



DRAGONFLY NEWS

The Official Newsletter of *Song of Health.com*

NOVEMBER 2015



IN GRATITUDE FOR ALL OUR BLESSINGS!

Wishing you all a Thanksgiving filled with many blessings
From the SOH Staff

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

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

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

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

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

🦋 TOGETHER WE ACHIEVE...GREAT HEALTH - GREAT LIFE! 🦋

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

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NOVEMBER 2015

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



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.



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 ~ 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 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**

+

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

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

If you need help or have any questions, feel free to [contact me at manager@songofhealth.com](mailto:manager@songofhealth.com).



MEMBERS' SPOTLIGHT

STORIES, COMMENTS AND QUESTIONS

What information would you like to have in your newsletter?

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

Share your story with others.

MEMBERS, please help others by sharing your story. When you allow us to publish it in *Dragonfly News* and *Subscribers' Testimonials*, a dedicated section at , you provide an opportunity to reach out to those who still suffer, yet are apprehensive about our dietary lifestyle working for them. By reading how our lives were dramatically changed, it gives them encouragement to try. **WE WOULD BE HONORED TO INCLUDE YOUR STORY** about how you came to follow the Carroll Food Intolerance way of life. We reserve the right to edit for grammar and spelling correctness, however we will not change your story content. You will receive the draft prior to publishing for your approval.

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

Please email your contribution to manager@songofhealth.com.

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

*The more we give away...
The more we receive!*

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



QUESTIONS ASKED AND ANSWERED:

EMAIL CORRESPONDENCE:

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

from outside our membership; however, we feel it is pertinent information to share with you.

From Lenore, November 12th: I'm Gluten and Fruit Intolerant. May I still use the Bay Rum [in  soaps]? I like the scent.

Reply from Sandra: Per Dr. Tish, who evaluated the essential oils used in my soaps, the grain carrier used is CORN. So, you are able to use the scented soaps.

OTHER COMMUNICATION

From EWG, Oct. 21st: Sandra, TAKE ACTION: Support safer cosmetics!

If you've painted your nails lately, there's a good chance you used one of these brands: Sally Hansen, Essie, OPI, Revlon, Wet n Wild, Maybelline, or a handful of others.

There's also a chance that a suspected endocrine-disrupting chemical known as triphenyl phosphate (TPHP), has ended up in your body as a result. This chemical is added to polish to improve its flexibility and is also commonly used in plastics manufacturing and as a fire retardant in foam furniture.

A new study co-authored by researchers at EWG and Duke University found that 10 to 14 hours after polishing their nails, the levels of a metabolite of TPHP in all 26 participants had risen by an average of nearly sevenfold.

Besides disrupting hormones, TPHP could contribute to weight gain and obesity, according to scientific research. In animal studies, it has caused reproductive and developmental problems. In other words, it has no place in our nail polish or in our bodies.

[Click here to sign EWG's petition urging Sally Hansen, Wet n Wild, OPI and other popular nail polish brands to stop using TPHP in their products immediately.](#)

Under federal law, cosmetic products and ingredients – with the exception of color additives – do not need the approval of the U.S. Food and Drug Administration before they go on the market, and they don't have to undergo safety testing. Nor are cosmetics manufacturers required to share safety information on the ingredients in their products with the FDA before they market them.

Until we have better safety standards and personal care product regulations in place, we rely on cosmetics companies to protect us from potentially harmful chemicals. That's why it's so important that you speak up today.

[Click here to take action: Tell nail polish makers, including Sally Hansen, Wet n Wild and OPI to stop using the suspected endocrine disruptor TPHP in their products now!](#)

Thanks, Sandra. Together we'll change the cosmetics industry. - *EWG Action Alert*

From Xerces Society, Oct.29th: Trick or Treat? A Seasonal Tale of Pumpkins and Pests

Edward Gorey, the artist and author famous for his dark imagery, was a great advocate of animals, large and small, all over the world. The Xerces Society receives support through his legacy at the Edward Gorey Charitable Trust.

Please enjoy this surreal tale of conservation biological control, inspired by Gorey's *The Doubtful Guest*, first published in 1957.

THE DOUBTFUL PEST

An Allegory after Edward Gorey
by Jarrod Fowler, The Xerces Society
ACT I

SETTING: A 20-acre pumpkin farm in New England. Year after year, pumpkins have been direct-seeded in rows within tilled soils, and amended with 10-10-10 fertilizer and limestone. Yellow sticky traps were set to monitor crop pests. Weeds are being controlled with shallow cultivation and selective herbicides.

Scene 1

Midnight, August 8th; 66°F; clear and calm. Honey bee workers are asleep amongst 20 hives. One invertebrate predator cruises the pumpkin moonscape, hunting prey. The predator encounters striped cucumber beetle adults and larvae gorging on pumpkin flowers, foliage, and roots. The infestation is stunting pumpkin growth, reducing fruit set, and transmitting diseases. A low-rumbling noise of approaching machinery is heard. Ready to attack, the predator is suddenly painted with a highly toxic insecticide from a passing boom sprayer. The equipment was properly calibrated and the fast-acting, broad-spectrum poison will persist for days. The predator immediately seizes and dies, but a percentage of cucumber beetles resists and will resurge. Repeated treatments may be applied. A lone firefly trails off...

Scene 2

Noon, October 10th; 66°F; partly cloudy and breezy. Farmers harvest pumpkins. Crop-residue remains on a field without cover crops, now a favorable habitat for pests and pathogens. The wind blows, eroding soil, while a cricket chirps and a crow caws. Harvested pumpkins are stored in bins and sold wholesale to retailers. Once purchased, pumpkins are perched on porches or preserved in pantries. The jack-o'-lantern grimace is more than rind deep:

the pumpkin pie is riddled with pesticide residues. Trick or treat?

INTERMISSION

ACT II

SETTING: A diversified 20-acre farm in New England, featuring a rotating cast of crops. Two acres of pumpkins were transplanted in hills within moist, well-drained sandy soil, amended with vermicompost. Transplants were mulched with straw and protected with row-covers until bloom. Rows of companion dill and trap-crop zucchini defend the patch. Early season weeds have been controlled with a living mulch of clover and organic straw.

Scene 1

Midnight, August 8th; 66°F; clear and calm. Male squash bees are asleep in pumpkin flowers. Communities of predators prowl the patch, keeping striped cucumber beetle and other pests to tolerable levels. Wolf spiders wander from native flowering field-borders to hunt, frighten, and gobble beetles. Harvestmen and predatory mites, sheltered by mulch, munch beetle eggs and larvae. Ground and rove beetles, percolating from perennial beetle banks, devour pest beetles. Parasitoid flies and wasps, napping in neighboring hedgerows, anticipate their larvae gradually eating prey alive. Soil-dwelling fungi and nematodes, conserved without tillage, consume and kill beetle larvae. Vesper bats swoop from roosts and chomp beetles mid-flight. The farmscape is alight with fireflies.

Scene 2

Noon, October 10th; 66°F; partly cloudy and breezy. Farmers and farm visitors pick

THE FORUM:

Editor's Note: Be sure to take advantage of this wonderful opportunity to *share with your fellow Members!* Also, ask the SOH

pumpkins. Crop residue is cleaned from the patch, and a cover crop cocktail is cultivated to control weeds, improve soil health, and support pollinators. The wind blows and maple leaves fall, while crickets chorus and songbirds sing. Harvested pumpkins are sold at farm stands and markets. Once purchased, pumpkins are perched on porches or preserved in pantries. The jack-o'-lantern warts are only rind deep: the pumpkin pie is without pesticide residues. Trick or treat?

From Ken Cook, Environmental Workers Group, Nov. 23rd:

Sandra, when it comes to Big Food's deceptive crusade against the labeling of genetically modified foods, it's no wonder people have so many questions.

After sifting through thousands of questions from members of the EWG community, I sat down to answer a few of them and to set the record straight, once and for all, about GMO labeling and H.R. 1599 – or as we like to call it, the DARK Act.

[Click here to watch my latest Q&A video in which I answer YOUR questions about GMO labeling and the DARK Act.](#)

I hope you'll take a few minutes to watch this video and share it with your friends.

With so much at stake in this fight, it's more important than ever that we get the truth out about the DARK Act and its many implications.

Sincerely, Ken Cook
President, EWG

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*staff questions, leave your comments and suggestions. All is appreciated.*

**MAKE YOUR VOICE HEARD!**



**FOOD LABEL QUIZ**

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

The following list of ingredients is on a label from a product that is dated 10/15:

✈ **INGREDIENTS:** Sweet White Rice Flour, Whole Grain Brown Rice Flour, Potato Starch, Whole Grain Sweet White Sorghum Flour, Tapioca Flour, Xanthan Gum

✈ 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

Think  **FOR AWESOME HOLIDAY GIFTS!** 

**CUSTOM MADE SOAPS
AVAILABLE.**

Please [Email me](#) for a quote.

✈ **Remember to log in to the Members side on the website to receive your Member discount on your orders of  soaps. Your special price is automatic at time of payment.** You will see the regular price by the "Add to Cart" button. When you click on the button, you will be taken to the order page; you will then see your actual discounted price.

✈ **SAVE ADDITIONAL \$10.00**

~ ORDER A FULL 5 LB. LOAF OF

Try **Unscented** With Unrefined Shea Butter and **CACTUS FREE UNSCENTED** as a SHAMPOO BAR too!

SOAP (=16 4-oz. bars uncut) AND SAVE \$10.00 OFF YOUR ALREADY DISCOUNTED PRICE.

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

SOAP NEWS AND UPDATES:

On back order ~ The following soaps are currently out of stock:

Summer Mint

Lavender Annie

Calypso Bay
Bay Rum, Lemongrass, & Clove Bud™

will be available December 7th.

and

are currently out of stock.

We apologize for any inconvenience to you, and also thank you for purchasing

coco-sha
soaps®!



Heart Felt With Unrefined Shea Butter
Essences of Spearmint, Cardamom, & Allspice



Earth in Sky

Heart Felt With Unrefined Shea Butter
Essences of Spearmint, Cardamom, & Allspice

Earth in Sky

With Fir Needle Essential Oil

Celebrate the Holiday Season with the wonderful colors and seasonal scents of the natural essential oils in these soaps!

All our soaps make the perfect gift for each special person, scented or not!



Member of

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

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

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

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

ENVIRONMENTAL UPDATES FROM THE U.S. EPA:

No new article 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*.

KEEPING A POSITIVE HOLIDAY ATTITUDE!

By Sandra Strom, CEO of Song of Health

My mother and father, 90 and 92 years old respectively, live in Southern California. My married sister lives in New Zealand. I live in

Oregon. This year, my sister and I flew "home" during the middle of November, due to other travel plans coinciding around that

time. After arguing the options every day all week long, it was finally agreed that my sister and I would get our wish --- to have homemade Thanksgiving dinner together, with all the trimmings, while the fates allowed. My mother wanted to bring in already cooked food to save us all the trouble, but we convinced her that her daughters still enjoyed cooking, baking, and expending the energies required to present a grand meal, and assured her that we would do the major cleanup afterward. Besides, most of what would be bought would only be eaten by her and Dad! So, our little nucleus family of Ma, Dad, Sis and I shared our Thanksgiving meal together on November 16th.

The title of this *SHARING EXPERIENCES* emphasizes the need to remember making big holiday meals a POSITIVE experience! Not one of us is immune to the holiday frustrations and stresses --- of mingling relationship personalities in the same house, of cooking a lot of dishes to bring to the table at the same time, and trying to please the masses. As with all of you, we had to consider not only what each person's preferences are, but also who must avoid what. I do my best not to fudge on my food intolerance diet, as I don't like feeling sick afterward (exception, eating too much). My sister tries her best, but finally gave in to such luxuries as wheat, albeit whole berry, for the special occasion.

My mother used to cook and bake a lot from scratch, including making her own blintzes just last year. Now, at 90, she keeps home cooked meals simple and at a minimum, so cupboards needed replenishing of the basics in order to succeed in making our grand meal. As a Potato Intolerant, I required having to purchase special brands of foods that I could have; bare shelves gave my sister and me the opportunity to fill the kitchen with our personal choices. We still had to simplify more than if we were in our own homes, such as buying canned organic pumpkin instead of cooking fresh pie pumpkin...Ok, so we're old-fashioned like that; but it was all workable in a good way. My sister avoided dairy for pumpkin pie by using coconut milk, and sweetened with organic maple syrup to avoid refined sugar. I found organic cranberries and oranges for one of my favorite holiday dishes, also sweetened with maple syrup. My folks have

a grill outside, so we had both stove, oven, and grill on which to cook, and we put everything to good use. Preparing and making several of the dishes the evening before, while the folks were asleep and we had the space to ourselves, was a truly non-chaotic and enjoyable experience with my sister! We planned what we were going to make at the same time, which afforded us our own space as needed, and set up realistic expectations with minimal tripping over each other. The house smelled wonderfully traditional and we were happy with our accomplishments, so far.

The next day created challenges galore. From the get-go, my sister and I reminded each other to create and maintain POSITIVE ATTITUDE no matter what attempts Chaos could create! We also reminded each other to be empathetic of our mother, how she might be feeling about no longer being in charge and making the big meals, but also to include her in cooking what she felt comfortable with. What a trick, as she still wants to be "the boss" and in charge, which meant the oven might get turned down when one wasn't looking! After all, it was her kitchen. She was charged with baking yams on the grill, helping to choose the dishes and set the table, being a part of, yet hopefully not complicating an already multi-faceted situation. In the end, we were so glad we included her in our preparations, as it not only made her feel useful but it created a beautiful memorable time for mother and daughters. It can be difficult and challenging dealing with the aged, even those who are still quite capable of many things, but the time spent with them is cherished beyond words. So, when things felt overwhelming, Sis and I reminded each other to keep POSITIVE VIBES only in the food and atmosphere! Even last minute panic moments worked out splendidly.

The best part of our early holiday meal was us all sitting together around the dining room table, holding hands while my sister led us in prayers of gratitude. My folks were happy to have the home cooked meal, which we knew they would once all was said and done, and my sister and I have a beautiful memory to hold on to for the rest of our lives. All this because we chose to keep a positive attitude!

Holiday cooking may seem overwhelming to you, especially catering to special dietary needs that you may not be used to. Remember to plan accordingly, take it a step at a time, often a moment at a time, stay positive no matter what people and circumstances may create to sabotage that,

find and hold on to those moments to remember fondly.

From The Song of Health team to you, we fondly wish you a truly Happy Thanksgiving!

To All My Relations, Sandra

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



NEW RECIPES

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

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

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

~ REMEMBER TO EAT ORGANICALLY GROWN (NON-GMO), LOCAL FOODS WHENEVER POSSIBLE.

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

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

[LIST OF NEW RECIPES](#)

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!

NEW RECIPE ~ STUFFINGS: [CINNAMON RAISIN BAGEL STUFFING](#)

Remember, you can omit or substitute food intolerance ingredients in any recipe!

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.

**Is there a recipe you would like to have, or need help adapting? I'm happy to help!
Contact me at manager@songofhealth.com.**

ANSWERS TO THE FOOD LABEL QUIZ:

- ✂ Listed Ingredients: Sweet White Rice Flour, Whole Grain Brown Rice Flour, Potato Starch, Whole Grain Sweet White Sorghum Flour, Tapioca Flour, Xanthan Gum
- ✂ Potential Hidden Ingredients: F (many flours treated with citric acid to preserve),
- ✂ Obvious Ingredients: G,P
- ✂ The product was evaluated for: ALL
- ✂ The results were: F,G,P,Sf
- ✂ The product is: Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- ✂ Hidden ingredients are: Sf



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:** The Cornucopia is pretty self-explanatory! Wishing you many wonderful foods that you can have from your Cornucopia of Plenty!

FOOD RESOURCE LIST UPDATES

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

Note: We have not been able to update the printable version for a number of months due to a program glitch. We apologize for this inconvenience and will inform you as soon as the issue is identified and corrected. Thank you for your patience and understanding.

Use the codes below to translate the Results Column.

KEY FOR RESULT CODES

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

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

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

✈ The items are listed per category.

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

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

✈ Under “**Region**”, if the product was purchased outside the Pacific Northwest area, the region will be noted. Sometimes, I will be able to locate a place to purchase a product for you, if requested.

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

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

THE FOOD RESOURCE LIST

NOVEMBER 2015

NOTE: The RESULTS column will show the "basic" food intolerance categories: Dairy, Egg, Fruit, Grain, Honey, Meat, Potato, Sugar, Seafood, and Soy. Be aware that the less common categories are not shown.

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

NOTE: Our staff at Windrose Clinic is currently working on new updates to the List. As soon as they are available they will be emailed to you and posted on the website.

| <u>FOOD EVALUATED</u> | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|-----------------------|-----------------------|----------------------|----------------|---------------|
|-----------------------|-----------------------|----------------------|----------------|---------------|

MEATS & MEAT BOUILLON:

| | | | | |
|----------------------------------|-------|-----|---|--|
| Open Nature Frozen Turkey Breast | 11/15 | ALL | M | |
|----------------------------------|-------|-----|---|--|



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

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