



DRAGONFLY NEWS

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

OCTOBER 2010

Honoring National Breast Cancer Month and Thermography



Beyond Pink Artwork by Chelsea Stillman, Spokane Artist, Performer and [Beyond Pink](#) Sponsor

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

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

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*:

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Visit Sandra at [Twitter](#), [Facebook](#), [MySpace](#), and [Startup Nation](#).
You're invited to follow and share comments!

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

hydrotherapy and other important methods of traditional natural healing.

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

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

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WEBSITE CHANGES!



CHANGE OF ADDRESS FOR DR. HICKS: Dr. Jennifer Hicks, ND, has 2 new locations. Please see her new listings on the Goods and Services page at Song of Health.com.



READ THE NEW [SUBSCRIBERS' TESTIMONIALS](#) POSTED: Many thanks to *Liz, Port Colborne, Ontario Canada* and *Kari, Rathdrum, Idaho*, for sharing their moving stories, so that others may benefit.

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SUBSCRIBERS SPOTLIGHT

STORIES, COMMENTS AND QUESTIONS

What information would you like to have in your newsletter?

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

Share your story with others.

SUBSCRIBERS, PLEASE...help others by sharing your story. When you allow us to publish it in *Dragonfly News* and *Subscribers' Testimonials*, a dedicated section on the *Song of Health* website, you provide the opportunity to reach out to those who still suffer but are not

confident that our dietary lifestyle will work for them. By hearing and reading about how our lives were dramatically changed we can help others to step through the door toward wellness. **WE WOULD BE HONORED TO INCLUDE YOUR STORY** about how you came

to follow the Carroll Food Intolerance way of life. We reserve the right to edit for grammar and spelling correctness, however we will not change your story content.

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

Please email your contribution to manager@songofhealth.com.

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

QUESTIONS ASKED AND ANSWERED:

Questions emailed to us:

Song of Health has been given permission by our Subscribers to share the following communications with you. In so doing, we all reap the benefits of learning together.

From Kari: My son (he's 3) has two main food intolerances. They are wheat and dairy. His secondary is fruit/sugar. I have had a problem with the lists a little bit in that wheat is not included, only grain. For instance, I believe rice is considered a grain, as well as wheat, so the foods that say grain at all, I avoid. I am unsure of what the grain is, unless I happen to know for sure that the grain is not wheat; but, even then, how do you ever know for sure? Dr. Zeff did my son's testing and said he breaks down the other glutens okay, just not the wheat. Do you have any advice on this?

To be honest, we have a hard enough time affording all the special food for my son who has the obvious food intolerance issues. But it is worth every penny, because this little guy is a completely different person when he gets into something he shouldn't have. He was so miserable before we had him tested, and I am so thankful we found out what could help him!

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.

I appreciate you taking care of the website to make all the information available to everyone, especially the Food Alert List. I don't have nearly the time I would like, to go on the site and check things out, so it means a lot to me that this will help cut down some of the legwork! It is always so nice to find things that will work for him instead of having to guess. I am excited to get my first notice! Thank you for all your hard work! Have a great day! *Kari*

Reply from Sandra, CEO of Song of Health: Hi Kari, the grain/wheat issue is a tough one, agreed. Some things are obvious, such as whole grains. Read package ingredients and often that will be a clue. Learning when wheat flour is often used as a filler, stabilizer, or thickener, helps to distinguish from other grain products. I may be able to help with some specific products for you. Let me know if there's a product I can help you with. Also, Dr. Zeff can test the specific foods for your son. That's the best method for knowing for sure. In Health, *Sandra*

Editor's Note: Read more of Kari's moving story in *Subscribers' Testimonials*.

From Liz:

I just registered, a year after finding out I had food intolerances, potato & fruit/sugar. I find the website such an eye-opener. There is so much information about so

many topics. I thought I would check out the site quickly; instead, I sat at the computer all day. It was hard to log off. My story is so much like Sandra Strom's - many surgeries, like I have lots to give away, and the same intolerances. 4 years of intestinal burning, I'm desperate, and I finally found my way to a Naturopath who led me to this site.

Check it out for all those who read this; many answers will be found. Have faith. Put your faith into the hands of true professionals. Thank you and keep up the good work. *Liz*

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

Thanks for your time! *Melissa*

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

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

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

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

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

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

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

Sandra

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

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

### **UNDER THE CATEGORY FOOD QUESTIONS:**

**Posted by Kim B:** I was reading the recipe for Chocolate Zucchini Bread and noticed you have 1/2 cup whole wheat white flour and 2-1/2 cups unbleached white flour. You list these flours as only

grain. I do not see any whole wheat white or unbleached white flour the does not have potato in it listed anywhere! Please tell me what flour this is. This recipe sounds fantastic!

**Posted by Sandra, CEO of Song of Health:**

The flour I use is Bob's Red Mill Organic Whole Wheat White Flour. It is a whole wheat that is the soft spring/summer wheat rather than the hard winter red wheat. It has not been evaluated for a long time (not on the list), so I can't guarantee that it is free of potato or fruit. I am potato

intolerant and do not get a reaction from it. But that is no absolute guarantee. You may use a flour that has been evaluated safe for you. I just like that this contains the germ, etc.

Yes, it is delicious! In health, *Sandra*

**Posted by Susan:** If a food is NOT tested for "ALL", and the results are positive for mine salt and/or sea salt, does that mean it could be potato or seafood also?

**Posted by Sandra:** Yes, it is possible. That is why we now list what the product has been evaluated for. Is there a food on the list you are interested in?

**Posted by Robin:** Is allspice a fruit?

**Posted by Sandra:** Allspice is not considered a fruit. (Note: It is not listed on the fruit page in the food categories.)

#### **UNDER THE CATEGORY MISCELLANEOUS:**

**Posted by Liz:** I was wondering, is there a Canadian Products Food List available?

**Posted by Sandra:**

Our lists are compiled from products that have primarily been submitted to our doctors at Windrose Clinic. I will forward your question to them and to Dr. Zeff to see if they are aware of any such list of results. In health, *Sandra*

**Posted by Sandra, 9/22/10:** Dr. Tish replied that no Canadian products have come through Windrose Clinic to be evaluated, suggested I contact Dr. SuHu in New York, one of our great supporting doctors. I have emailed him to see if he has been asked to evaluate any Canadian products. We're trying!

**Posted by Sandra, 10/4/10:** Dr. SuHu responded to our question: He rarely evaluates food samples and he has not evaluated any products from Canada.

The best option is to send samples in to us to be evaluated. *Sandra*

#### **UNDER THE CATEGORY SPECIFIC FOOD INTOLERANCE DISCUSSIONS:**

**Posted by Rita:** Hi, Does anyone know how to make a fruit-free yogurt starter using Pro-biotic capsules? Or any other recipe that is fruit-free way to start yogurt? Thanks, *Rita*

**Posted by Sandra:** Hi Rita, Windrose Naturopathic Clinic has a fruit-free probiotic. Dr. Tish has not, however, been able to locate a recipe she once had for using it to start yogurt. I will forward your question to her again, and see if she has had any luck remembering where the recipe is. In health, *Sandra*

**Editor's Note:** To date, the recipe for starting yogurt with the Clinic's fruit-free probiotic has not been located yet. **Do any of our Subscribers have it?**

When posting a question or comment on The Forum to a thread that is not recent (within the current week), PLEASE CREATE A NEW THREAD, even if the topic has been discussed at a prior time. This way, new entries won't get unintentionally missed.

**The Forum is a great way to make new friends!**

It is a great opportunity for you to share tips, meals, recipes and any other information to help support and educate each other!

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

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

#### **SUBSCRIBERS:**



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

*Sandra*

### MAKE YOUR VOICE HEARD!



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

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

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

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

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



Each month we bring you articles on a myriad of topics regarding health and environmental issues. The main focus of *Song of Health* is to avail you of expert information on the Carroll Food Intolerance dietary methods. This – DIET – is the first step to getting and staying well. We feel there are also many other

interesting and important issues to be aware of. It is our goal to share our findings with you, on what may have a cause and effect on all of our healthy lives.

## ENVIRONMENTAL UPDATES FROM THE U.S. EPA

*I am subscribed to receive updates to environmental and health policies from the Environmental Protection Agency. Each month I*

### **EPA Observes Children's Health Month/President proclaims Oct. 4 as Children Health Day**

Release date: 10/04/2010 ~

**WASHINGTON** - As President Obama proclaims today [October 4<sup>th</sup>] as Children Health Day, the U.S. Environmental Protection Agency (EPA) is working with its partners to expand the conversation on what all of us can do to protect children from environmental health hazards. Children are more affected by pollution because of their body weight when compared to adults and rely upon us to provide them with healthy

*will select those I feel are pertinent to share with you, and bring to your attention. Sandra*

communities where they live, play and learn.

"EPA is asking all Americans to join us this month and every month in making our communities across the country healthier places to live, learn and play for our children and future generations," said EPA Administrator Lisa P. Jackson. "

[Click here](http://yosemite.epa.gov/opa/admpress.nsf/eeffe922a687433c85257359003f5340/5a036f0d73b637a0852577b2004e59fb!OpenDocument) to read the full article (<http://yosemite.epa.gov/opa/admpress.nsf/eeffe922a687433c85257359003f5340/5a036f0d73b637a0852577b2004e59fb!OpenDocument>).

## **INTRODUCING BEYOND PINK** **By Sandra Strom, CEO of Song of Health**

October marks major health reminders: It is celebrated as Breast Cancer Awareness Month; now it is also deemed Children's Health Month, and President Obama has declared October 4<sup>th</sup> as Children's Health Day.

We have presented you with numerous articles throughout the last several years regarding both - warnings of specific dangers for children, and safe alternatives for breast cancer diagnoses (Click on [Archive of Articles](#)). Although both are important issues, I want to focus on breast care and remind you of how valuable thermal imaging is in detecting tissue changes that mammograms and MRIs often miss.

### **What is Thermal Imaging?**

Simply, body heat is detected by an infrared camera. Sophisticated computer programming analyzes the recorded information to determine if there are any unusual warm or "hot spots" in an area. When cells are abnormally active, they will produce heat that is easily detected by the thermal imaging.

It isn't easy getting the word out on why Thermography is so effective in detection. Have you ever asked an allopathic medical doctor if they know what it is and what they think of it? Guaranteed, it is a rare opportunity to find such a doctor who promotes Thermography. Because most medical facilities have invested in expensive mammography and magnetic resonance imaging (MRI) equipment, the odds of the owners' willingness to admit



there may be a better method in detecting breast cancer is slim to none. Not until the politically powerful American Medical Association (AMA) is willing to admit that the Naturopathic circles have something more effective than what they use, will we see any such changes in their physicians' clinics. So, don't be fooled into believing from the majority that Thermography – Thermal Imaging – is hogwash, that to take this option is to put your life at risk!

Refer to Dr. Tish's article "[Breast Thermography](#)" (October 2008 issue of Dragonfly News) and "[October is Breast Cancer Awareness Month](#)" (October 2009 issue), for disturbing and eye-opening information of our options. The most important points I want to re-emphasize is:

- ✈ Thermography is non-invasive.
- ✈ It does not use radiation, which actually increases the chances of cancer cell formation.
- ✈ It can detect changes in breast tissue 8-10 years before a cancer mass is actually formed!
- ✈ Thermography is used to diagnose many other conditions, as well as breast cancer.



### **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.*

### **CANNING TOMATOES AND "HAPPY" FOR WINTER** **By Sandra Strom, CEO of Song of Health**

As we unwillingly waved adios to warm Summer, so we now welcome beautiful Autumn. With its brisk fresh air and cooler nights, our energies are heightened to beckon us...prepare for Winter! Our loss of

On October 8<sup>th</sup>, a fundraising event to help educate the public on the benefits of Thermography, and provide an opportunity to help women who can't afford to pay for breast examinations, took place in Spokane, Washington. The fundraiser was hosted by *Beyond Pink* and supported by many businesses and vendors. Our own Dr. Tish Dick, whose clinic offers Thermography, was a guest speaker. Donations collected will be given to the YMCA.

#### **What is Beyond Pink?**

Beyond Pink is a fund raising charity that was formed with the purpose of providing women, who are not otherwise able to afford it, the opportunity and funds for certified breast exams with Thermography, and to inform women that Thermography offers early detection that will save lives. It offers a viable method to help support the battle to reduce breast cancer and its life threatening presence.

To learn more about your options, how you can receive Breast Thermal Imaging or help others to, contact Beyond Pink at: website: [www.beyondpink.net](http://www.beyondpink.net), phone: 509-326-4732, email: [spokanebeyondpink@gmail.com](mailto:spokanebeyondpink@gmail.com)

scurrying to complete their gathering duties. For many of us, this also means time for harvesting the last of the season's bounty. Apples become sauce; tomatoes morph into a myriad of goods; winter squashes and pumpkins are oiled and put up for winter; fruits and vegetables are dried; and garlic that was harvested last month is now ready to be replanted for next year's crop. Yes, Autumn infuses us with great energies and keeps us busy with a productively comfortable peace of mind. It's easy to feel happy in Autumn. How I wish I could bottle this happy and bring it out in Winter, like blueberries from the freezer!

I was glancing at such greats as Dr. Oz and Oprah on TV this week when a dark and heavy feeling, like a January blizzard, momentarily washed over me: While marveling at the contributions of these mega stars, my self image began to plunge as I critiqued my own contributions – my personal accomplishments appeared minor as I watched elderly sacrificial lambs still dancing with the stars.

Eerrrrh (sound of brakes)...I awaken to real Life and switch myself out of neutral. Turn off the tube, get a few breaths of fresh air, and accomplish just one seasonal chore – I'll cook down plums for catsup. And..she's

back! I remember once again to get in touch with my *own* purpose in Life, on a need-to-know basis of what that is for just this moment, just this day. Restructure my attitude now, when the Winds are in my favor, and I've got a great shot at getting through the dark days of Winter, when "happy" is really challenged!

Life's daily demands - work, kids, home chores, school, tough economic times, illness - set us up for mental and emotional fatigue. In order to help keep our bodies and minds as healthy and happy as possible, to maintain strength, we must be intentional with our daily routine – how much we exercise, what we eat. No doubt, it can be overwhelming having to determine what to shop for, accomplish the shopping, and then cook for the family members' special food needs. What is a person to do?

Those of us who have lived the lifestyle for many years, of avoiding our food intolerances and eating organically grown and natural foods, have created and nurtured this habit through much practice. That's the secret...*creating good habits*.

Let's be aware now, while Autumn blesses us, to form and maintain healthy habits – both physically and mentally. Then we will have succeeded in bottling "happy" for Winter.

## **THE WONDERFUL WORLD OF OATS...IF YOU'RE NOT GRAIN INTOLERANT**

**(Oats are in the Grain Category)**

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

Hot oatmeal, granola, toppings for dessert crisps, cookies and candies - the list is long on all the wonderful opportunities oats afford us. Available for purchase are whole, steel-cut, thick rolled, thin rolled, quick-cooking, instant oats. What makes these variations different and is there a difference in their nutritional value? When is it best to use rolled oats versus, say, steel-cut oats?

My horse loves his whole, unsweetened oats! Whole oats as livestock feed are not hulled. For human consumption, oats undergo a process of cleaning and removal of the hull (the outer shell), leaving the inner kernel called a groat. Scouring machines brush clean the oat groats, followed by kiln drying at around 215 degrees Fahrenheit to deactivate their

enzymes. This stabilizes the oats for storage by limiting how the oils in the oat germ can react with oxygen, inhibiting them from going rancid.<sup>1</sup>

The oats are then processed into different forms. The groats may be cut, crushed, ground or rolled.

- ✂ Steel-cut oats (also known as Irish oats) are cut up in tiny pieces with stainless steel blades. This is the least processed, most nutritional form to purchase. It makes a wonderfully tasty, textured hot oatmeal.
- ✂ Scottish oats are groats that are milled into a finely ground meal. When cooked, they become porridge with a creamy texture.
- ✂ Rolled (old-fashioned or regular) oats are further processed. The groats are steamed, and then run through metal rollers and flattened. Depending on their thickness, they are labeled as thick-cut or quick-cooking. Rolled oats take less time to cook than their Irish and Scottish counterparts, which is why they are so popular. The thinner the oat, the quicker they will cook. They are often used in baking as well as for oatmeal.
- ✂ Instant oats first go through the same process as rolled oats - rolled thin, but are then cooked and dried again. They will cook very quickly.<sup>1</sup>

It stands to reason, **the more processing the oats go through** before arriving on the store shelf, **the more compromised their nutritional value will be.**

Oats are not only a naturally sweet tasting treat; they contain more soluble fiber than any other grain, resulting in slower digestion and an extended period of feeling full. They are a source of protein, carbohydrates, vitamins and minerals. Oat bran is noted to aid cholesterol issues.<sup>2</sup>

In an article released by the U.S.D.A. (United States Department of Agriculture)

in February 2010, it was reported that certain compounds of oats (avenanthramides) inhibit the ability of blood cells to adhere to artery walls. This is a good thing! It points to oats as being beneficial in subduing heart disease. Research led by nutritionist Mohsen Meydani, a director of USDA Human Nutrition Research Center studies, suggests that these compounds in oats may contribute to the relaxation of arteries and the prevention of atherosclerosis by increasing nitric oxide production, and by reducing inflammation. Chronic inflammation of the arterial wall is part of the process that eventually causes disease, so inhibition of inflammation is of great benefit. Meydani's studies have further shown that consumption of oats reduces blood pressure.

Per Rosalie Marion Bliss, Agricultural Research Service Information Staff:  
"Findings from a more recent study soon to be published suggest that consuming oats and oat bran may reduce the risk of colon cancer, not only through high fiber content, but also through avenanthramides that slow or discourage proliferation of colon cancer cells.

These studies provide additional indications of the potential health benefit of oat consumption in the prevention of coronary heart disease beyond its known effect through lowering blood cholesterol." <sup>3</sup>

### **Suggestions for what to use, and when:**

Whenever possible, take the time to cook steel-cut oats for oatmeal. It takes 25 to 30 minutes to cook until tender. The cooked cereal can also be used in recipes, such as cookies, where rolled oats or instant oats are called for. The liquid/flour ratio may need to be adjusted. Instant oats are generally called for as a baking convenience and not because the taste is better.

Rolled oats make a great topping for dessert crisps, baked casseroles, in

cookies, breads, cakes, you-name it! They can be used without prior cooking.

Instant oats are pretty much a waste of money, nutrition-wise, when compared to steel-cut or regular oats. When a recipe calls for instant oats, use uncooked rolled oats or cooked Irish or Scottish oats instead. The flavor will be superior too.

***Just a reminder...oats are fabulous for those who do not have a food intolerance to grain.*** For a grain intolerant, it may cause far more problems

than benefits. There are many other natural foods available that are also heart-healthy, versatile and delicious. Teff is an excellent substitute for grain.

In Health, *Sandra*

1

<http://www.chow.com/food-news/54417/whats-the-difference-between-types-of-oatmeal/>

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

3

<http://www.ars.usda.gov/is/AR/archive/feb10/cell0210.htm>

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



## **NEW RECIPES**

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



The ingredients for all the recipes are coded for food intolerance items.



From time to time you may find an existing recipe has been slightly corrected from the original, in order to make it easier to follow.



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

~ *Always use organic products whenever possible.*

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



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

### KEY FOR CODES

|          |              |  |           |                  |
|----------|--------------|--|-----------|------------------|
| <b>D</b> | <b>Dairy</b> |  | <b>Ms</b> | <b>Mine Salt</b> |
| <b>E</b> | <b>Egg</b>   |  | <b>P</b>  | <b>Potato</b>    |
| <b>F</b> | <b>Fruit</b> |  | <b>Sf</b> | <b>Seafood</b>   |
| <b>G</b> | <b>Grain</b> |  | <b>Ss</b> | <b>Sea Salt</b>  |
| <b>H</b> | <b>Honey</b> |  | <b>S</b>  | <b>Sugar</b>     |
| <b>M</b> | <b>Meat</b>  |  | <b>Sy</b> | <b>Soy</b>       |

### LIST OF NEW RECIPES

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

Last month I promised to share some recipes for the season throughout the month. I was unable to do so; my apologies to you for that. Here are a couple of those recipes now, that I hope you enjoy:

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).

#### **CEREALS AND GRAINS:**

[OATMEAL WITH STEEL-CUT OATS](#)

#### **CONDIMENTS:**

[CANNING TIPS](#)

[SANDY'S BREAD AND BUTTER PICKLES](#)

#### **DIPS AND HOR DUERVES:**

[CORN, PEPPER AND AVOCADO RELISH](#)

#### **PANCAKES AND WAFFLES:**

[CHOCOLATE BANANA OVEN PANCAKES](#)

## **FOOD RESOURCE LIST UPDATES**

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

### **KEY FOR RESULT CODES**

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

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

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

✿ The items are listed per category.

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

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

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

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

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

*The following list is a compilation of updates emailed to you in September.*

**FOOD RESOURCE LIST UPDATES**  
**OCTOBER 2010**

| <u>FOOD EVALUATED</u>                                                 | <u>DATE EVAL.</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>PURCHASED AT</u> |
|-----------------------------------------------------------------------|-------------------|----------------------|----------------|---------------------|
| <u>BABY FOOD:</u>                                                     |                   |                      |                |                     |
| Baby's Only Organic Toddler Soy Formula                               | 09/10             | D,F,S                | D,F,G,Sy       |                     |
| <u>BREAD:</u>                                                         |                   |                      |                |                     |
| Dave's Killer Bread Powerseed                                         | 09/10             | ALL                  | F,G,P,S        | Fred Meyer          |
| <u>CEREALS – COLD:</u>                                                |                   |                      |                |                     |
| Cascadian Farm Organic Purely O's                                     | 09/10             | ALL                  | G,P,S,Sf       |                     |
| <u>CHEESE:</u>                                                        |                   |                      |                |                     |
| Bel Gioioso Fresh Mozzarella                                          | 09/10             | F,G,P                | D,F,G,P        | Costco              |
| Nancy's Organic Cultured Lowfat Cottage Cheese                        | 09/10             | E,F,G,P,S            | D,F,P          |                     |
| <u>CHIPS AND CRACKERS:</u>                                            |                   |                      |                |                     |
| Food Should Taste Good MultiGrain Chips                               | 09/10             | E,F,G,P,S            | F,G,P,S,Sy     |                     |
| Naturally Preferred Blue Corn Tortilla Chips                          | 09/10             | ALL                  | F,G            |                     |
| Natural Tostitos Blue Corn Tortilla Chips                             | 09/10             | E,F,G,P,S            | F,G,P          |                     |
| <u>CONDIMENTS:</u>                                                    |                   |                      |                |                     |
| Westbrae Natural Stone Ground Mustard (contains salt)                 | 09/10             | D,F,P                | G              |                     |
| <u>FLOUR:</u>                                                         |                   |                      |                |                     |
| Bob's Red Mill Whole Grain Corn Flour Stone Ground                    | 09/10             | E,F,G,S,Sf,Sy        | F,G            | Huckleberry's       |
| Domata Living Flour All Purpose GFCF Flour (gluten free, casein free) | 09/10             | F,S                  | F              |                     |
| King Arthur Unbleached White Whole Wheat                              | 09/10             | E,F,G,P              | E,F,G,P        |                     |
| <u>GRAINS:</u>                                                        |                   |                      |                |                     |
| Arrowhead Mills Organic Popcorn                                       | 09/10             | F,G,P                | G              |                     |
| Lundberg Organic Brown Sweet Rice                                     | 09/10             | ALL                  | G              | Unicorn             |



| <b><u>FOOD EVALUATED</u></b>                                            | <b><u>DATE EVAL.</u></b> | <b><u>EVALUATED FOR</u></b> | <b><u>RESULTS</u></b> | <b><u>PURCHASED AT</u></b> |
|-------------------------------------------------------------------------|--------------------------|-----------------------------|-----------------------|----------------------------|
| <b><u>JUICES AND DRINKS:</u></b>                                        |                          |                             |                       |                            |
| RW Knudsen Organic Pear Juice                                           | 09/10                    | P,S                         | F                     |                            |
| <b><u>MEATS AND MEAT BOUILLON:</u></b>                                  |                          |                             |                       |                            |
| Applegate Farms Roast Beef<br>(Deli Counter Selections)                 | 09/10                    | E,F,G,P,S                   | F,M                   |                            |
| Applegate Farms Smoked Turkey<br>Breast (Deli Counter<br>Selections)    | 09/10                    | E,F,G,P,S                   | F,M,Sf                |                            |
| Painted Hills Natural Beef All<br>Natural Uncured Beef Bacon<br>Natural | 09/10                    | ALL                         | H,M,P                 | Rosauers                   |
| <b><u>MILK AND CREAM:</u></b>                                           |                          |                             |                       |                            |
| Daisy Sour Cream Pure and<br>Natural                                    | 09/10                    | F,G,P                       | D,F,P                 |                            |
| <b><u>MILK – NON DAIRY:</u></b>                                         |                          |                             |                       |                            |
| Pacific Organic Original<br>Unsweetened Almond<br>Beverage              | 09/10                    | ALL                         | F,G,P,Sf              |                            |
| Pacific Rice Beverage Plain                                             | 09/10                    | ALL                         | D,F,G,P,Sf            |                            |
| <b><u>PICKLES:</u></b>                                                  |                          |                             |                       |                            |
| Full Circle Organic Sweet Bread<br>And Butter Pickle Slices             | 09/10                    | E,F,G,P,S                   | F,G,Ms,P,S            |                            |
| <b><u>SEEDS:</u></b>                                                    |                          |                             |                       |                            |
| Golden Flax Seed (Bulk at Winco)                                        | 09/10                    | ALL                         | F,G                   | Winco                      |
| <b><u>SOUPS:</u></b>                                                    |                          |                             |                       |                            |
| Imagine Organic Beef Broth                                              | 09/10                    | E,F,S,Sf,Sy                 | F                     | Huckleberry's              |
| <b><u>VINEGAR:</u></b>                                                  |                          |                             |                       |                            |
| Spectrum Organic Distilled<br>White Vinegar                             | 09/10                    | F,G,P                       | G                     |                            |



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

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