



DRAGONFLY NEWS

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

NOVEMBER 2012



Artist unknown

FROM SONG OF HEALTH WE WISH YOU ALL A VERY BLESSED THANKSGIVING TIME.

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

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

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

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

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

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 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.

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

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

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

WEBSITE CHANGES AND NOTICES

- ✈ No new changes.

ARE YOU SIGNED UP ON THE ALERT LIST YET?

Stay notified of any new posts in The Forum and emails sent to us regarding all of your family's personal food intolerances.

To be on the list contact us at manager@songofhealth.com.

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

✈ **Give and you shall receive!**

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

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

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!*

To order: Contact manager@songofhealth.com

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

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

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



SUBSCRIBERS SPOTLIGHT

STORIES, COMMENTS AND QUESTIONS

What information would you like to have in your newsletter?

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

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 the opportunity to reach out to those who still suffer but are apprehensive that our dietary lifestyle will work for them. By reading about how our lives were dramatically changed, we can help others. **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 Subscribers have shared. *Thank you.*

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## QUESTIONS ASKED AND ANSWERED:

### EMAIL CORRESPONDENCE:

*Song of Health has been given permission by our Subscribers to share the following with you, so that we may all benefit.*

#### From Joe Z and Adrienne M, Oct. 11th:

Joe: Dear Sandra, this soap caresses my skin and dances on my face. I love it! I'm so happy I found a soap that's so good and helps me deal with my fruit intolerance. Thank you for producing such a luscious product. Many Thanks.

Adrienne: Now, Sandra, I am waiting eagerly for MY [Cactus Free] soap. Thanks for your industry. Love, Adrienne

#### From Dr. Tish in response to last month's question about fruit free deodorants:

We sell the following products at Windrose Clinic that are fruit free: Herbalix Restoratives Deodorant. (I like the Calendula one.) Herbalix also has a night time detox deodorant for detoxing lymph in breasts while you sleep.

#### From Dr. Christopher Kozura, Subscriber and Supporting Physician:

Dr Stancliff is writing some good articles to help people understand how to utilize naturopathic medical doctor. Some of this may be preaching to the choir on this group but pass it along.

#### [Our Changing Relationship With Our Health](#)

[www.huffingtonpost.com](http://www.huffingtonpost.com)

For many patients, their naturopathic doctor helps to bridge their medical care and their everyday l...

### FROM THE FORUM:

**IMPORTANT NOTICE:** At this time, due to work overload and shortage of time, our

doctors are not able to answer your questions in the category in the category Ask the Doctors a Question. They request that you refer any medical questions to them, or your personal physician, directly to their clinics, by requesting a consultation appointment. Thank you for your understanding.

Editor's Note: I realize how easy it is to miss our requests. We take full responsibility for that, and are happy to repeat them whenever necessary.

Category: [Food Questions](#)

Thread: [Sorghum?](#)

**POSTED BY ERIN: What food category does sorghum test as?**

SANDRA: Sorghum is generally marketed as a sweetener, much like molasses. Because it goes through a refining process it most likely falls under the sugar category, and possibly the grain category. It is best to have specific products evaluated by our doctors to be sure.

I am forwarding your question to Dr. Tish who may have more info on this. In health, Sandra

ERIN: Yes, I assumed sorghum (syrup) was a sweetener, but not sure if it tested as sugar. I have also seen sorghum flour (Bob's Red Mill has this) and wonder if it is grain. Thanks!

DR. TISH: Sorghum is a cane. Cane sugar is the same type of plant. I don't believe sorghum to be a grain, though I would have to evaluate the sorghum flour to be certain.

Category: [Food Questions](#)

Thread: [Persimmon?](#)

**POSTED BY ERIN: What food category is persimmon in? Fruit?**

SANDRA: Yes, persimmon is fruit.

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

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

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

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

**MAKE YOUR VOICE HEARD!**



### **FOOD LABEL QUIZ**

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

The following list of ingredients is on a label from a product that is dated 10/12:

INGREDIENTS: *Whole Grain Brown Rice, Salt.*

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

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

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



THE SOAP CORNER

CUSTOM MADE SOAPS AVAILABLE. Email me for a quote.

**coco-sha
soaps**

are excellent used as SHAMPOO BARS too!



- Reminder:** THE HOLIDAYS ARE AROUND THE CORNER. BEAUTIFUL **coco-sha** SOAPS PRESENTED IN THESE COLORFUL TRANSLUSCENT GIFT BAGS ARE AN IDEAL GIFT FOR EVERYONE. Each bag has a classy gift tag attached and an information slip inside.

Order Guest size soap variety or a full size bar in a beautiful Organza bag.



- LIMITED SPECIAL:**

UNSCENTED CARROT RIPPLE
 Made with Homemade Organic Carrot Juice

<<There are only a few bars left of **3 oz. bars** ~ **Receive \$2.00 discount** off your order when you purchase 1 or more bars.

*Use the promo code **subcarrot** at time of purchase to receive your discount.*



Available Nov. 20th: **Unscented Carrot Ripple without Black <Walnut Hull Powder.** The new bars contain Amazonian Brown Clay.

If you have difficulty with the order, please email me at manager@songofhealth.com and I will email you a special invoice to easily pay from.

AVAILABLE NOW ~



GMB



Heart Felt

- GMB**
(GOOD MORNING BOYS!) Soap and Shaving Bar
 Specially scented to please men, women will also enjoy the wonders of patchouli, frankincense, and more. Eco-friendly Amazonian Green Clay is added to give "slip" for a comfortable shave.

- Heart Felt**
 Beautiful gradient colors from eco-friendly Amazonian red clay, topped with organic spearmint powder green ~ this soap is wonderfully scented with essential oils of Spearmint, Cardamom, and Allspice. A perfect blend sure to please in the upcoming cooler seasons.



- PERFECT FOR THE HOLIDAYS:**
 Guest size sample bars in a lovely organza gift bag. Variety of 2 bars to a bag. (See picture above)

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<p><b>AVAILABLE</b> <b>NOV. 18TH:</b></p> <p><b>CACTUS-FREE</b> <b>UNSCENTED</b></p>	<p>As we continue to learn about this new food intolerance category, more people are becoming aware of having cactus intolerance.</p> <p><b>coco-shik SOAP</b> was originally formulated to accommodate everyone in accordance with The Carroll Food Intolerance Evaluation method, prior to the CACTUS category having been identified.</p> <p>On November 18th <b>UNSCENTED</b> soap that is completely <b>CACTUS-FREE</b> will be available. Quillaja extract will be substituted for the Yucca extract (already in the regular <b>coco-shik</b> bars) and natural Safflower oil will be substituted for the Jojoba oil. Both these ingredients are neutral for everyone.</p> <p><i>Remember, custom orders for any of our other fragrances are available. Contact <a href="mailto:manager@songofhealth.com">manager@songofhealth.com</a> to order.</i></p>
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~ Each month we bring you articles on a myriad of topics regarding health and environmental issues. The main focus of Song of Health is to avail you of expert information on the Carroll Food Intolerance dietary methods. This – *DIET* - is the first step to getting and staying well. We feel there are also many other interesting and important issues to be aware of, so we share our findings with you, on what may have a cause and effect on our health and lives. This month...

## **SHARING EXPERIENCES:**

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

### **WHEN YOU GET BITTEN BY A TICK...**

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

**"Lyme disease, Lyme borreliosis** is an emerging infectious disease caused by at least three species of bacteria belonging to the genus *Borrelia*. *Borrelia burgdorferi sensu stricto* is the main cause of Lyme disease in North America, whereas *Borrelia afzelii* and *Borrelia garinii* cause most European cases. The disease is named after the towns of Lyme and Old Lyme, Connecticut, USA, where a number of cases were identified in 1975. Although Allen Steere realized that Lyme disease was a tick-borne disease in 1978, the cause of the disease remained a mystery until 1981, when *B. burgdorferi* was identified by Willy Burgdorfer."<sup>1</sup>

That's a mouthful, about an increasingly serious disease. I asked **Dr. Tish** how she

treats people with Lyme and what results ensued. Her reply was that she is **"treating several patients with Lyme. We use [constitutional] hydro[therapy], and a series of herbs such as Artemisia and Cats Claw, and a Homeopathic made just for Lyme. It really works. One gal was diagnosed MS and wore a leg brace/cane. She now drives and walks normally."**

My dear friend Karen, who is an avid supporter of the work we do here at Song of Health, was infected with Lyme disease a number of years ago. Avoiding her food intolerances is of utmost importance to her health; however, for those who suffer from this crippling disease, further treatment is

critical. Karen has found a Naturopath whose diagnoses and treatment she is comfortable with. She has been gracious enough to share her story with us, and to offer valuable information that she has learned. Here is an excerpt of what she wrote me:

**When you get bitten by a tick,**

which is how you contract Lyme disease, you get every bacteria that tick is carrying. You don't feel the bite because they anesthetize the instant they touch your skin. Then they dig a 'well' and a chemical reaction occurs, giving them the ability to thicken the blood that comes into the 'well' so it doesn't drip or run, but they can still ingest it. When they push that chemical into you, all of the bacteria in the tick go with the chemical into your blood; then, after the tick has emptied and gotten the blood to the right viscosity, it begins feeding. You never feel a thing and they can be as small as the period at the end of this sentence. So, they may fall down your collar, or into your hair, or around your groin area and you'll never see or feel them. I do not remember ever getting a tick bite.

The bacteria 'my tick' was carrying, that we are certain of, are: *Borrelia burgdorferi*, which causes Lyme; *Bartonella*, which causes gut issues and more; *Babesia* - causes major sweats and open sores. I have endured one on the back of my leg for the past 20 years or so. It's a protozoa related to malaria. And at least one, but probably more of the following may have also been injected: *Anaplasma*, *Mycoplasma*, and *Ehrlichia*. For me personally, we didn't test for specifics of those three to know which I might be carrying because they all respond to the same drugs, and the testing is exorbitant.

There are other possible infections the ticks may carry. You've probably heard of Rocky Mountain Spotted Fever...I believe there are now upward of ten identified. Until

they come up with better testing, it is hit-and-miss to get an accurate diagnosis.

*Bartonella*, which I've had under control for approximately six months, recently reared its head again. I'm so optimistically clueless that I didn't recognize the symptoms at first; I just attributed it to catching some other bug. Thank goodness my doctor figured it out quickly. I'm back on meds for it, but they take time to kick in, so I'm left temporarily suffering in the gut arena.

Remember how I always had gut issues even when I was strict about the diet? That was *Bartonella*. Once it was under control, as long as I stayed away from gluten, dairy, and soy, I felt good; but then it came back.

**Here's the thing: There is no cure.**

If you get a good Lyme Doc you can sometimes get it under control. Even when it's managed carefully, it's always there and it's always a challenge to stay ahead of the bacteria. You never know which one is going to rear its ugly head and take you down.

My Naturopath uses a similar protocol to Dr. Tish; she also employs antibiotics, as both doctor and patient have found them to be effective. I use homeopathics, herbals, and hydrotherapy. The homeopathics are designed for Lyme and chronic diseases. We started using some Spagyric homeopathics as well this summer, and have been satisfied with them.

PLEASE, when you are doing outdoors activity in any way, wear long sleeves, long pants tucked into socks, and a hat with a brim to keep things from falling down your collar; and when you come in from being outside, do a complete and thorough tick check. If you are in a relationship, use it as an excuse to have some fun!

Seriously, I hope no one else ever has to deal with this. Lyme is the fastest growing

vector born disease in the world. It is epidemic. It is debilitating. It is very difficult to diagnose. It is very difficult to find quality treatment for. It robs you of your life. I'm grateful for the diagnosis and the doctor who has gotten me this far.

Please help raise awareness by telling others and teaching them. Here are a few links to information on Lyme disease: [http://www.ehow.com/how\\_2066775\\_check-ticks.html](http://www.ehow.com/how_2066775_check-ticks.html) and <http://lymedisease.org/news/touchedbylyme/romney-lyme-mailer.html>

If you go to "Better Health Guy" on Facebook, you can read what we are up against. On one hand, Rep. Wolf [Virginia] and others are working hard to get some changes made to help with improving recognition, acknowledgement, and treatment. On the other hand, if you read articles like this one from the New York Times: <http://www.newyorker.com/onlin/e/blogs/newsdesk/2012/10/mitt-romney-versus-lyme-disease-and-science.html> or this one from Slate: [http://www.slate.com/articles/health\\_and\\_science/science/2012/09/chronic\\_lyme\\_disease\\_delusion\\_romney\\_campaign\\_pushes\\_medical\\_nonsense.html](http://www.slate.com/articles/health_and_science/science/2012/09/chronic_lyme_disease_delusion_romney_campaign_pushes_medical_nonsense.html) you'll think I'm nuts and I have a lot of friends who are as well!

### **It is all political.**

The IDSA (Infectious Disease Society of America) has a lot of clout and they are in denial. One of the IDSA members, Dr. Allen Steere, first identified Lyme disease and named it. He believed it to be caused by a virus, so the hunt was on for the virus. Meanwhile, Dr. Willie Bergdorfer was working away at the Rocky Mt. Research Station and he found the spirochetes (bacteria) that causes it, hence it being named after him (*Borellia bergdorferi*).

But Steere wasn't going to acknowledge this and kept insisting no, it is a virus and he (Bergdorfer) was wrong. Well, the world came to acknowledge that

Bergdorfer was right, which thoroughly angered Steele.

The doctors who were working with Bergdorfer found that patients who were untreated after a bite, or who didn't know they had a bite, developed chronic illnesses. They compared it to a different phylum of spirochetes (*Treponema pallidum subspecies pallidum*)<sup>2</sup> which causes Syphilis. Syphilis was known as 'the great imitator' because, although people reacted very differently from each other, it was serious and fatal if untreated. One person's symptoms might start by going blind, another deaf, another lose the ability to walk, some go mad....which made it difficult to identify that it was all caused by the same spirochete. Once they figured that out and that it was easily treated with antibiotics, Syphilis became less of an epidemic and can now be easily controlled.

Lyme, like Syphilis, is caused by a spirochete and, like Syphilis, causes varied symptoms in different people. My personal symptoms include debilitating fatigue and cognitive problems; gut issues and joint degeneration. I have continuous ringing in my ears and some issues with my eyes. I'm fortunate, as any muscle issues I experienced cleared up early on. Some people become paralyzed or develop MS. Lyme is the NEW 'Great Imposter.'

Back to Dr. Steere who, in his determination to be 'right,' announced there was no such thing as "Chronic Lyme." In his (and the official IDSA) theory, you get bitten and infected; you 'should' be treated with antibiotics; but if you aren't, it's no big deal because the body just kills it off and you are fine!

Evidence is to the contrary; however, since Steere discovered the disease, the government recognizes him as the expert. So, when it was time to develop a policy, the government let him write it. He and his buddies at the IDSA wrote the 'no such

thing as Chronic Lyme Disease' premise and, until recently, that was the official stance of the US government. Following this, the FBI targeted and stormed the offices of doctors who treated Chronic Lyme; their files and computers were confiscated; they were consequently shut down and taken to court. Their offense? Prescribing antibiotics. The primary way [allopathic] doctors get Lyme under control is to prescribe long term antibiotics. We have lost many good doctors who were treating Lyme patients because they prescribed antibiotics.

Many [allopathic] doctors were so frustrated with the IDSA and their 'head-in-the-sand' approach that they formed ILADS (International Lyme and Associated Diseases Society); they began sharing information and training with each other and new doctors, including Naturopaths. It is difficult to find an ILADS trained doctor. They don't advertise because the FBI and the CDC [Centers For Disease Control] and the NIH [National Institutes of Health] really WERE 'out to get them.' A person can go to [ILADS.org](http://ILADS.org), click on 'contact us' and write asking for the nearest Lyme Literate Doctor (LLD) to them. (There are two Naturopaths in the state of Oregon; and a doctor in Vancouver, WA. who are LLDs.)

Rep. Frank Wolf [Virginia] has been an active champion working to raise awareness, research and treatment. He's not a saint. His interest? His family has it and he has seen what it does, so he cannot deny it. Romney 'borrowed' it as a campaign issue. Although frustrating, it did accomplish getting us some publicity. The whole thing is insane. A couple of resources detailing the political controversy are: A movie called "*Under*

*Our Skin*;" the book "*Cure Unknown*" by Paula Weintraub who is a successful science writer and editor, and who has Lyme.

Everyone should be aware of Lyme --- the cause, the treatment (treated within 30 days it can be cured most of the time), the issues around treatment. Adding to its complexity, Lyme is difficult to test for and 50% of the negative test results are wrong. These bacteria like to live in anaerobic environments like joints, ears, eyes. They don't hang out in the bloodstream, so they are not easily found.

So there's a bit of background. I tried to keep it short and I left out a lot, but that's the nutshell version.

Thanks for being who you are....*Karen*

I took liberty to delete a huge passage of Karen's, describing actions a Connecticut governor and his lieutenant embarked on a number of years ago to learn the truth about Lyme disease. It is a fascinating story, some of which you can read about at:

<http://www.ctmirror.org/story/13311/blumenthal-takes-lyme-disease-fight-senate> , how Senator Richard Blumenthal of Connecticut has waged a successful fight against political bureaucracy that stands in the way of people acquiring needed help.

*To All My Relations, Sandra*

<sup>1</sup> [http://en.wikipedia.org/wiki/Lyme\\_disease](http://en.wikipedia.org/wiki/Lyme_disease)

<sup>2</sup> <http://en.wikipedia.org/wiki/Spirochaete>

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



## **NEW RECIPES**

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

- ✈ The ingredients for all the recipes are coded for the *basic* food intolerance categories.
- ✈ From time to time you may find an existing recipe has been slightly corrected from the original, in order to make it easier to follow, or to update new findings of ingredients for food intolerances.

✈ WE INVITE YOU TO SHARE YOUR SUGGESTIONS, RECIPES, COMMENTS AND CONCERNS. Please go to [The Forum](#) and post in the Recipes section, or contact us at [manager@songofhealth.com](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).

#### **VEGETABLES: [BAKED GINGER PUMPKIN](#)**

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: [Whole Grain Brown Rice, Salt.](#)
- ✈ Potential Hidden Ingredients: [P \(in the salt\)](#)
- ✈ The product was evaluated for: [ALL](#)
- ✈ The results were: [E,G,P](#)
- ✈ The product is: [Quaker Rice Cakes Lightly Salted Gluten Free](#)



- ✈ Hidden ingredients resulted in [Egg, Potato.](#)

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



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

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

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

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

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

**\*About this month's picture:** *Tisquantum* ("Squanto"), Chief Massasoit, and their Patuxet tribe members shared the first Thanksgiving meal with the European settlers. Artist unknown

### **FOOD RESOURCE LIST UPDATES**

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

**Use the codes below to translate the Results Column.**

#### **KEY FOR RESULT CODES**

<b>ALL =</b>	<b>Bad for All</b>	<b>M =</b>	<b>Meat</b>
<b>C =</b>	<b>Cactus</b>	<b>Ms =</b>	<b>Mine Salt</b>
<b>D =</b>	<b>Dairy</b>	<b>N =</b>	<b>Neutral for All</b>
<b>E =</b>	<b>Egg</b>	<b>P =</b>	<b>Potato</b>
<b>F =</b>	<b>Fruit</b>	<b>Sf =</b>	<b>Seafood</b>
<b>G =</b>	<b>Grain</b>	<b>Sy =</b>	<b>Soy</b>

<b>H =</b>	<b>Honey</b>	<b>S =</b>	<b>Sugar</b>
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**HOW TO READ THE FOOD RESOURCE LIST AND USE THE KEY:**

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

✦ The items are listed per category.

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

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

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

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

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

**THE FOOD RESOURCE LIST  
NOVEMBER 2012**

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

<u>FOOD EVALUATED</u>	<u>DATE EVALUATED</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>OTHER REGION</u>
<b>*ALCOHOLIC BEVERAGES:</b>				
Big Sky Brewing Company Moose Drool Brown Ale	10/12	ALL	G,S	
Camas Prairie Winery Strawberry Honey Mead	10/12	ALL	F,H,S	
Leinenkugel's Honey Weiss	10/12	ALL	G,H,P,S	
No-Li Brewhouse Born & Raised IPA	10/12	ALL	G,S	
No-Li Brewhouse Crystal Bitter Ale	10/12	ALL	G,S	
No-Li Brewhouse Silent Treatment Pale	10/12	ALL	G,S	

<u>FOOD EVALUATED</u>	<u>DATE EVALUATED</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>OTHER REGION</u>
<b>*BREAD:</b>				
The Essential Baking Company Fremont Sour White	09/12	ALL	G	
<b>*CANDY AND GUM:</b>				
Fred Meyer (Bulk) Candied Ginger	10/12	ALL	F,P,S	
<b>*CHIPS AND CRACKERS:</b>				
Quaker Rice Cakes Lightly Salted Gluten Free	10/12	ALL	E,G,P	
Trader Joe's Roasted Seaweed Snack	10/12	ALL	G,Sf	
<b>*COFFEE &amp; ALTERNATIVES:</b>				
Starbucks Decaf Espresso Dark Roast	10/12	ALL	F	
<b>*FLOUR:</b>				
Arrowhead Mills Organic Pastry	10/12	ALL	F,G	
Bob's Red Mill Organic Coconut High Fiber	10/12	ALL	F	
Planet Rice Organic Sprouted Brown Rice	10/12	ALL	F,G,P	
<b>*FROZEN FOODS:</b>				
Shelf Reliance Thrive Red Bell Peppers Premium Freeze Dried (also listed under Vegetables, Legumes & Mushrooms)	11/12	ALL	N	
Shelf Reliance Thrive Sweet Corn Freeze Dried (also listed under Vegetables, Legumes & Mush- rooms)	11/12	ALL	G	
<b>*GRAINS:</b>				
Mountain Rose Herbs Organic Flax Seed	10/12	ALL	G	
<b>*MEATS &amp; MEAT BOUILLON:</b>				
Armour Lard	10/12	ALL	F,M	
Jennie-O Turkey All Natural Golden Roasted Deli Sliced	10/12	ALL	F,G,M,Ms,P,Sf,Sy	

<u>FOOD EVALUATED</u>	<u>DATE EVALUATED</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>OTHER REGION</u>
Organic Prairie Uncured Bacon				
Organic Hardwood Smoked	10/12	ALL	G,H,M	
Shelf Reliance Thrive Chicken				
Chopped Freeze Dried	10/12	ALL	M	
<b>*MILK AND CREAM:</b>				
Cascade Fresh Natural				
Sour Cream	10/12	ALL	D,F,P	
<b>*NUT BUTTERS:</b>				
Cadia Peanut Butter Creamy All				
Natural No Stir	10/12	ALL	N	
<b>*NUTS:</b>				
Huckleberry's (Bulk) Brazil Nuts				
(at Rosauers)	10/12	ALL	F	
Kirkland Signature Pine Nuts				
(Costco)	10/12	ALL	F	
Wonderful Pistachios Roasted &				
Salted Shelled	10/12	ALL	P	
Wonderful Pistachios Roasted				
No Salt	10/12	ALL	N	
<b>*OIL:</b>				
Spectrum Naturals Walnut				
Expeller Pressed Refined	10/12	ALL	N	
<b>*PASTA:</b>				
Thai Kitchen Stir-Fry Rice				
Noodles 14 oz.	10/12	ALL	G,P	
Tinkyada Pasta Joy Brown Rice				
Pasta Elbow (With Rice Bran)	11/12	ALL	G	
<b>*SEASONINGS AND SPICES:</b>				
Frontier (Bulk) Red Chili Peppers				
Medium Roasted Organic	11/12	ALL	N	
Huckleberry's (Bulk) Celery Seed	09/12	ALL	P	
Huckleberry's (Bulk) Turmeric				
Root, Dried	10/12	ALL	N	
Simply Organic Turmeric	11/12	ALL	N	

<u>FOOD EVALUATED</u>	<u>DATE EVALUATED</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>OTHER REGION</u>
<b>*VEGETABLES, LEGUMES, &amp; MUSHROOMS:</b>				
Shelf Reliance Thrive Red Bell Peppers Premium Freeze Dried	11/12	ALL	N	
Shelf Reliance Thrive Sweet Corn Freeze Dried	11/12	ALL	G	
Sun Luck Sliced Peeled Water Chestnuts (canned)	11/12	ALL	N	
Wild Harvest Organic Sweet Grape Tomatoes	10/12	ALL	N	



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

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