



## DRAGONFLY NEWS

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

**NOVEMBER 2013**



*First Thanksgiving ~ Artist Unknown*

*We wish you a holiday filled with many blessings and love!*

*~ The Song of Health Team*

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

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

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

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

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

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

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NOVEMBER 2013

*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](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**

✦ **As of November 21st your payments are being processed through PayPal instead of Google Wallet.** This is a very secure system, keeping your personal information very safe. You won't need a PayPal account to make payments, as was required with Google; however, you will have the PayPal member option to pay, as well.

✦ **When ordering *coco-sha* soaps, you no longer need to use your promo code to receive the 14% discount.** Just be sure you are logged in to the Members (Subscribers) side when you place your order. The discount will then be automatically applied to your orders.

✦ **Our progress updating the website to the new php format:** Well, we are behind in meeting our November goal to have the new format up and running, but we are getting there. There is much information, programs, and other resources that need to be transferred and/or rewritten into the new format. We appreciate your patience as we continue to strive for updated and improved ways to bring you the unique information available only at *Song of Health!*

**WE INVITE YOU TO EMAIL YOUR SUGGESTIONS FOR OUR NEW WEBSITE LOOK NOW!**

We love to hear from you and consider your suggestions and comments.

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

Stay notified of any new information regarding all of your family's personal food intolerances. A new thread is posted to The Forum, or we receive questions via email, that may be of importance to you. We will notify you of these posts.

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!**

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

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

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

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

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

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

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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* and we will do our best to accommodate you. We also invite you to share other suggestions, comments and favorite recipes with us. Please contact us at: [manager@songofhealth.com](mailto:manager@songofhealth.com).

**Share your story with others.**

**SUBSCRIBERS, please help others by sharing your story.** When you allow us to publish it in *Dragonfly News* and *Subscribers' Testimonials*, a dedicated section at *Song of Health*, you provide an opportunity to reach out to those who still suffer, yet

are apprehensive about our dietary lifestyle working for them. By reading how our lives were dramatically changed, it gives them encouragement to try. **WE WOULD BE HONORED TO INCLUDE YOUR STORY** about how you came to follow the Carroll Food

Intolerance way of life. We reserve the right to edit for grammar and spelling correctness, however we will not change your story content. You will receive the draft prior to publishing for your approval.

IF YOU PREFER US TO HELP YOU WRITE YOUR STORY,  
WE WILL BE HAPPY TO. JUST ASK!

Please email your contribution to  
[manager@songofhealth.com](mailto:manager@songofhealth.com).

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

*The more we give away...*

*The more we receive!*

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

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## QUESTIONS ASKED AND ANSWERED:

### EMAIL CORRESPONDENCE:

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

**From Dr. Houghton:** Hi Sandra  
Can you explain or point me to an explanation of why sweet potato is not allowed with potato intolerance. It just doesn't make sense botanically, and I have a patient who keeps asking WHY? Thanks for taking the time.

Dr. Penelope B. Houghton  
Acadia Naturopathic Medical Clinic

**Reply From Sandra:** Hello Dr. Houghton, I had to go back through all the threads posted in The Forum on my website to find where Dr. Tish basically answered the same question for a Subscriber regarding what constitutes Fruit. The response is the same for all foods. Hopefully, this clarifies the most interesting, if not confusing, phenomenon of food intolerance evaluation per the Carroll method.

This was Dr. Tish's response within a very lengthy discussion on what constitutes a food in a food group:

*Dr. Tish: Let me try to explain, although I think Sandra has done a very good job with her answers:*

*Chemically speaking, honey breaks down into different "sugars," as described by a chemist into simpler sugars; as does corn syrup, agave, and even milk. The chemical names for the sugars are based upon how many carbohydrates they contain in a chain...*

*...The chemical elements of these complex sugars, made up of the simpler sugars, actually have nothing to do with how our enzymes react to the foods they are in.*

**Our digestive enzymes recognize proteins, and those proteins are tagging the molecules that come from particular foods.**

*The lactose in milk reacts by dairy intolerant people because of the protein related to the dairy, and not the simpler sugars that make up the lactose (which, if I can remember, is galactose and sucrose). The same occurs with sugars which come from grapes, apples, melons, tomatoes, or a cucumber. The sugars in these are all broken down from enzymes made from your stomach, pancreas, liver, etc. What matters here is where these sugars come from. A sugar from a melon will digest for a fruit intolerant person, whereas a sugar from an apple will not. **It has to do with the protein markers on the foods which are the identifying parts of the foods for the human body.***

*This is really what is going wrong with the commercial, artificially produced high fructose corn sugar. There is no identifying protein on this synthetic sugar which would trigger the pancreas and liver to recognize it as a useful food; so, instead of digesting it properly, it grabs it out of the blood stream and stores it...causing one to gain weight.*

*Well, I got side tracked onto high fructose corn sugar. Back to the fruit issue. Dr. Carroll, Dr. Harold Dick, and I all have asked the same question as all of our fruit intolerant patients ask...if the fruit category really includes all fruit. Believe me when I say that there has been so much investigation on this that it is 100% accurate when we tell someone they must avoid the entire category of fruit. We are not just making this up. It has been studied and repeated hundreds of times to prove that a fruit intolerant person must avoid all berries, apples, citrus (lemon, lime, oranges), pears, plums, tropicals as in bananas, papayas, star fruit, kiwi, and the list goes on. Not only is it the fruit of these plants, but any part of the plant as well. This would be raspberry leaf tea. Even the leaves of the raspberry plant are fruit. The bark of a cherry tree is fruit. So, you see, **it is the protein of the plant which indicates to the human body what the enzyme reaction will be.** It is not just the fact that fructose is in the raspberry, for example. There wouldn't be any fructose in the leaves of the raspberry plant.*

*So, what makes a fruit a fruit? **The complex protein of the plant which is coded in the DNA of that plant makes it what it is.***

*I know that the fruit intolerance is the hardest intolerance to follow. I also know, after over 20 years of seeing patients and telling thousands of people that they are fruit intolerant, that this intolerance is the one most people fight. We don't want to believe we can't have fruit. "Isn't it a 'health food'? How can I live without fruit? Aren't I missing Vitamin C? But it tastes so good! Can't I just have strawberries? I notice I don't have a stomach ache with apples, but I do with oranges, so why can't I have apples?"*

*I have heard this for years. Just because a food doesn't give you a stomach ache doesn't mean it is ok for you to eat it. **A food intolerance causes toxemia and this toxemia can manifest in many ways, not just indigestion.** It can raise blood pressure, cause headache, asthma, allergies, runny nose, brain fog, fatigue, and lead to autoimmune disease or heart disease. Also, Vitamin C is in vegetables, even more plentiful than in fruit. Bell peppers and broccoli have more Vitamin C than an orange [does].*

*The moral of the story is that a fruit is a fruit, and fruit intolerant people must not eat them if they are going to be healthy and free of disease and pain. I wish I could change this. I cannot. There are no magical enzymes you can take to make your body recognize the fruit and digest it. It isn't that simple. Our metabolisms are much more complex than that. This is why lactaid doesn't work for lactose intolerant (dairy intolerant) people. There is more to digesting dairy than the lactose sugar in the milk. It is the milk protein and its "complex" which must also be broken down. **The inability to break down lactose causes gut fermentation of the milk and gastrointestinal distress, which the lactaid enzyme helps to break down. But it does nothing to break down the milk protein, which causes toxemia all the same in the dairy intolerant person.** In children, this often leads to ear infections; in adults, it causes sinus infections, asthma, or allergic responses.*

*I hope I have helped to clarify this very complex issue of gut digestion, enzymes, and food intolerances, especially in relationship to the fruit category. If you are fruit intolerant, please don't eat fruit. You will be healthier without it. Dr. Letitia Dick*

*Does this answer your question? Please feel free, Dr. Houghton, to contact me when I can be of further assistance.*

**From Karen:** I just learned what my food intolerances are. I'm wondering, if I haven't

eaten a food for a long time could it still show up on the food evaluation accurately?

**Reply from Sandra:** Great question! A food doesn't have to be in the body to determine whether you are intolerant to it or not. You could go 20 years not eating meat, yet, if you are intolerant to meat, your food intolerance results will still identify it. It's not about what is existing in your system, it's about whether your body possesses the necessary enzymes to break down the foods for proper digestion.

***Dr. Tish shares with us the following emails she received:***

**From Food & Water Watch**

Dear Letitia, you've seen the stories, maybe on the Internet, maybe on your local news. It's a gross curiosity: someone shows off junk food that they claim they've had for 40 years, but it looks like it was made yesterday. These stories give us all the creeps, because it's just not natural for food not to decay. You should feel the same way about **genetically engineered (GE) apples** — these "Arctic" apples won't turn brown when you cut them up!

Apples are great just the way they are; there's no reason for biotech companies to change them. Browning is nature's way of showing how fresh an apple slice is. A little browning never hurt anyone, and a lot of browning is a sign that an apple slice is getting old... unless GE apples get approved.

If that happens, you won't be able to tell just by looking at an apple how fresh it is, and because GE apples aren't labeled, you won't have the option to avoid them. Tell the USDA that non-browning apples are just unnatural, and you don't want them at your grocery store.

There's more wrong with this Arctic apple than its unnatural good looks. The creators of this apple used a controversial new engineering technique to silence the gene responsible for browning. Unfortunately, changing DNA isn't that simple — different genes within an organism interact in ways that are hard to predict, so you can't just flip off a gene like a switch without side effects. In the case of the GE apple, the browning gene is also tied to the apple tree's natural defenses against pests. The USDA simply hasn't done enough research

to know what effect that could have on the plants themselves and on people who eat the apples.

The GE apple is steadily moving along its path to approval, but it's seriously controversial. Even some major food companies, like Gerber and McDonald's, have already said that they won't use the GE apple. We need to show the USDA that the public — that's you — overwhelmingly opposes this freakish fruit. Can you add your voice to the growing outcry against GE apples?

Stop the genetically engineered apple:  
<https://secure3.convio.net/fww/site/Advocacy?pagename=homepage&page=UserAction&id=1003>

Thanks for taking action,  
Jo Miles, Online Engagement Strategist  
Food & Water Watch, act(at)fwwatch(dot)org

**To Dr. Tish from "Yes on 522":** Dear Letitia, a first-of-its-kind report has just found **bee-killing pesticides in more than half of the "bee-friendly" home garden plants sold at stores like Home Depot and Lowe's -- with no warning to consumers.**

Since our campaign to pass labeling of GMOs in Washington State just wrapped up I've been spending more time out in my garden. As you might imagine I was shocked to learn that I may have unknowingly filled my backyard with hidden bee-poisons.

Help us put Home Depot's CEO Frank Blake and Lowe's CEO Robert Niblock on notice.

[Write to them now, insisting that they stop selling plants laced with bee-killing pesticides immediately and pull all bee-killing poisons from their shelves.](#)

The report, which was done by Friends of the Earth, shows this problem is widespread and that many unsuspecting home gardeners are purchasing plants pre-treated with pesticides proven to kill bees.

The toxins in question are the world's most popular pesticides, neonicotinoids (or neonics), implicated as a key factor in escalating global bee die-offs.

From 50,000 bumble bees found dead in a Target parking lot in Portland to beekeepers across the country losing up to 90 percent of their bees last winter, stories of bee die-offs are emerging from around the world. We must act now to stop this global disaster or risk losing the more than 2/3 of our food crops that are pollinated by bees, from apples to almonds to watermelons.

Friends of the Earth was a tremendous asset to our campaign to label GMO's and I hope you'll join them by taking action right away.

Neonics can kill bees outright and, even at low doses, can weaken their immune systems and impair critical brain functions, making it hard for them to find their food and return to the hive. Neonics also remain in the plants and the soil of our gardens for months or even years, continuing to poison bees.

#### THE FORUM:

**Editor's Note:** *The new  website format will be available soon, which will include a wonderful new forum format. Thank you for your patience. Sandra*

#### CATEGORY: [Recipes](#)

#### THREAD: [Gluten Free Pie Crust Options](#)

**Posted by Karen Tressler, Nov. 19, 2013:**

In response to your FB post:  
"If you can have nut flour, I have a good one. Congrats to you! Developing recipes for something like pie crust can be time consuming."

"I use almond or hazelnut....or sometimes pecan or cashew."

"Beth's SCD Crust List of Ingredients 1 1/2 cups blanched almond flour 1/8 tsp. salt 4 T. cold unsalted butter (Earth Balance or coconut oil) 1-2 T. ice water 1 egg yolk (for egg wash) (If egg intolerant, use milk of choice. I use almond milk.) Recipe In the bowl of a food processor place the almond meal and salt. Blend briefly. Cut the cold butter into 8 pieces and scatter over the almond flour. Pulse several times until mixture resembles coarse meal. While processor is "on" trickle the ice water in through the feed tube, until the dough begins to gather together and form a glob. Stop processing. Dump/scrape the dough glob out onto a large piece of plastic wrap, and by

Europe has already banned bee-harming pesticides, and top retailers in the U.K. are refusing to sell them. Now Home Depot's and Lowe's CEOs need to make the same commitment here.

[We can protect bees in our own back yards right now by rejecting neonics and demanding that Frank Blake and Robert Niblock pull these poisons from the shelves at Home Depot and Lowe's.](#)

From our table to yours, Delana Jones  
P.S. [Click here](#) to write to Home Depot's CEO Frank Blake and Lowe's CEO Robert Niblock insisting that they stop selling plants laced with bee-killing pesticides immediately and pull all bee-killing poisons from their shelves.

lifting the sides of the wrap, form the dough glob into a ball. Fold the sides of the wrap loosely over the ball and press it down into a flat patty roughly 8 " in diameter. (You may notice small lumps of butter throughout the dough... that's okay.) Refrigerate dough patty at least 30 minutes. Generously butter a 9" pie plate (I use a glass one). Place the dough patty in the center of the plate, plastic wrap side up, and begin to gently work the dough (through the wrap) across the bottom, up the sides, and onto the rim a bit. Continue working the dough until it's fairly even thickness all over. (This might take a few minutes.) It helps to hold it up to a bright light to see if there are any spots that are too thin or too thick. Refrigerate crust for at least 30 minutes with plastic wrap in place. Preheat oven to 325. Carefully peel off the plastic wrap and prick crust all over with a fork. Then bake it for 10-15 minutes until the edges begin to brown a little and the crust firms up. (Check it for air bubbles from time to time while it bakes and if any large ones occur, poke them with a fork.) Remove crust from oven. Add a little water to the egg yolk and mix until it's a "paintable" consistency. Brush bottom and sides of crust gently with the egg yolk "paint". (I use a soft silicone basting brush.) Be super-careful so as to not tear the very delicate surface of the crust. Return crust to oven for 2 minutes or until egg wash has set. Remove crust to a cooling rack. This makes a tender flaky crust."

## 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 10/13:

- ✈ INGREDIENTS: *Organic Coconut Milk (Organic Coconut, Water, Organic Guar Gum), Organic Agave Syrup, Organic Fair Trade Cocoa (processed with alkali), Organic Vanilla Extract*
- ✈ As part of my goal to help you in the quest of eating safely in accordance with your personal food intolerances, this section is another way to help you identify suspicious ingredients and ... *HAVE SOME FUN!*

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

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



### THE SOAP CORNER

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

#### **IMPORTANT SHIPPING NOTICE:**

**Temporary shipping schedule: Orders placed between Monday, Dec. 2nd thru Tues., Dec. 10th ~ It is possible shipping may be delayed until Wed., Dec. 11th. We will do our best to accommodate your holiday shopping.**



**may be used as SHAMPOO BARS too!**

#### **NEW: 14% DISCOUNT TAKEN AUTOMATICALLY**

**You no longer need to insert the promo code "yummy soap" at time of payment to receive your Subscriber's 14% discount** off the regular price of *coco-sha* soaps. Your special price is now automatic at time of payment. You will see the regular price by the "Add to Cart" button. When you click on the button, you will be taken to the order page; you will then see your actual discounted price.

**SUBSCRIBERS' SEASON SPECIAL**

**Additional \$1.00 off each bar of**

**BOAT COFFEE**

**HAND SOAP**

*For People Who Fish and Cook*

This soap contains Anise Essential Oil, especially formulated with fishermen and hunters in mind. (Ask any experienced fisherman about the benefits of attracting fish with Anise!) The Organic Coffee Grounds along with the Anise will remove all kitchen odors, including strong onions, from your hands and cutting board. Gardeners ~ anyone ~ who does outside work will appreciate how well dirt is removed, while the wonderful moisturizing ingredients help to replenish oils in the skin, leaving your hands soft and smooth ~ Clean, Revived, & Moisturized!

Take advantage of this special offer while it lasts. No promo code needed. Discount is automatically applied at time of payment. **Offer good through November 30<sup>th</sup> or while supplies last.**



*Hand Carved Wood Soap Tray*



*Select Gift Box*

*Member...*



Think **coco-sha soaps** for the holidays!

**NEW ITEMS:**

*Beautiful Hand Carved Wood Soap Tray ~ in Pine. 4" length x 3" width.*

No two alike, these practical trays will keep your soaps from getting soggy and melting by keeping them dry, instead of sitting in water. Beautifully carved and sanded, they sit nice and level on any counter, including tile. Use them on the sink or in the shower! *We are proud to offer these eco-friendly items, which are carved from recycled pine.*

**Select Gift Box with Soap Tray:** Choose from one of our Select Gift Box Sets and we'll include a handmade soap tray nestled in organza gift bag.

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



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

## ENVIRONMENTAL UPDATES FROM THE U.S. EPA:

November 6, 2013

### **EPA Seeks Public Input on Newly Designed Graphic for Bug Repellent Labels** **New graphic will help consumers make informed choices to protect their health**

WASHINGTON – The U.S. Environmental Protection Agency (EPA) has released a Federal Register Notice seeking public input on a new insect repellent graphic for skin-applied insect repellent product labels. The graphic, which may be applied voluntarily by manufacturers, will provide consumers with important health information including the estimated number of hours a product will repel potentially harmful insects, like mosquitoes and ticks, when used as directed.

“EPA is working to create a system that does for bug repellents what SPF labeling did for sunscreens,” said Jim Jones, assistant administrator of the Office of Chemical Safety and Pollution Prevention. “By providing vital health information to consumers, this new graphic will help parents, hikers and the general public better protect themselves from serious health problems caused by mosquito and tick bites.”

Current labeling of skin-applied insect repellent products does not allow consumers to easily identify the insects repelled by a product and

the amount of time the product remains effective. Over the past four years, EPA has held focus groups and worked with manufacturers and others to create the new graphic, which will display consumer information in a more prominent and standardized format. The graphic will only be placed on insect repellent products that are applied directly to the skin.

Effective insect repellents can protect against serious mosquito and tick-borne diseases. In the United States, mosquitoes can transmit diseases like St. Louis encephalitis and West Nile virus. Ticks can transmit serious diseases like Lyme disease, Rocky Mountain spotted fever, and Ehrlichiosis. Using the right insect repellent and taking other preventive actions can discourage bites from ticks, mosquitoes, and other biting insects.

Companies will be able to request approval to use this graphic through the Pesticide Registration Improvement Act (PRIA) registration process.

View the FR Notice, graphic and additional information:

<http://www.epa.gov/pesticides/insect/repellency-awareness.html>

## 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*.

### HAPPY HOLIDAY FOODS!

*By Sandra Strom, CEO of Song of Health*

It is with my greatest honor to share my gratitude for all of you — as Song of Health members, friends, and just great people of awareness! At this time of the year I am especially reminded of how blessed I am to have work that rewards me back 10-fold; that I truly enjoy; the wonderful opportunities to meet amazing people as yourselves, and the priceless teachings I get from you. From my deep felt spirit, thank you all for entering my life.

It's been over six weeks now, since a dear friend of mine has been hostage in my attempts to caretake her while she mends from major foot surgery. The requirements for her successful healing include keeping her casted foot and leg elevated at nearly all times, save a few steps here and there with the aid of a walker. This means she is captive to my cooking, cleaning, and company --- or lack of it. My friend is gluten intolerant, which I'm not; she enjoys meat and potatoes --- I don't eat land meat and am intolerant to the latter; but most of our other likes, dislikes and needs are quite compatible. Except for toasting gluten-free muffins separately from my own food, she's pretty much out of luck with potatoes unless obtained from outside sources; I do, however, accommodate her occasionally with meat, and I have become adept at keeping her meals gluten-free. (We are currently awaiting results of her food intolerance evaluation, which will probably dictate new adaptations. Can't wait!)

Because this is holiday time and we're doting on cranberry sauce, stuffing, and pie --- I don't wait 'til Thanksgiving to make and eat the luscious morsels -- I've been busy making "safe foods" for us both. I realize not everyone needs to cook gluten free, potato free, egg free, etc.; you can take examples and ideas, though, and easily apply the concept to your own meals in order to be respectful of everyone at the table.

- ✈ I often make separate dishes of the same basic thing; for example, a pot of soup without meat and another with it added in. The only inconvenience, really, is an additional pot to wash. Dividing the soup and plopping chicken pieces into the second pot is pretty easy.
- ✈ This year I have been making Corn Bread Stuffing. It is delicious, and has become one of my favorites. Brown Rice and/or Wild Rice Stuffing is also a good way to avoid wheat. Remember to check The Food Resource List for hidden ingredients in seemingly safe foods, such as Lundberg rice products which always contain Fruit. If you are making poultry, consider stuffing the bird with whole vegetables --- Carrots, celery, onion, garlic, with fresh herbs such as rosemary, sage, and thyme will impart delectable flavors. My favorite way to make dressing is in a crockpot rather than stovetop or oven baked. It is by far the moistest and tastiest dressing I've ever made; plus, everything gets thrown in the pot, turned on low, then I walk away for hours without another thought other than to occasionally walk past and give it a stir.
- ✈ This month's new recipe is for a gluten-free pie crust that I've been working on to get right --- it's taken me a few experimental tries, but the last pie (pumpkin) came out delicious. The texture is different from a normal rolled wheat pie crust; nevertheless, it is meritorious. The trick is to work with flours that do not contain potato, as do all the commercial gluten-free flour mixes. I used organic brown rice flour, but almond or other nut flours work great too. They are more spendy than rice. If you don't need to worry about fruit in the food, cashew flour will also make a nice crust. There are gluten-free oats available that you can grind into flour. (The oats are carefully grown in fields clean of any wheat or other gluten

products.) Our fellow member Karen T. has posted a gluten- and potato-free pie crust recipe with us in The Forum under Recipes: Thread: [Gluten Free Pie Crust Options](#). I haven't tried it; sounds delicious, but a lot more work than my own. So I've opted for easy. If you try any of them, please let us know how they turned out for you.

I suggest perusing the [Index of the RECIPES](#) section at Song of Health to find recipes that are easy to make, adapt and vary. If you need help figuring out a recipe to meet your needs, please feel free to contact me --- I will sure do my best to help!

**Wishing you all happy holiday foods!**

To All My Relations, *Sandra*

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



## **NEW RECIPES**

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



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



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

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

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

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

## **LIST OF NEW RECIPES**

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

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

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

*It is difficult, if even possible, to find gluten-free flour that does not contain potato.*

*This one is made with organic brown rice flour.*

 **PIES, PASTRIES & COBBLER: [GLUTEN- AND POTATO-FREE PIE CRUST](#)**

*Editor's Note: My friend, whom I am caretaking while she recovers from major foot surgery, just received results of her food intolerance evaluation (at my enticing). Thinking all this time that she is gluten intolerant, she has been eating gluten-free products. It turns out her main intolerance is potato; gluten-free products are loaded with potato ingredients! Today is the day of re-evaluation for my dear friend. Can you relate?*

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: Organic Coconut Milk (Organic Coconut, Water, Organic Guar Gum), Organic Agave Syrup, Organic Fair Trade Cocoa (processed with alkali), Organic Vanilla Extract
- ✂ Potential Hidden Ingredients: F,P (guar gum); G or M (organic vanilla extract)
- ✂ Obvious Ingredients: C (agave), F
- ✂ The product was evaluated for: ALL
- ✂ The results were: C,F,G,P,S
- ✂ The product is: Luna & Larry's Organic Coconut Bliss Bars Dark Chocolate
- ✂ Hidden ingredients are: G,P,S



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:** ~ Indigenous and immigrant people share feast together in celebration of the harvest. I'll bet there weren't any processed foods in that meal!



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

**KEY FOR RESULT CODES**

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

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

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

✿ The items are listed per category.

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

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

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

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

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

## THE FOOD RESOURCE LIST

NOVEMBER 2013

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

| <u>FOOD EVALUATED</u>                                                                                    | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|----------------------------------------------------------------------------------------------------------|-----------------------|----------------------|----------------|---------------|
| <b>ALCOHOLIC BEVERAGES:</b>                                                                              |                       |                      |                |               |
| Chaucer's Mead 100% Honey Mead                                                                           | 10/13                 | ALL                  | G,H            |               |
| <b>CHEESE:</b>                                                                                           |                       |                      |                |               |
| Scandic Hushallsost Swedish Farmers Cheese                                                               | 10/13                 | ALL                  | D,P            |               |
| <b>CHOCOLATE AND COCOA:</b>                                                                              |                       |                      |                |               |
| Luna & Larry's Organic Coconut Bliss Bars Dark Chocolate (Also Listed under Frozen Foods)                | 10/13                 | ALL                  | C,F,G,P,S      |               |
| Theo Organic Fair Trade Pure 45% Milk Chocolate Bar                                                      | 10/13                 | ALL                  | D,G,S          |               |
| Theo Rich Dark Drinking Chocolate 10 oz.                                                                 | 10/13                 | ALL                  | G,S            |               |
| Theo Sea Salt Dark 70% Cacao Organic & Fair Trade                                                        | 10/13                 | ALL                  | F,G,Ms,S,Sy    |               |
| Trader Joe's Organic Milk Chocolate Truffle Bar                                                          | 10/13                 | ALL                  | D,G,S          |               |
| <b>FLOUR:</b>                                                                                            |                       |                      |                |               |
| Azure Farm Organic Whole Wheat Pastry                                                                    | 10/13                 | ALL                  | F,G            |               |
| <b>FROZEN FOODS:</b>                                                                                     |                       |                      |                |               |
| ByBee Foods Frozen Organic Sweet Baby Peas (also listed under VEGETABLES, LEGUMES, MELONS AND MUSHROOMS) | 11/13                 | ALL                  | N              |               |
| ByBee Foods Frozen Organic White Sweetcorn (also listed under VEGETABLES, LEGUMES, MELONS AND MUSHROOMS) | 11/13                 | ALL                  | F,G            |               |
| Luna & Larry's Organic Coconut Bliss Bars Dark Chocolate                                                 | 10/13                 | ALL                  | F,G,P,S        |               |
| Townsend Farms Organic Frozen Cherries                                                                   | 11/13                 | ALL                  | F              |               |

| <u>FOOD EVALUATED</u>                                                   | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|-------------------------------------------------------------------------|-----------------------|----------------------|----------------|---------------|
| <b>FRUIT &amp; BERRIES</b>                                              |                       |                      |                |               |
| <b>(Including Spreads &amp; Sauces):</b>                                |                       |                      |                |               |
| Townsend Farms Organic Frozen Cherries (Also listed under Frozen Foods) | 11/13                 | ALL                  | F              |               |
| <b>GRAINS:</b>                                                          |                       |                      |                |               |
| Lundberg California White Basmati Rice                                  | 10/13                 | ALL                  | F,G            |               |
| Trader Joe's Organic White Basmati Rice                                 | 10/13                 | ALL                  | G              |               |
| <b>MEATS &amp; MEAT BOUILLON:</b>                                       |                       |                      |                |               |
| Draper Valley Farms Chicken                                             | 11/13                 | ALL                  | M              |               |
| Pure Country Pork Uncured Rustic Bacon                                  | 11/13                 | ALL                  | M,S            |               |
| <b>NUT BUTTER:</b>                                                      |                       |                      |                |               |
| Once Again Organic Tahini                                               | 11/13                 | ALL                  | F,G            |               |
| <b>PASTA:</b>                                                           |                       |                      |                |               |
| Bionaturae Organic 100% Whole Wheat Spaghetti                           | 10/13                 | ALL                  | E,F,G,P        |               |
| Bionaturae Organic 100% Durum Semolina Spaghetti                        | 10/13                 | ALL                  | E,G            |               |
| Bionaturae Traditional Egg Pasta Pappardelle                            | 10/13                 | ALL                  | E,G            |               |
| <b>SALT:</b>                                                            |                       |                      |                |               |
| Morton Natural Sea Salt All-Purpose                                     | 10/13                 | ALL                  | F,Ms,P         |               |
| <b>SEAFOOD:</b>                                                         |                       |                      |                |               |
| Sustainable Seas Solid Albacore Tuna in Water, No Salt Added            | 11/13                 | ALL                  | P,Sf           |               |
| <b>SEASONINGS &amp; SPICES:</b>                                         |                       |                      |                |               |
| Simply Organic Onion Powder                                             | 11/13                 | ALL                  | N              |               |
| <b>VEGETABLES, LEGUMES, MELONS AND MUSHROOMS:</b>                       |                       |                      |                |               |
| Bunny-Luv Organic Peeled Baby Carrots                                   | 11/13                 | ALL                  | N              |               |
| ByBee Foods Frozen Organic Sweet Baby Peas                              | 11/13                 | ALL                  | N              |               |

| <u>FOOD EVALUATED</u>                                     | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|-----------------------------------------------------------|-----------------------|----------------------|----------------|---------------|
| <b>VEGETABLES, LEGUMES, MELONS AND MUSHROOMS (Cont.):</b> |                       |                      |                |               |
| ByBee Foods Frozen Organic<br>White Sweetcorn             | 11/13                 | ALL                  | F,G            |               |



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

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