



## **DRAGONFLY NEWS**

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

**NOVEMBER 2010**



*The Morning Walk in Autumn*

*Photo by Sandra Strom*

*Wishing you all a blessed Thanksgiving Season from the Song of Health Team*

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

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

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

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

Janet Jensen and Elizabeth Vedder (she's back part-time!), Managers of the Food Resource Updates

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

Visit Sandra at [Twitter](#) and [Facebook](#)

*You're invited to follow and share comments!*

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[GRILLED AVOCADO, MUSHROOM AND CHEESE SANDWICH](#)
- ✈ **FOOD RESOURCE UPDATE:** **NOVEMBER 2010**

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

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

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

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## **WEBSITE CHANGES AND NOTICES**

### **✦ In the Goods and Services**

#### **Section:**

Dr. Jared Zeff's office, Salmon Creek Clinic, has moved. The new address is: 3606 Main Street, Vancouver, WA. The phone number remains the same. The listing in the Goods and Services section has been updated.

Welcome to our new supporter, Dr.

Elizabeth Storjohann, ND, BSc,

Woodside Clinic,

Scotland, Ontario. She is now listed in the Goods and Services section.

### **✦ In the Recipes section:**

~ The recipe VEGETARIAN KIELBASA, YUCCA AND CABBAGE (OR SUBSTITUTE USING KIELBASA MEAT SAUSAGE AND POTATO) has been deleted from the MAIN DISHES section. The ingredients in Kielbasa, both vegetarian and meat, include too many

or all of the food intolerance categories. If you happen to find kielbasa you can have, follow the recipe [YUCCA AND CABBAGE WITH TUNA](#), and omit the chipotle and coriander. (See recipe for several variations.)

~ Also, [YUCCA AND CABBAGE WITH TUNA](#) has been updated.

### **✦ Have you been wormed yet?**

Sounds disgusting, agreed. Yet, it is common to pick up parasites from our food and environment. Spring and Autumn are the recommended seasons for following the simple, natural method of cleansing the body of these dangerous microscopic critters. It's easy to be tested and treatment is natural. Ask your Naturopath about it today.

## **✦ 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)**

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## **GIVE AND YOU SHALL RECEIVE!**

### **SAVE AN ADDITIONAL 10% ON YOUR NEXT SUBSCRIPTION RENEWAL:**

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**To order: Contact [manager@songofhealth.com](mailto:manager@songofhealth.com)**



## **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](mailto:newsletter@songofhealth.com).**

#### ***Share your story with others.***

**SUBSCRIBERS, PLEASE...help others by sharing your story.** When you allow us to publish it in *Dragonfly News* and *Subscribers' Testimonials*, a dedicated section on the *Song of Health* website, you provide the opportunity to reach out to those who still suffer but are not confident that our dietary lifestyle will work for them. By hearing and reading about how our lives were dramatically changed we can help 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](mailto:manager@songofhealth.com).

Thank you for helping us to achieve our goal of reaching out to as many people as possible in order to provide help, hope and answers. The more we give away, the more we receive!

**A note of encouragement:** A subscriber was concerned that her story was uninteresting. **There is no such thing as a boring, uninteresting story!** We are here to support each other and every contribution helps, no matter how small or large the content. Please don't let that stop you! 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 the following communications with you. In so doing, we all reap the benefits of learning together.*

**From Kim:** A while back (1/10) I sent in a sample for the Tinkyada noodles in bulk from Azure Standard and the elbow noodles from Tinkyada as well. They came back positive for potato. I happened to see on this site that it was a mistake and all Tinkyada products were neutral. (something to that affect!) Yet on the resource list it still

lists Tinkyada as potato. I have never used the products since they tested positive for potato. Can you clear this up for me and what happened that it tested potato and now it's not? Windrose didn't seem to know the answer. Thank you. *Kim*

**Reply from Sandra, CEO of Song of Health:** Well...that must have confused you! It sure would have me. I spoke with Dr. Tish a number of months ago regarding potato-free pasta products. She verified that all the Tinkyada pastas she has evaluated this year (since January) has been free of potato. As you'll note, the bulk product at Azure that is listed on The Food

Resource List, is also potato-free. I can't answer for the clinic why your personal results showed positive for potato. Do you still have your paper showing the results? If so, I would run that past Dr. Tish, as she needs to be aware of this. I have been using the Tinkyada products for quite a while now, and have been great with them. Dr. Tish is potato intolerant and fruit/grain combo, and she keeps a close eye on the Tinkyada products to make sure nothing has changed. Remember, a few of the Tinkyada products also have other than grain, i.e., egg; soy.

To sum up, you are free to eat Tinkyada pasta if you are potato intolerant. Hope that helps. In Health, *Sandra*

**NOTE:** *In April it was brought to my attention that the results for Tinkyada products had been incorrectly given to me from the clinic as positive for potato. It was corrected immediately in The Food Resource List and notification was sent out. Kim brought to my attention that the PDF download file was never corrected. It is now. Our apologies for this confusion. As human beings, we sometimes miss the mark, no matter how diligent we are. We appreciate Kim bringing this to our attention. Sandra*

**From Melissa:** Since I have the fruit intolerance I assume that I can't have the Red Star Bread Maker yeast because it has ascorbic acid, right? If that is correct, any suggestions on how to make the regular yeast work? I attempted to make bread in my bread maker, and it didn't raise much. Thanks for your time! *Melissa*

**Reply from Sandra:** Use their Active Dry yeast instead. I have used it for years and had great results with it. In the bread making machine, I would suggest setting it to the whole wheat cycle, whether it is or not. It allows it to rise longer. Is it the Red Star Yeast you've had trouble with? I keep my yeast in the freezer, which helps it to last longer. Old yeast loses its rising power. What else are you using in your bread? Too much salt will retard yeast, too much sweetening will cause it to work too fast, then fall. But the right amount of sweetening gives the yeast something to feed on. The weather has an effect too. Warm weather helps; cold weather makes it take longer. Have you checked out the bread recipes in the Recipes section at Song

of Health? I have published many bread maker recipes that have turned out great for me. Now, I pretty much stick to making my own sourdough, as I have a potato and fruit/sugar intolerance. Since I eat lots of fruity stuff, it's easier for me to just eat the sourdough.

**Melissa:** While talking about flour, is there a good "all purpose" type flour that is grain only? I have a pastry flour and the spelt, but didn't know what could be substituted for "all purpose flour" if I used a "regular" recipe.

Is pumpkin a fruit? What is allspice? I wanted to make mayo and all of the chili powders seem to have allspice, so I wasn't sure if that was something I could have.

You can use my questions. If everyone else is as confused and lost between all of the inconsistency in what foods test for, from one test to the next, and how to handle the diet in general as I am, I want to help. **I look forward to getting feedback from others who are also struggling.** Thanks again for your time! *Melissa*

**Sandra:** Neither pumpkin or allspice is fruit. You can have both.

I suggest looking at The Food Resource List for flours that have been evaluated. Flour can be a tough one, as citric acid is often added to extend shelf life. Hope that helps. *Sandra*

**From Andrea:** Sandra, hello. I look forward to having your website at my fingertips as a valuable resource.

Do you have, or are you developing, a search tool within your website? The reason I ask is that it would be great if I could enter a brand name and have a list generated of all the products you have tested and their results, without the need to know which category to look under. I have found a few brands that cater well to our potato and cane sugar intolerance (Eden, Imagine, Lundberg) and would ask a grocer to order in additional brands if they met our needs. Similarly, I read somewhere on your website something about guar gum (containing potato?) and have not been able to find it again. Entering a search for guar gum and having a list generated from your testing that mentions guar gum would be helpful.

I have already tried some recipes with great success; the brownies did not last long! Thank you again!

These are my comments to date. Coping with food intolerance is still new to our family, but already it has made a profound improvement in our health and behavior. Best wishes. Thank you for providing this valuable resource!!! *Andrea*

**Reply from Sandra:** Hello Andrea. Re a search option on the website. We have seriously considered and discussed this option. It would require rebuilding the site, which is cost prohibitive at this point. The Song of Health website is in html form; including a search icon means reverting to a totally different format. It is definitely on the burner for later. I understand how convenient it would be for everyone to have the search option. In the meantime, we have created the different categories to be as easy to find the information as possible. That is also why The Food Alert List is now available, so when new posts regarding your specifics are created, you will be alerted.

Re The Food Resource List: We find the current format to be the simplest for finding a product. The hope that you can buy by brand is not always "safe." This is because companies are prone to change ingredients in their products - often due to availability and price. You are best covered by looking up the specific product on the List, to see if it has been recently re-tested. For instance, under "Condiments" and "Soy Products" the intolerances evaluated for and results for [Yamasa Soy Sauce](#) has changed. If someone with a grain intolerance were to go by the brand instead of the actual product, they would ultimately be in trouble!

Guar gum does contain potato. **The easiest way to determine what to avoid is to go to The Food Categories pages.** Click on the potato page and you will find guar gum listed.

As Song of Health becomes better known and we continue to grow, we will definitely be looking at changing our format, which will include the search option. Your suggestions are seriously considered and we appreciate them very much. Thank you for taking the time to write us and share your thoughts. I hope my response has been helpful. In Health, Sandra

**Andrea:** Just wondering, are there any statistics available about the percentage of those tested, using the Carroll Food Intolerance Test, who have intolerances to each of the categories you identify on the website. I am wondering specifically how many people are affected by potato and sugar. Also how many people are tested annually using the Carroll Food Intolerance Test? Please advise. Thank you. *Andrea*  
**Sandra:** Great questions. Our doctors may be able to answer what percentages are with their patients. I can give you basic per cents of SOH Subscribers who are on The Food Alert List. Will do that and share the info. I can tell you that both potato and sugar are very common - as primary and/or combination with another. I'll forward your query to our doctors; but please don't be disappointed if we don't get a response. They are so busy and, if their computer data doesn't monitor this info, it would be impossible for them to know the stats. In health, *Sandra*

**Following is a list of percentages of the food intolerances,** both as main and combinations, of current Subscribers who have chosen to be on **The Food Alert List.** Please be aware that this is a very small count of those who have been evaluated for their food intolerances.

**Subscribers: Be counted! [Sign up for The Food Alert List.](#)**

|            |     |
|------------|-----|
| DAIRY..... | 30% |
| EGG        | 25% |
| FRUIT      | 90% |
| GRAIN      | 40% |
| HONEY      | 0%  |
| MEAT       | 5%  |
| MINE SALT  | 0%  |
| POTATO     | 90% |
| SEAFOOD    | 20% |
| SOY        | 5%  |
| SUGAR      | 85% |
| GLUTEN     | 10% |

Note: Fruit and potato are the most prevalent food intolerance categories, either as a main intolerance or in combination with another category. Sugar follows as a close second. Although gluten is not an actual Carroll food intolerance category, many people need to avoid gluten, so we have included it in our watch list. Several categories are "0%" from the Food Alert

List; however, many people do have these intolerances.

**From T:** Does xanthum gum have potato in it?

**Reply from Sandra:** Xanthan gum can be derived from several different sources. Simply defined, it is produced by fermenting a glucose or sucrose, dried and ground into a fine powder, then added to a liquid to form a gum. The original sugar, often derived from corn, can come from a number of sources, including wheat, soy, etc. It is used as a stabilizer. Sometimes,

### **Samples From The Forum:**

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

#### **UNDER THE CATEGORY [FOOD QUESTIONS:](#)**

**Posted by Melissa:** I don't see any of these [[Powdered & Brown Sugar](#)] sugars on the Food Resource List, and I was wondering if there are any out there that I can have with fruit, grain/potato intolerance, or if they are all ok.

**Posted by [Sandra, CEO of Song of Health:](#)** There is a turbinado sugar on the list, by Azure, and that evaluated positive for fruit. I would not recommend any product being "ok" just because it's not on the list. If there is a product you are interested in, we recommend that you send a sample in to be evaluated. That is the only sure way of knowing if it is ok for you to eat. To find out how to send a sample in, click on the icon "Send a sample for Evaluation" at the left of most of the website pages. In health, *Sandra*

**Posted by Bon:** I've been really careful with my diet for a week now. I have referenced everything I consume using the food resource list here. I know the list is no guarantee, but it should be safer than label reading alone, right? I'm overwhelmed with questions and wish it was possible to have a nice long conversation and ask them all

potato starch is added to help stabilize and/or thicken. Bottom line, there's no guarantee to determine whether a product that has xanthan gum in it contains potato unless it is evaluated for potato by our doctors. Personally, as a potato-intolerant, I avoid products with xanthan gum, locust bean gum, and guar gum, unless it has been evaluated for potato. In Health, *Sandra*

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without it costing me a small fortune ;) I'm sure someone out there can relate.

Anyway I guess the question foremost in my mind right now is how long does it generally take to feel better? I can't tell if feeling yucky is a result of inadvertently consuming my intolerance, or if it's just part of the detox process. I think I am doing a good job of avoiding my intolerances, but today I ate something that has given me the worst stomach ache, and for the life of me I cannot figure out what it is. It is discouraging to put so much energy and focus on what I eat and still feel terrible. I'm sure I am expressing sentiments many of you have felt before. How do you figure it out without losing your mind? Is the reason I would feel bad after eating because I consumed my intolerance or could it be something else?

Can someone explain why I was able to consume potatoes and fruit/sugar combinations my whole life and now even the tiniest amount will make me feel sick? Thanks for reading and helping if you can!

**Posted by Robin V Smith:** Dear Bon, I really know what you mean. I've been there and it's so stressful, upsetting & expensive to figure this out. I was diagnosed in April, so I have a few months under my belt. I've made some mistakes and learned from them. I'm very strict, depending heavily on this list. Feel free to contact me and I'll be happy to be a support. *Robin*

**Posted by [Sandra, CEO of Song of Health:](#)** I understand your frustrations

also. I think we all wish we could have a "quick fix" to feeling great. We have to remember how many years we consumed and abused our bodies, generally in more than one way. It takes time to reverse the process and damage done (see [The Process of Healing Diagram](#)). It won't be an overnight process to reverse what we've caused after many years of poisoning ourselves. As we continue to heal, we go back through the stages that got us where we ended up. So it is common to feel lousy before feeling better. Dr. Harold Dick once analogized it for me: Our bodies are like a river. The toxins formed from food intolerance consumption settle in pockets, like cesspools. When the body begins to eliminate the poisons, they are flushed from these "cesspool pockets" and out into the mainstream of the river - in other words, our bloodstream. Imagine the poison running through the body as it finds its way out. Maybe that can help you to better understand why the process takes time and sometimes discomfort.

Often, we feel immediate acute symptoms when we eat our food intolerances once we have detoxified our system. When our bodies are inundated with toxins from consuming our food intolerances, we often do not feel an immediate reaction from eating, for instance potato, because we have already moved into a chronic state of being. This is when we may be experiencing more severe conditions.

Thank you, Robin, for sharing and offering your help. This is what our hope is - that we can all help and support each other. After all, we are in the minority compared to mainstream medicine! In health, *Sandra*

#### **UNDER THE CATEGORY [GENERAL HEALTH DISCUSSIONS](#):**

**Posted by Bon:** I'm doing my best to eliminate my intolerances 100%. It's now been two weeks and I still feel very fatigued and just not good. It seems like many of my symptoms have improved, but I still feel much worse than I thought I would at this

point. I do understand that it takes time, but what I'm wondering is if it's possible that I'm consuming my intolerance and just don't know it? I can't afford to have all of my food tested, but I am reading labels very carefully and choosing foods that test okay on the food resource list.

So, how do I know? Do I just keep doing what I'm doing and hope to feel better? What is a reasonable time frame to expect to see a change? I hate to think I'm putting this much energy into my diet and still consuming my intolerance and I really don't know if I would be able to tell based on my symptoms at this point.

**Posted by [Sandra, CEO of Song of Health](#):** Hello Bon, I highly recommend that you contact your physician for a follow up consultation, monitoring, and examination, if you are feeling this lousy. Your doctor can help you in the detoxing process with constitutional hydrotherapy treatments and medicines (herbs, homeopathics, etc.). If your condition is more serious than a detoxing problem, your doctor is the one who needs to be aware so they can treat you properly. Our health is not something we want to gamble with. Your doctor can get you on the right track. At Song of Health, we can help you to avoid the foods that are your intolerances by identifying them, offering good substitutes in cooking, recipes, and suggestions. In health, *Sandra*

*Read the entire thread in The Forum.*

#### **UNDER THE CATEGORY [SPECIFIC FOOD INTOLERANCE DISCUSSIONS](#):**

**Posted by Bon:** I am very very new to this. My primary intolerance is potato and I have a Fruit/Sugar combination. I thought I had bread figured out, but now I am not so sure. My plan is to eliminate sugar 100% from my diet so it becomes a non-issue. I bought the Red Star yeast and a recommended whole wheat flour and local honey for making my bread. After reading entries on this forum it is my understanding that the Red Star yeast contains sugar. Is this right? Does that mean I'm back to

square one with my bread or is it okay to make bread this way? I know sourdough is an option, but I REALLY want to enjoy my whole wheat bread.

**Posted by Sandra, CEO of Song of Health:** Hello Bon, you and I are in the same boat, so to speak. My intolerances are exactly the same. So I am quite familiar with your predicament.

Red Star yeast is started from sugar. I have used it for years, but that means not eating fruit at the same time (6 hours for me). So I decided to go the sourdough route for most of my bread.

I start my sourdough with just flour and water. When I make the "sponge" I add about a tsp. of agave syrup because it is neutral and anyone other than a grain intolerant will be able to eat the bread. I have tried just about every bread recipe that I always made, using the sourdough starter. They have all been delicious. Since you are making your own starter, you can determine how sour you want it to be by how long you let it sit out at room temperature. Check out the breads, biscuits, and crackers in the recipes section for some great bread recipes and my sourdough starter and recipes.

When I am hankering for a non-sourdough bread, I make biscuits or soda bread instead. I use baking soda, not baking powder, as most of the baking powders

available to me contain potato. It works great!

As with all the foods we learn to omit from our diet and substitute with others, we must give ourselves time to adjust and build the new habits. I encourage you to begin with a simple sourdough recipe and build your confidence, then get creative. I trust that you will find baking sourdough bread is a lot of fun. One thing...sourdough takes a lot longer to rise than regular yeast bread. It can turn out to be an all day project. I take my sourdough starter out of the refrigerator the night before. The next morning it is ready to use. Hope that helps. In health,

*Sandra*

**Posted by Bon:** This is so helpful, thank you! I appreciate the ideas and I will definitely be checking out the recipes you provide here.

When posting a question or comment on 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!

### SUBSCRIBERS:

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

*Sandra*

**MAKE YOUR VOICE HEARD!**



**REMINDER: IMPORTANT! We will continue to print this message in every newsletter from now on. It is an important issue that we believe needs to always be addressed:** On occasion, a Subscriber will ask our doctors a food intolerance question and their responses will slightly differ. This has sometimes caused confusion and has been expressed directly to one of our doctors by several patients.

Per Dr. Zeff: "...most likely, we are not evaluating foods for, e.g., potato content. We are evaluating a food against a blood sample of a person with a known potato intolerance..." Test results for one patient to a food can vary from another patient, even though they are intolerant to the same food category. So, Dr. Dick may determine a different result than Dr. Zeff, or any of the other doctors who competently perform this "testing," because they are testing a patient's specific blood sample to a specific food sample. As Dr. Zeff puts it, "It is one of the peculiarities of the methodology."

For this reason, we constantly emphasize throughout the *Song of Health* website that the information found on the website is a guide only. If you have any personal issues with a product, in other words, an evaluation shows that a food should be OK for you to eat, yet you have a reaction to it anyway, we suggest you refrain from consuming it until you have it evaluated for you personally.

Always, always, always consult your physician with any medical issues you may be experiencing, any drugs you have questions about or your medical care. Our purpose is to help you to determine what foods are included in food intolerance categories. All other information, including articles, are for educational purposes, and is not meant to replace your doctor's care for you. We are set up as a support team for doctor, patient and subscriber. There are many questions *Song of Health* can answer for you, and we encourage you to ask us first, in regards to food and food intolerances. 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*



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

### **SHARING EXPERIENCES:**

*Remember that eating our food intolerances can have a dramatic effect on our moods as well as other symptoms we discuss, ad infinitum.*

## **HELP – THIS FOOD INTOLERANCE STUFF IS CONFUSING!**

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

As we continue to welcome our new Subscribers to Song of Health, we hear your cries for help. Entering our world of avoiding food intolerances, we hear you express the frustration, doubts of potential success, and loneliness; unhappy and discontented feelings that are borne from the pain of illness. Subsequently, the altering of our lifestyles in a major way becomes a requirement. It is time to once again emphasize the importance of sharing our experience, strength and hope with each other. In support and encouragement, together we are able to learn and succeed in getting and staying healthy.

This is not an easy path...mainstream medical professionals exude their distaste, even rude snickering, at our intent to eliminate specific foods from our diet because we are *intolerant*. They have difficulty swallowing that "food intolerance" pill. Compounding the confusion, contemporary students of the Naturopathic colleges across this country are not being educated in the "old ways." Instead, they are taught what Dr. Letitia Dick calls "green allopathy." (See Sharing Experiences, May 2009 "[Green Allopaths versus Traditional Naturopaths - What is The Controversy Among Naturopathic Physicians?](#)") Simply, students are not being taught to diagnose the *cause* of a patient's dis-ease. As in the allopathic circles, they are being taught to treat the symptoms. This does not cure the problem. True, the patient may feel temporarily better. A bladder infection may disappear with treatment, or the blood pressure may be reduced with a drug. The symptom goes away, but what will appear next?

### ***Treat the cause, not the symptoms.***

We must ask, "Why do these conditions occur in the first place? *What is the cause?*" If the cause is not addressed and remedied,

then the patient will soon experience a reaction somewhere else in the body --- another weak link in the armor of the immune system.

Have you had this experience? You visited a physician, an M.D. for example, for help with a discomfort – infection, pain, bloating, some unhealthy symptom. The symptom was treated, most likely with a drug/antibiotic, and soon you no longer experienced that specific discomfort. The doctor was a hero! Some time later, however, another issue popped up. Again, the doctor treated the symptoms with another drug. Were they still your hero?

The "quick fix" may sound workable, but what is happening underneath is a worsening problem of the condition. Eventually, the patient's health becomes so chronic and painful that the doctor may resort to surgery in order to remove an irreversibly diseased organ, or chemotherapy to eradicate abnormally growing (cancer) cells. This could have been avoided! And that's disheartening.

After experiencing enough of these disappointing circumstances, we find ourselves looking for another answer. As a last resort, sick and tired of being sick and tired, we learn of another circle of medicine --- Naturopathy. Within this circle is a smaller one --- *food intolerance testing*. We may not realize it yet, but we have been very fortunate to find this new off-the-beaten-path doctor, who tells us, "Eliminate foods you are evaluated to be intolerant to, and along with therapeutic help, your body will heal itself!"

What? How can this be? Why didn't the other doctors tell me this? Why isn't this food intolerance testing common practice?

Allopathic, or traditional Western, doctors are not trained and educated to be experts in nutrition. Their education teaches them

to administer drugs and perform surgeries. That's their expertise; that's their source of revenue. The old adage is true: If you don't want a haircut, don't go to a barber.

The American Medical Association (AMA) is the largest, and most politically powerful, medical group in the U.S.A. We are inundated with ads from their bedroom buddies, the pharmaceutical manufacturers, and reports of the so-called latest medical research findings and new and improved surgical methods. When we are continually exposed to a concept as "the truth," we soon come to believe it. Breaking the habit of directed, accepted thinking takes great courage and the willingness to change. So, Subscribers, high-five yourselves for the willingness to step out of the mainstream in order to better your lives! This is truly the first step to wellness.

It takes time for the body to heal, depending on how long and hard it's been abused. This requires patience and diligence on our parts. It also is important to maintain a current relationship with your physician, who can diagnose your current condition and administer treatment to help facilitate the body to heal itself.

### ***Our numbers are growing every day.***

As more people are disappointed with "the other medicine" and are becoming more aware of the alternative choices available, they are turning to the old-school Naturopaths for help. Through the internet and word of mouth, our best known secret for healthful success is getting out. My hope is to see Dr. Oz discussing the benefits of the Carroll Food Intolerance Evaluation methods within a year!

When you weigh the cost of following this path against that of a dead-end road of drugs and surgery, doesn't this alternative make the most sense? My personal recommendation to you is to stay positive, find encouragement from the stories of those who have greatly benefited by avoiding their food intolerances, and don't be afraid to ask for help and support from your Song of Health team --- This includes your fellow Subscribers.

*To All My Relations, Sandra*

*Wishing you all a thankful  
season blessed with  
great health.*

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



## **NEW RECIPES**

**Each month new recipes 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 food intolerance items.
- ✈ 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.

✈ 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](mailto:manager@songofhealth.com).

~ Always use organic products 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.**

### **KEY FOR CODES**

|          |              |  |           |                  |
|----------|--------------|--|-----------|------------------|
| <b>D</b> | <b>Dairy</b> |  | <b>Ms</b> | <b>Mine Salt</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>Ss</b> | <b>Sea Salt</b>  |
| <b>H</b> | <b>Honey</b> |  | <b>S</b>  | <b>Sugar</b>     |
| <b>M</b> | <b>Meat</b>  |  | <b>Sy</b> | <b>Soy</b>       |

### **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).

#### **CAKES:**

[SANDY'S CHOCOLATE BANANA CAKE](#)  
[CHOCOLATE HONEY MAPLE FROSTING](#)  
[HONEY MAPLE FROSTING](#)

#### **CUSTARDS AND PUDDINGS:**

[FRUIT FREE HOMEMADE YOGURT](#)

#### **MAIN DISHES:**

[AVOCADO MUSHROOM PIZZA](#)  
[GRILLED AVOCADO, MUSHROOM AND CHEESE SANDWICH](#)

**Note from Terri, Contributor of Fruit Free Homemade Yogurt recipe:** Hello Sandra, I think I mentioned that I use the Yogourmet yogurt maker because it makes 1/2 gallon of yogurt.

Also, I have been able to use as few as 6 capsules. So you can probably change the 12 capsules to 9 and that will be good. Just don't want folks wasting expensive 30Bs.

Thanks for all you do, the website looks great! *Terri*



**LOOKING FOR A HOLIDAY RECIPE,**

**such as stuffing, pies, or cranberry sauce?**

**Check out our great recipes.**

**Just look in [The Index](#) and click on the desired recipe.**

## **FOOD RESOURCE LIST UPDATES**

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

### **KEY FOR RESULT CODES**

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

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

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

✦ The items are listed per category.

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

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

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

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

- **SHOPPING SUGGESTION:** Do you have a Blackberry, Iphone or other mobile internet phone? I log on to Song of Health.com, The Food Resource List, as my shopping tool!

## FOOD RESOURCE LIST UPDATES

### NOVEMBER 2010

| <u>FOOD EVALUATED</u>  | <u>DATE EVAL.</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>PURCHASED AT</u> |
|--|-------------------|----------------------|----------------|---------------------|
| <b><u>BREAD:</u></b>   |                   |                      |                |                     |
| Dave's Killer Bread<br>Cracked Wheat   | 10/10             | D,E,F,M,P,Sf,Ss,Sy   | G,S,Ss         |                     |
| Dave's Killer Bread Good Seed  | 10/10             | D,E,F,M,P,Sf,Ss,Sy   | G,S,Ss         |                     |
| Dave's Killer Bread Peace Bomb<br>Mini-Baguette                                      | 10/10             | D,E,F,M,P,Sf,Ss,Sy   | G,S,Ss         |                     |
| Dave's Killer Bread 21<br>Whole Grains   | 10/10             | D,E,F,M,P,Sf,Ss,Sy   | G,S,Ss         |                     |
| Wheat Montana Farms High Fiber,<br>Flax & Sunflower Healthy Loaf                     | 10/10             | ALL                  | D,G,H,Ms,S,Sy  |                     |
| <b><u>CANDY AND GUM:</u></b>   |                   |                      |                |                     |
| Bobs Sweet Stripes Soft<br>Mint Candy  | 10/10             | ALL                  | G,S            |                     |
| <b><u>CHEESE:</u></b>  |                   |                      |                |                     |
| Dofino Creamy Havarti  | 10/10             | E,P,S,Sf,Sy          | D,P,Sf         |                     |
| Tillamook Sliced Swiss   | 10/10             | F,P                  | ALL            |                     |
| <b><u>CHIPS AND CRACKERS:</u></b>  |                   |                      |                |                     |
| Kettle Organic Yellow Corn<br>Tortilla Chips   | 10/10             | ALL                  | F,G,Ss         |                     |
| Naturally Preferred White Corn<br>Tortilla Chips                                     | 10/10             | ALL                  | G,Ss           | Fred Meyer          |
| Trader Joe's Lightly Salted<br>Rice Cakes  | 10/10             | F,P,S,Sf             | ALL            |                     |
| <b><u>CHOCOLATE AND COCOA:</u></b>   |                   |                      |                |                     |
| Sunspire Organic Dark<br>Chocolate Almonds (Bulk)                                    | 10/10             | E,F,G,P,S            | P,S,Sy         | Whole Foods         |
| <b><u>COFFEE AND ALTERNATIVES:</u></b>   |                   |                      |                |                     |
| Cravens Mexican Water Process<br>Decaf, Certified Organic Free<br>Trade Coffee Beans | 10/10             | F,P                  | N              |                     |
| Maya Earth Comal Organic<br>Espresso Coffee Beans                                    | 10/10             | F,G,P                | N              |                     |
| <b><u>COOKIES:</u></b>   |                   |                      |                |                     |
| Country Choice Organic<br>Sandwich Cremes, Vanilla                                   | 10/10             | ALL                  | G,S,Ss,Sy      |                     |
| <b><u>EGG:</u></b>   |                   |                      |                |                     |
| Naturally Nested Eggs  | 10/10             | ALL                  | E,F            |                     |

| <u>FOOD EVALUATED</u>  | <u>DATE EVAL.</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>PURCHASED AT</u> |
|--|-------------------|----------------------|----------------|---------------------|
| <b><u>FLOUR:</u></b>   |                   |                      |                |                     |
| Hodgson Mill Unbleached All-Purpose Naturally White Flour              | 10/10             | ALL                  | F,G            |                     |
| <b><u>GRAINS:</u></b>  |                   |                      |                |                     |
| Bob's Red Mill Natural Raw Wheat Germ                                  | 10/10             | E,F,P,S,M            | G              |                     |
| Jolly Time White Popcorn   | 10/10             | D,F,P,S,Sf           | F,G,P          |                     |
| <b><u>MAPLE SYRUP AND SUGAR:</u></b>                                   |                   |                      |                |                     |
| Murray's North Country Maple, New York Maple Syrup                     | 10/10             | F,P                  | F              |                     |
| <b><u>MILK AND CREAM:</u></b>  |                   |                      |                |                     |
| Alta Dena Sour Cream   | 10/10             | ALL                  | D,F,P,Sf       |                     |
| Kirkland Whole Milk  | 10/10             | F,P                  | D,F,P,Sf       | Costco              |
| <b><u>NUTS:</u></b>  |                   |                      |                |                     |
| Kirkland Dry Roasted Almonds   | 10/10             | ALL                  | F              |                     |
| Planters Mixed Nuts Made With Pure Sea Salt                            | 10/10             | D,F,P,S,Sf           | F,P,Sf         |                     |
| <b><u>SOY PRODUCTS:</u></b>  |                   |                      |                |                     |
| Yamasa Less Salt Soy Sauce   | 10/10             | F,P                  | D,G,P,Sy       |                     |
| <b><u>TEAS:</u></b>  |                   |                      |                |                     |
| CO2 Decaffeinated Ceylon Black Loose Tea                               | 10/10             | F,P                  | N              |                     |
| Nile Delta Loose Leaf Chamomile Tea (Source Unknown)                   | 10/10             | F,P                  | N              |                     |
| Twinings English Breakfast Tea   | 10/10             | ALL                  | F              |                     |
| <b><u>VITAMINS, HEALTH PRODUCTS &amp; NUTRITIONAL SUPPLEMENTS:</u></b> |                   |                      |                |                     |
| Nature's Way Calcium Mag & Zinc  | 10/10             | D,F,G,M,Sf           | F,G,M          |                     |
| <b><u>MISCELLANEOUS:</u></b>   |                   |                      |                |                     |
| Fred Meyer Brand Zip Lock Bags   | 10/10             | ALL                  | N              | Fred Meyer          |
| Kirkland Saran Wrap  | 10/10             | E,F,G,P,S,M          | F,P            | Costco              |



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

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