FLOUR: | | | | |
| Azure Farm Cornmeal, Organic Medium Grind | 04/14 | ALL | G | |
| Gluten Free Mama Mama's Almond Blend | 04/14 | ALL | G,P | |
| Honeyville Blanched Almond | 04/14 | ALL | F,P | |

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|--|-----------------------|----------------------|----------------|---------------|
| MEATS & MEAT BOUILLON: | | | | |
| Applegate The Great Organic
Uncured Beef Hot Dog | 04/14 | ALL | F,M | |
| NUTS: | | | | |
| Azure Standard Almonds, Raw | 04/14 | ALL | N | |
| OILS: | | | | |
| Napa Valley Originals Olive,
Organic Extra Virgin | 04/14 | ALL | F | |
| Napa Valley Originals Safflower,
Organic | 04/14 | ALL | N | |
| Omega Nutrition Flax, Organic | 04/14 | ALL | F,G | |
| SALT: | | | | |
| Edison Grainery Himalayan Pink
Salt Fine Granulation | 04/14 | ALL | N | |
| SEEDS: | | | | |
| Spectrum Essentials Chia Seed | 04/14 | ALL | G | |
| VINEGAR: | | | | |
| Heinz Distilled White | 04/14 | ALL | F,G | |
| VITAMINS, HEALTH CARE PRODUCTS
AND NUTRITIONAL SUPPLEMENTS: | | | | |
| KAL Nutritional Yeast Flakes
Unsweetened, Gluten Free | 04/14 | ALL | P,S | |



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

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