



## **DRAGONFLY NEWS**

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

**NOVEMBER 2011**



An oil painting, 1919, Smithsonian Institute, Washington, D.C. © Jean Leon Gerome Ferris

<http://victorianas.com/thanks/native>

*We wish you a healthy and happy Thanksgiving celebration!*

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

**If you did not receive this issue at your email address and would like to, please notify us immediately at [manager@songofhealth.com](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. Caryn Potenza, N.D., Staff Supporting 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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**The Carroll Institute of Natural Healing** is an educational opportunity for Naturopathic physicians and students to further their education in the classical methods of Naturopathy, not otherwise taught in the Naturopathic colleges. This is where physicians and students learn about the Carroll Food Intolerance Evaluation methods, constitutional hydrotherapy and other important methods handed down by classical Nature Doctors.

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

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

✈ No recent changes.

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

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

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

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

✈ **Refer a new subscriber and receive an additional 10% off your next renewal!**

To receive your 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. It's that easy!

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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](#).**

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## **SUBSCRIBERS SPOTLIGHT**

## **STORIES, COMMENTS AND QUESTIONS**

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

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

**From Cheryl:** I just received this e-mail, [thought] that you would like the info also.  
Cheryl

----- Forwarded message -----  
From: "Real Soda Bay Area"  
<[realsodaba@gmail.com](mailto:realsodaba@gmail.com)>  
Date: Oct 20, 2011

Subject: Dr Tima  
Hi Cheryl,  
Dr Tima is not available anymore. The owners of that brand are fighting a battle in court and are not bottling any sodas anymore for over 2 years now. Thanks! Jelle

~~~~~

### Samples From The Forum:

New recipe from Subscriber Cheryl posted:  
Category: [Recipes](#)  
Thread: [Quinoa with Currants and Dill](#)

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.

**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

*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 in the NOVEMBER 2011 Food Resource List updates:

**INGREDIENTS:** White tuna, water, salt, pyrophosphate.

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. ~~~



~ 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. ~

## ENVIRONMENTAL UPDATES FROM THE U.S. EPA

*I am subscribed to receive updates to environmental and health policies from the Environmental Protection Agency. Each month I will select those I feel are pertinent to share with you, and bring to your attention. Sandra*

### **EPA Releases Final Health Assessment for TCE**

September 28, 2011 WASHINGTON – The U.S. Environmental Protection Agency (EPA) today released the final health assessment for **trichloroethylene (TCE)** to the Integrated Risk Information System (IRIS) database. IRIS is a human health assessment program that evaluates the latest science on chemicals in our environment. **The final assessment characterizes the chemical as carcinogenic to humans** and as a human

noncancer health hazard. This assessment will also allow for a better understanding of the risks posed to communities from exposure to TCE in soil, water and air. It will provide federal, state, local and other policy makers with the latest scientific information to make decisions about cleanup and other actions to protect people's health.

"This assessment is an important first step, providing valuable information to the state, local and federal agencies responsible for protecting the health of the American people," said Paul Anastas, assistant administrator for the EPA's Office of Research and Development. "It underscores the importance of EPA's science and, in particular, the critical value

of the IRIS database for ensuring that government officials and the American people have the information they need to protect their health and the health of their children."

**TCE is one of the most common man-made chemicals found in the environment. It is a volatile chemical and a widely used chlorinated solvent.**

Frequently found at Superfund sites across the country, TCE's movement from contaminated ground water and soil, into the indoor air of overlying buildings, is of serious concern. EPA already has drinking water standards for TCE and standards for cleaning up TCE at Superfund sites throughout the country.

TCE toxicity values as reported in the assessment will be considered in:

- Establishing cleanup methods at the 761 Superfund sites where TCE has been identified as a contaminant
- Understanding the risk from vapor intrusion as TCE vapors move from contaminated groundwater and soil into the indoor air of overlying buildings
- Revising EPA's Maximum Contaminant Level for TCE as part of the carcinogenic volatile organic compounds group in drinking water, as described in the agency's drinking water strategy

## **ARTICLE:**

### **DIETARY SUPPLEMENTS AND MORTALITY RATE IN OLDER WOMEN**

#### ***Response from Thorne Research***

On October 10<sup>th</sup>, 2011 the *Archives of Internal Medicine* published statistics and conclusions to a study called "Dietary Supplements and Mortality Rate in Older Women," the results of which were apparently supported by the AMA. The study's conclusion states,

*"In older women, several commonly used dietary vitamin and mineral supplements may be associated with*

- Developing appropriate regulatory standards limiting the atmospheric emissions of TCE – a hazardous air pollutant under the Clean Air Act

This assessment has undergone several levels of peer review including, agency review, interagency review, public comment, external peer review by EPA's Science Advisory Board in January 2011, and a scientific consultation review in 2006 by the National Academy of Sciences. Comments from all reviewers are addressed in the final assessment.

EPA continues to strengthen IRIS as part of an ongoing effort to ensure concrete research and science are used to protect human health and the environment. In May 2009, EPA restructured the IRIS program to reinforce independent review and ensure the timely publication of assessments. In July 2011, EPA announced further changes to strengthen the IRIS program in response to recommendations from the National Academy of Sciences. EPA's peer review process is designed to elicit the strongest possible critique to ensure that each final IRIS assessment reflects sound, rigorous science. More information on IRIS: <http://www.epa.gov/IRIS>

*increased total mortality risk; this association is strongest with supplemental iron. In contrast to the findings of many studies, calcium is associated with decreased risk."*

Needless to say, because there were neither rebuttals, nor explanations offered by any AMA experts about how this study was conducted and how the conclusions were derived, an undue fear to continue

taking dietary supplements has been somewhat ignited.

Thorne Research, a trusted company of supplements that our doctors readily prescribe, shares their response to this study:

October 17, 2011

To Thorne Research's valued medical practitioners and their patients:

A recent study, "Dietary Supplements and Mortality Rate in Older Women," published in the *Archives of Internal Medicine*, 2011, Volume 171(18):1625-1633, has caused some concern among the public about the safety of dietary supplements. We have thoroughly reviewed this study and share the following analysis in order to help you better understand the study's design and its findings, and to help allay any concerns you may have.

#### **The Study's Design**

This study is an analysis of data gleaned from 38,772 postmenopausal Caucasian women enrolled in the then-ongoing Iowa Women's Health Study. The data for the study is based on the responses obtained through a self-administered questionnaire initially distributed in 1986, with two follow-up questionnaires distributed over the next 18 years, in 1997 and 2004. The questionnaires inquired about lifestyle practices, food intake, dietary supplement use, weight, smoking status, hormone replacement therapy, and the presence of diabetes or heart disease.

Although study participants were asked about their intake of dietary supplements, the study did not report how much of any

specific nutrient was consumed. Nor was information elicited from the women regarding the chemical form of the supplement (e.g., picolinate versus sulfate) or the quality of the supplements that were taken. Furthermore, although the women were asked whether they took a "multivitamin," the study does not define this term; i.e., the mineral, vitamin, and botanical content of the study's universal "multivitamin" cannot be determined.

Finally, no attempt was made to verify the accuracy of the answers provided in the questionnaires, nor were any of the participating women asked why they were taking supplements, and no attempt was made to determine the impact of taking—or not taking—supplements on any specific individual.

One possible flaw to consider. It is well known that when an individual is diagnosed with a serious disease, such as cardiovascular disease or cancer, beginning or increasing the use of dietary supplements occurs commonly. If the new or increased supplement use were reported on a questionnaire and then subsequent mortality resulted because of the underlying disease, the situation could very possibly exist such that the individual's death, while properly attributed to the disease, would also be "associated" with the use of a dietary supplement. Such an erroneous scenario is a highly likely flaw in the study's design.

#### **The Study's Findings**

The results of the study's analysis claim to show a slightly higher risk of all-cause

mortality associated with the use of multivitamins, iron, and copper. In weighing the study's findings, however, it must be emphasized that the Iowa Women's Health Study is a retrospective study of already collected data. It is not a prospective, controlled intervention study, i.e., it is not a "clinical trial," in which participants would be given a specific dietary supplement or a placebo and then followed closely over time to observe not only the specific outcomes but also the factors possibly contributing to those outcomes.

As can only be surmised retrospectively, individual circumstances change over time, and a significant number of the women participants likely either changed or began new dietary supplement regimens over the course of the 18 years they were studied. And since there was no direct contact with the participants outside of the mailed questionnaires, general information surrounding individual deaths had to be obtained from public records; it was not ascertained by direct medical investigation.

With regard to iron and copper, it has been known for decades that both metals can be potentially toxic, as exemplified by the multi-system disease states that can result from hemochromatosis and Wilson's disease, respectively. For this reason, many postmenopausal women, like men, probably should not take an iron supplement in the absence of anemia or a documented deficiency. At the very least, iron and copper supplements should be

taken concurrently with antioxidants and/or antioxidant-rich foods to prevent a potential increase in oxidative stress. Each of these circumstances points to the merits of dietary supplements being recommended and overseen by medical professionals.

With regard to multivitamins, there is simply insufficient data that can be gleaned from the study to make any serious conclusion about the impact of multivitamins on mortality. This is due to the fact that there are literally thousands of different combinations of vitamins, minerals, and botanicals that can be considered a "multivitamin," as well as a whole host of considerations such as quality, potency, dosage, protocol, and indications for use, among others.

#### **Practitioner and Patient Concerns**

We believe there are serious flaws in the methodology, analysis, and findings on which this study is based. Retrospective surveys such as this—in which people are asked to recall years of dietary habits or supplement use—are notoriously inaccurate. The only conclusion that can realistically be drawn is that a slight statistical association was found based on a limited data set of questionable reliability—and a simple association does not reflect causation. The study's authors do not disagree, stating the following in their commentary to the study: "It is not advisable to make a causal statement of excess risk based on these observational data..." We heartily agree with this advice.

When made by a quality manufacturer, when recommended by a knowledgeable health-care practitioner, and when taken for the appropriate indication, dietary supplements promote, enhance, support, and help maintain overall good health and well-being. The "results" of the recent study do not diminish this conclusion.

Alan Miller, ND Director of Medical Education & Research; Robert Rountree, MD Chief Medical Officer  
Thorne Research, Inc.

**For further commentary on this study:**  
[The Alliance for Natural Health](#)

## [The Council for Responsible Nutrition](#)

I highly recommend following the links above, reading them plus the links they also offer. It is truly an eye-opening experience! One more time, questions arise as to real motives of pharmaceutical companies and the AMA who support them. Is our health their primary concern, or something more lucrative for their pockets at the sacrifice of our best interest? How can they support and publish as "fact" such an unsubstantiated study?

*To All My Relations, Sandra*

~ ~ ~

## **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*.**

## **REMEMBERING THE FIRST THANKSGIVING**

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

November is the month of obvious gratitude. The year has come full circle, from winter consumption of the previous harvest, to spring planting, then summer cultivating, and finally, the great seasonal fall harvest --- a mixture of relief, admiration, and thankfulness for the bounty of our labors. So obvious is this month that we mark it with a fine celebration to share the grand haul with each other.

The Thanksgiving holiday of our generation is in honor of the first thanksgiving feast experienced by the Pilgrim settlers with the Wampanoag First Nation people. After suffering a brutal winter plagued by exposure, scurvy and disease, and with only half of the passengers and crew of the Mayflower surviving, the colonists moved on shore from their ship in spring, and were surprised with a visit from an Abenaki

Native American who greeted them in English; several days later he returned with Squanto, from the Pawtuxet tribe. Squanto, who also spoke English, taught the weakened, malnourished Pilgrims how to cultivate corn, extract sap from maple trees, catch river fish, and avoid poisonous plants. He also introduced them to the Wampanoag tribe, helping to forge an alliance that endured for over fifty years.<sup>1</sup>

It is written that the original celebratory feast, in November 1621, was organized following a successful corn harvest. The festival lasted for three days. While no written record exists of what that first meal included, Pilgrim chronicler Edward Winslow noted in his journal that "Governor Bradford sent four men on a 'fowling' mission in preparation for the event, and that the Wampanoag guests arrived bearing five deer."<sup>1</sup> It is likely that traditional Native

American spices and cooking methods were implemented. The meal did not feature baked desserts, as the Pilgrims had no ovens and their sugar supply was greatly dwindled. Another account claims that the original feast may have included [wild] "turkey, waterfowl, venison, fish, lobster, clams, berries, fruit, pumpkin, and squash."<sup>2</sup> Funny, they don't mention the corn!

Tradition of Thanksgiving dinners progressed. Turkey became the "national staple" of Thanksgiving in the 1800's, prior to President Abraham Lincoln proclaiming Thanksgiving as a national holiday in 1863. Before that, for more than two centuries the colonies and states celebrated a thanksgiving individually.<sup>2</sup> And tradition continues to morph! "A Thanksgiving Day dinner served to the Civilian Conservation Corps in 1935 included: pickles, green olives, celery, roast turkey, oyster stew, cranberry sauce, giblet gravy, dressing, creamed asparagus tips, snowflake potatoes, baked carrots, hot rolls, fruit salad, mince meat pie, fruit cake, candies, grapes, apples, French drip coffee, cigars and cigarettes."<sup>2</sup>

I am fascinated with comparing what our ancestors feasted on at that first celebration and what we have available today. How some foods have evolved! What remains the same? The food evolution has generally not been for the best. Companies such as Monsanto, who are frontrunners in genetic alteration, would gladly argue the point to their benefit, as would the other chemical companies who have made a fortune on herbicides and pesticides. Consequently, we are saddled with produce whose nutritional value has been compromised for the sakes of the \$ and ultra convenience. We are being exposed to unhealthy chemicals in fruits and vegetables, and antibiotics and hormones that have been injected in animals whose bodies and products we consume. Our immune systems have been taxed by the food we

eat and our environment. So, instead of healing us, as the health of the Pilgrims were restored with nutritional foods, so much of our foods actually weaken us.

I also ponder whether the Pilgrims recognized consuming of some foods caused reactions – in other words, what were their food intolerances! Did the indigenous peoples, who ensured limitation of nutritional stripping by rotating to different areas, or rotating planting, allowing the land to rest --- did they also discover foods that were not agreeable for them?

As to how that affects my personal condition, I guess it doesn't really matter what theirs was, save the learning opportunities. If I could have a wish come true, I would want our foods and environment to be as clean now as it was when our original First Nations people were the stewards of the land, passing the "secrets" along to their new European neighbors. Imagine not having to guess what hidden ingredients are in our food! That would also require a willingness from us to accept the responsibility of rejecting fast foods and dinners of Hamburger Helper. How often our blessings come as disguises...For us, we have sought outside the normal medical paths to regain health, leading us to having identified our food intolerances. Now, we realize that following a diet of non-processed foods gives us the advantage of finding true nutrition. As we feel better, we find much to be thankful for.

*On behalf of the Song of Health staff,  
I extend our special thanks to you for  
joining with us in this circle of  
seeking true health and happiness!  
We wish you a safe, fulfilling, warm  
Thanksgiving holiday time.*

To All My Relations, *Sandra*

<sup>1</sup> <http://www.history.com/topics/thanksgiving>

<sup>2</sup>

[http://en.wikipedia.org/wiki/Thanksgiving\\_dinner](http://en.wikipedia.org/wiki/Thanksgiving_dinner)

*"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 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, or to update new findings of ingredients for food intolerances.
- ✧ WE INVITE YOU TO SHARE YOUR SUGGESTIONS, RECIPES, COMMENTS AND CONCERNS. Please go to [The Forum](#) and post in the Recipes section, or contact us at [manager@songofhealth.com](mailto:manager@songofhealth.com).

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

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

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

## **LIST OF NEW RECIPES**

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

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

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

**Remember to check out the Recipes sections for  
great Thanksgiving dinner and appetizer options!**

**DIPS AND HOR DUERVES:**

**[HUMMUS](#)**

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:** White tuna, water, salt, pyrophosphate.
- ✈ **Potential Hidden Ingredients:** (Ms),(P) Salt
- ✈ **The product was evaluated for:** ALL.
- ✈ **The results were:** Ms,P,Sf
- ✈ **The product is:** Kirkland Solid White Albacore Tuna (canned)



- ✈ Hidden ingredients resulted in mine salt, potato.

*Wasn't that fun?! How did you do?*



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

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

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

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

If you have any questions or comments, please contact us. We are here to support you and your efforts to claim and maintain great health by refraining from your food intolerances. *In Health, Sandra Strom*



## **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 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 Blackberry, Iphone or other mobile internet device? You can log on to [Song of Health.com](http://SongofHealth.com), The Food Resource List, and look up items while you shop!

**THE FOOD RESOURCE LIST**  
**NOVEMBER 2011**

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

| <u>FOOD EVALUATED</u>                                       | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> |
|-------------------------------------------------------------|-----------------------|----------------------|----------------|
| <b><u>ALCOHOLIC BEVERAGES:</u></b>                          |                       |                      |                |
| Yellowtail Shiraz Red Wine                                  | 08/11                 | ALL                  | F,S            |
| <b><u>BAKING SUPPLIES:</u></b>                              |                       |                      |                |
| Azure Nutritional Yeast, Bulk                               | 08/11                 | ALL                  | P,S            |
| <b><u>BREAD:</u></b>                                        |                       |                      |                |
| Petit Chat Village Bakery<br>(Spokane, WA) Whole Wheat      | 10/11                 | ALL                  | G,P,S          |
| <b><u>CHIPS AND CRACKERS:</u></b>                           |                       |                      |                |
| Snack Factory Pretzel Crisps                                | 09/11                 | ALL                  | E,G,P,S        |
| <b><u>NUT BUTTERS:</u></b>                                  |                       |                      |                |
| Rejuvenative Foods Fresh Raw<br>Almond Butter, 100% Organic | 08/11                 | ALL                  | N              |
| <b><u>OILS:</u></b>                                         |                       |                      |                |
| Spectrum Naturals Organic High<br>Heat Safflower Refined    | 10/11                 | ALL                  | N              |
| <b><u>SALSA:</u></b>                                        |                       |                      |                |
| Banditos Home Style Salsa (Cool,<br>Warm, or Hot)           | 10/11                 | ALL                  | P              |
| <b><u>SEAFOOD:</u></b>                                      |                       |                      |                |
| Kirkland Solid White Albacore<br>Tuna (canned)              | 08/11                 | ALL                  | Ms,P,Sf        |
| <b><u>YOGURT AND KEFIR:</u></b>                             |                       |                      |                |
| Redwood Hill Farm Cultured Goat<br>Milk Kefir, Plain        | 08/11                 | ALL                  | D,P            |



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

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