



DRAGONFLY NEWS

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

OCTOBER 2011

NATIONAL BREAST CANCER AWARENESS MONTH

and Children's Health Month



*"Feminine Wine" by Chelsea Stillman **

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

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

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

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

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

Dr. Caryn Potenza, N.D., Staff Supporting Doctor
Shawn Murphy, *Song of Health* Webmaster and Graphics Designer

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

~ IN THIS ISSUE: ~

✈ WEBSITE CHANGES AND NOTICES

✈ **SUBSCRIBERS SPOTLIGHT:** Stories, Comments, Questions Asked and Answered

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

✈ **ENVIRONMENTAL UPDATES FROM THE U.S. EPA:** EPA Launches Green Products Web Portal for Pollution Prevention Week

✈ **ARTICLE:** "WHAT IS THE 'COMMON THREAD' OF FOOD IN FOOD CATEGORIES?"

By Sandra Strom, CEO of Song of Health

✈ **SHARING EXPERIENCES:** "OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH ALSO CHILDREN'S HEALTH MONTH" *By Sandra Strom*

✈ **RECIPES:**

CAKES:

[SANDY'S BOSTON CAKE - MADE WITH AGAVE](#)

NEW CATEGORY ~ FROZEN DESSERTS:

[DAIRY ICE CREAM](#)

[NON-DAIRY VANILLA ICE CREAM \(CUSTARD BASED\)](#)

[NON-DAIRY VANILLA ICE CREAM \(NOT COOKED\)](#)

[NON-DAIRY VANILLA ICE CREAM WITH EGGS \(CUSTARD STYLE\)](#)

✈ **FOOD RESOURCE UPDATE:** OCTOBER 2011 ~ No new updates yet

The Carroll Institute of Natural Healing

is an educational opportunity for Naturopathic physicians and students to further their education in the classical methods of Naturopathy, not otherwise taught in the Naturopathic colleges. This is where physicians and students learn about the Carroll Food Intolerance Evaluation methods, constitutional hydrotherapy and other important methods handed down by classical Nature Doctors.

Song of Health and The Carroll

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

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

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.

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WEBSITE CHANGES AND NOTICES

✂ **IN THE RECIPES SECTION:** A new category has been added ~ **FROZEN DESSERTS**. Check out the new recipes for ice cream, especially non-dairy.

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:contact_us_at_manager@songofhealth.com).**

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### **SUBSCRIBERS SPOTLIGHT**

### **STORIES, COMMENTS AND QUESTIONS**

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

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

### ***Share your story with others.***

**SUBSCRIBERS, Please help others by sharing your story.** When you allow us to publish it in *Dragonfly News* and *Subscribers' Testimonials*, a dedicated section on the *Song of Health* website, you provide the opportunity to reach out to those who still suffer but are not confident that our dietary lifestyle will work for them. By hearing and reading about how our lives were dramatically changed we can help others to step through the door toward wellness. **WE WOULD BE HONORED TO INCLUDE YOUR STORY** about how you came to follow the Carroll Food Intolerance way of life. We reserve the right to edit for grammar and spelling correctness, however we will not change your story content.

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

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

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

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

### ***QUESTIONS ASKED AND ANSWERED:***

#### ***Questions Emailed to us:***

**From Cheryl:** I was looking for an ice cream recipe on the site? Need Dairy and Potato and Fruit and Sugar combo free. Thanks! *Cheryl*

**Reply from Sandra:** I have now posted a few recipes, per your request. Log into [Song of Health](#), then go to the [RECIPES](#) section. Click on [FROZEN DESSERTS](#). Or you can click on these links and go directly to the section.

**From Dennis:** Hi Song of Health folks, I wonder if you might be able to tell me how you investigate whether any particular food product has potato, or fruit, in it. Do you speak with the manufacturer, or test the product. If testing, what sort? Thanks very much. Sincerely, *Dennis*

**Reply from Sandra:** Hello Dennis, Our doctors at Windrose Clinic evaluate samples of food and other commercial

products that are submitted to them by patients and Subscribers of Song of Health. Dr. Tish analyzes them by the Carroll method. The method is basically a reversal of the Carroll Food Intolerance method as applied to people to determine their food intolerances.

There is no point in contacting manufacturers of products to determine hidden ingredients in their products, 1) for obvious legal reasons, and 2) they are not aware that many of the ingredients used in the finished products actually contain other ingredients. For example, guar gum is used in most ice cream products and sour cream products. Guar gum contains potato starch, which is added for consistency. FDA regulations only require that they list "guar gum" as an ingredient and not what the guar gum contains. So, most companies aren't

interested in seeking further information beyond what they are legally bound to.

Does that answer your question? In health,  
*Sandra*

**From Cheryl:** Just an FYI, Shelton's no longer makes:

|                                           |       |        |
|-------------------------------------------|-------|--------|
| Shelton's<br>Uncured<br>Turkey<br>Bologna | 01/07 | M,P,Ss |
|-------------------------------------------|-------|--------|

**Reply From Sandra:** Hello Cheryl, thank you for your notice. I googled Shelton's Uncured Turkey Bologna and can still find info on it. At Shelton's website I found the following ingredients information:

*Mechanically Separated Turkey, Water, Potato Starch, Sea Salt, Ground Mustard Seed & Spices.*

The Food Resource listing is dated back to 2007, which is obviously and old evaluation. I'm going to leave it up for now; at the end of the year I will go through The Food Resource List to see what is too old to be helpful and remove them. Dr. Tish prefers I keep even the old listings, as they show if the product changes when it has been evaluated more than once!

Footnote: The Ss (sea salt) is being removed from the Results, per the uniformity of The List.

Thanks again, *Sandra*

**Cheryl:** I called and talked to someone on where to find it and they told me they were not making it any longer.

**From Connie:** Dr SuHu suggested I contact you regarding your suggestion for protein bars without dairy, gluten, eggs, fruit or soy. Any suggestions would be most appreciated. Thank you! *Connie*

**Reply From Sandra:** Hi Connie, in The Food Resource List, under [Cookies and Treats](#), is an old listing for:

Mrs. May's Naturals Black Sesame Snack, 08/07, evaluated for unknown, results = G,S (grain, sugar). I found the website for the product:

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http://mrsmays.com/product_details_mrsmays.html?indx=19. The package ingredients listed are: *Black Sesame Seeds, Almonds, Evaporated Cane Juice, Rice Malt, Sea Salt*. I don't recognize a gluten product there. The obvious food intolerant ingredients are grain (sesame seed, rice malt), and sugar. It appears to not have dairy, egg, fruit, soy, or gluten. It is always wise to purchase the product and have our doctors evaluate it for hidden ingredients.

This is the description of the product, per their website: *"Black Sesame is high in protein, iron, zinc, magnesium, calcium and phytic acid. They are low in carbohydrates and can aid digestion, stimulate blood circulation and benefit the nervous system. Black sesame seeds are high in calcium, iron, copper, magnesium, phosphorus. These minerals help to support healthy bones, muscles, blood, and nervous system. Copper strengthens blood vessels, joints, and bones, and is helpful in relieving arthritis. Magnesium supports vascular and respiratory health. It also contains zinc and calcium, which also improve bone health."*

As for other products on The Food Resource List, the only other product I found was: Sezme Sesame Snaps, 01/11, evaluated for ALL, results = G,S (grain, sugar).

The package ingredients list: *Sesame seeds (grain), sugar, glucose*. This appears to meet your requirements. *The protein content is 6 grams.*

Is this what you are looking for? In health,
Sandra

From Cheryl: I made the Boston cake you posted and used applesauce instead of the oil. I also used rice milk for the milk. Wow it was good, and less fat. *Cheryl*

Reply From Sandra: Sounds yummy. Let's share this with fellow Subscribers. It's a perfect example of adapting to meet personal needs. Thanks for sharing, Cheryl. In health, *Sandra*

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

Way back in January, a post was added to a thread and I missed seeing it. I just came across it and want to answer this very important question:

**CATEGORY:** [Ask the Doctors a Question](#)

**THREAD:** [Fruit intolerance](#)

**Posted by Mary Jo K.**, 21st January, 2011:

Hello, I am also fruit intolerant. I have had cantaloupe from Walmart tested (came back as fruit); also I noted from the category food list on Song of Health that watermelon from Safeway shows a test result of fruit. I am currently submitting Dole cantaloupe from Costco to see if this does not come back as a fruit....Sorry, long lead up to this question...

Are we sure that melon does not register as fruit? It seems like all of the melons that I have had tested or read about come back as fruit. As a "fruit", I am keenly interested in this. Do you think that the body does not work with melon as fruit even though the tests show that they are a fruit, or are the melons I have had tested a fruit and I need to find ones that are not testing as a fruit?

Thanks, *Mary Jo*.

**REPLY FROM SANDRA:** We are *sure* MELONS are inherently NOT FRUIT. For those that do evaluate positive for fruit, it is most likely coming from something the melons have been treated with. It could be in a spray that is often used on fruits and vegetables to preserve them for shipping; sometimes they are picked early and sprayed with something to hasten ripening on their trip to market; or it could be from a substance used to clean them. Without knowing the exact method of processing for a specific fruit, it is difficult to say what actually caused the contamination. We do know that it is from something applied to the melon and not the melon itself.

**NOTE:** If you happen to post something in The Forum and you don't receive a response within 2 days, please, please, please contact me and bring it to my attention. Unfortunately, I don't get some kind of notification from the program which alerts me to a new posting. Thank you.

**REPLY FROM DR. TISH:** The organic melons from the health food stores appear to

be fine and do not test as "fruit." I believe many melons, cantaloupes, etc., are treated with a sorbitol oil to prevent them from molding in transit. This makes them fruit because the oil is absorbed into the skins of the melons. I have bought several melons from the local "Main Street Market" in Spokane and they all have been fruit free. Huckleberry's "personal" watermelons have been fine also. *Dr. Letitia Dick*

**CATEGORY:** [Food Questions](#)

**THREAD:** [Commonality of Fruit](#)

**Posted by Karen**, 15th September, 2011:

With a fruit intolerance I've been told to stay away from "all fruit" except melons. Can you tell me what the common thread is in "all fruit"? It seems that the intolerance test should be able to differentiate between fruits to determine if some may potentially be digestible. Also, if a person is genetically lacking specific enzymes required to digest their food intolerance, could those enzymes be replaced with a form of enzyme therapy, thus making the digestion possible? I cannot get a straight answer on this from my physician. Thank you.

**Please go to this month's article below, for the full discussion to this important concept: "WHAT IS THE 'COMMON THREAD' OF FOOD IN FOOD CATEGORIES?"**

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

**IMPORTANT NOTE:** When posting a question or comment in The Forum to a thread that is not recent (within the current 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!

## MAKE YOUR VOICE HEARD!



### FOOD LABEL QUIZ

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

The following list of ingredients is on a label from a product that is in the SEPTEMBER 2011 Food Resource List updates:

**INGREDIENTS:** Water, expelled pressed vegetable oil (canola, soy and/or sunflower), tamari soy sauce (water, soybeans, salt, alcohol), rich vinegar, honey, expelled pressed sesame oil, ginger, 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 at the bottom of the New Recipes section, just above The Food Resource List Updates.** ~~~



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

ENVIRONMENTAL UPDATES FROM THE U.S. EPA

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

EPA Launches Green Products Web Portal for Pollution Prevention Week

WASHINGTON — The U.S. Environmental Protection Agency (EPA) is observing Pollution Prevention (P2) Week (September 19-25, 2011) by launching a new tool designed to provide Americans easy access to information about everyday products like home appliances, electronics and cleaning products that can save money, prevent

pollution and protect people's health. The new green products web portal is available at www.epa.gov/greenerproducts

This week serves to recognize significant pollution prevention work around the country and help consumers get involved in pollution prevention. EPA's new green products web portal is an easy way for all Americans to learn about products that prevent pollution and protect our environment.

Using the new tool, consumers can find electronics and appliances that have earned EPA's Energy Star label and can browse WaterSense products that help save energy and water. Additionally, consumers can find information about cleaning products that are safer for the environment and people's health. These products bear the EPA Design for the Environment (DfE) label. The website will also help manufacturers and

institutional purchasers with information on standards and criteria for designing greener products.

"By purchasing greener products, consumers can help reduce air pollution, conserve water and energy, minimize waste and protect their children and families from exposure to toxic chemicals, while also creating green jobs," said Steve Owens, assistant administrator of EPA's Office of Chemical Safety and Pollution Prevention, "Pollution Prevention is good for our health, our environment and our economy."

Join the EPA in marking P2 Week this week, and help prevent pollution every day. More information on pollution prevention, P2 Week, and EPA's P2 programs: <http://epa.gov/p2/>

ARTICLE:

WHAT IS THE 'COMMON THREAD' OF FOOD IN FOOD CATEGORIES?

By Sandra Strom, CEO of Song of Health

How can it be that *all fruit* can cause the same reaction in a fruit intolerant person? Why are avocados, for example, dangerous to eat even though they show no resemblance to berries or peaches or apples?

In September, Subscriber Karen F. posted a thread in The Forum, questioning the core of why the body recognizes food substances and why food intolerance issues occur. The following is lengthy, and I realize it is a lot of reading. I feel, however, it is important to include the full discussion, as most of us have entertained similar thoughts on this concept:

CATEGORY: [Food Questions](#)

THREAD: [Commonality of Fruit](#)

Posted by Karen, 15th September, 2011:
"With a fruit intolerance, I've been told to

stay away from "all fruit" except melons. Can you tell me what the common thread is in all fruit? It seems that the intolerance "test" should be able to differentiate between fruits to determine if some may potentially be digestible. Also, if a person is genetically lacking specific enzymes required to digest their food intolerance, could those enzymes be replaced with a form of enzyme therapy, thus making the digestion possible? I cannot get a straight answer on this from my physician. Thank you."

I was able to answer Karen's question regarding possible enzyme replacement. I directed her to the July 2009 issue of Dragonfly News, Sharing Experiences: ["Is Food Intolerance Curable"](#) (you can also go to the article by clicking on "Archive of Articles" and scroll down to the link), a

discussion on the issue of enzymes and food intolerance. Here is an excerpt from it:

"Food intolerances cannot be "eliminated" or "cured". They can only be avoided. The intolerance is DNA based and you are genetically designed with a fault; you do not have an ability to produce enzymes to digest fully different food groups. Stress always contributes to disease, but decreasing stress (however that is done) will never change your inherited genetic weakness with food intolerances.

In The Forum, the question was asked, if we can take enzymes to help us digest our food intolerances so that we can eat them. The answer is: Sorry, but no! The enzyme required to break down the food, that a person would most likely take orally, is actually derived from that food. You would, therefore, be ingesting the food derivative you are intolerant to!"

I also directed her to The Forum, category, "Ask The Doctors a Question," thread ["Primary and Secondary Food Intolerances."](#) Dr. Zeff explains the phenomenon of what causes food intolerance and why taking digestive enzymes do not work.

Common thread?

I offered a "common thread" explanation with the knowledge I held.

"I know that our doctors have evaluated a "fruit" person for a number of different fruits at their request, and the results were almost always the same according to the Carroll intolerance method. Once in a while one might pop up as ok, but it is rare; and the cost of being evaluated for everything is a personal decision. It is also possible that you may react to one fruit more violently or obviously than to another. Make no mistake...they *all* have a detrimental effect on a fruit intolerant person.

My personal rule is to avoid anything that I know will stress my immune system and

body in general, even if I don't experience an obvious immediate reaction. Obviously, we all sometimes get into our intolerance unknowingly but, whenever possible, I follow my rule!

The "common thread" through fruit is the fruit sugar (fructose), and in some cases, the acid. Thus, tomatoes aren't a problem even though they are genetically categorized as a fruit. Melons are inherently ok to eat.

You'll find a message or two posted in The Forum where a person had a melon evaluated for fruit and the result was positive. This is possibly due to solutions used for cleaning the melons, not the melon itself."

Karen was gracious; however, something was still missing:

"Thank you for your response, Sandra. I suppose I'm still a bit confused. If fructose is the common thread in all fruit, then why are other items containing fructose okay for a fruit intolerant to consume? I'm specifically thinking of cane sugar, agave, and some of the honey listed on The Food Resource List. I've also seen where some root vegetables contain fructose, like sweet potatoes."

In response to Karen's query about cane sugar, agave, and some of the honey listed on The Food Resource List:

≠ Cane sugar is not fruit and does not break down to fructose. It is sucrose, and is listed on the "Sugar" page.

≠ Agave is not fructose. It is a cactus. If an agave product evaluates positive for fruit, it is because of some additive and not from the agave. That will hold true for cane sugar if it tests positive for fruit, as well.

≠ Regarding honey, it does not break down into fructose either. Oftentimes, beekeepers will add citrus stick to the hives to ward off mites. The honey will then test positive for fruit.

≠ Sweet potatoes are in the order

solanales, family *convolvulaceae*. (That's a mouthful.) They do not contain fructose. They are on the "potato" list; as both white type potato and sweet are in the order *solanales*, potato intolerant people are not able to digest them.

For a discussion of the oddities of foods causing reactions, I referred Karen to the July 2011 newsletter, the article ["Romaine And Iceberg Lettuce...And Food Intolerance"](#). Joshua Der, PhD touches on fruit and melon classifications and applies it to food intolerance to the best of his knowledge.

On the "Fruit" page in the Food Categories section, we have isolated everything we've been able to identify as fruit (or not). Every now and again another product will become popular and available; then we identify it; i.e., Acai berry.

Karen's tenacious research and keen observance did not allow her satisfaction with my responses, continuing our lively discussion:

"Sandra, I believe the reason there is so much confusion surrounding food intolerances is because there is much conflicting information out there, as you are well aware. For instance, in 5 minutes of surfing the web I can find several sources which state there is, in fact, fructose in honey, sweet potatoes, and agave syrup, not to mention information indicating organic raw agave syrup contains more fructose than watermelons. I also found information that talked about sucrose being a combination of fructose and glucose. I feel this is in conflict with the information you provided me.

I did read this site's post on iceberg lettuce, but I don't really feel we are talking about botanical derivatives here. I think we need some additional information...you know, like which exact enzymes in which fruits (or vegetables) are potentially reactive. I have read your site's information regarding the individuality of results, but honestly it's just

a bit frustrating to eliminate an entire food group and then continue to question all of the other supposed safe foods. "Peculiarities" need to be further defined.

I'd like more light shed on the exact results of the Carroll Food Intolerance "test". Can you recommend articles written in layman's terms that share more information on the exact testing methodology, beyond what I can find on your site? I'd really appreciate additional solid scientific information. Thank you for your input!"

Subscriber Dawn M. also joined the discussion, sharing how she has noticed significant improvement in her health since following her food intolerance diet; although, it is difficult to figure out what foods are "clean" just by reading ingredients labels. She writes, *"...this is complicated and hard to explain to someone with no science/medical background. Your website is helpful too, but if possible, having material to read at a laymen's level of understanding would be very beneficial. Following this diet is a total lifestyle change, one that I don't want to feel controls my life, so any resources or direction on where to find more information would be greatly appreciated."*

I was undeservingly flattered to think my writing is beyond "laymen's" description! I do understand how intricate, involved, and potentially confusing this food intolerance stuff gets, and recognize the need to delve deep into discussion, thus continuing:

"I understand that in chemistry you can break down sugars into certain foods to include fructose, or a source of it. I also understand how confusing it is to try to make sense out of all the information that we are able to google at the touch of a button today. There are many perspectives from which information is analyzed, and for what purpose. The list of foods in the specific food intolerance categories, per the Carroll method, is based on a common bond of lack of ability to digest. The results are not haphazard. What I can tell you is that,

if our doctors have verified a specific food to be (or not) in a food category, I take their word for it! The results have been valid.

I sympathize with your frustration of not being able to eat fruits, and our doctors and I share anger with those of you who are disgusted with all the additives put in our foods, making it a guessing game of what is safe for us to eat. How fortunate we are that we have our great doctors who are willing to take the time to analyze our food requests!

Throughout *Song of Health* we have shared the concepts of the Carroll Food Intolerance Evaluation methods in ways to help you, as patients, to best understand. I have mentioned a few sections above. In addition, in The Forum Dr. Tish answers:

'The method Carroll developed is a bioelectronic method of assessing digestibility.'

And in the section 'History of Dr. Carroll' it is explained how...

'Food intolerance evaluation as devised by Dr. Carroll is similar, in some respects, to the bioelectronics testing of Voll...'

Upon reading that section, it substantiates that the body reacts on a number of complex levels to that which is harmful to it.

As botany and medicine are not just simple applications - which is why our doctors spend years studying - boiling the concepts down to simple 'lay' terms obviously leaves detail out. Consequently, it may sound confusing to you why these methods work. In response to your remark, '*I don't really feel we are talking about botanical derivatives here,*' --- how else would the "common thread" of plants be classified, especially in attempting to understand why we react to some foods and not others?

...My honest opinion of why there is '*so much confusion surrounding food intolerances*' is that there are thousands of

doctors and scientists all trying to prove their validity to be the best! Our greatest difference with western medicine, and consequently what they are striving for in their lab researches, is our view on whether the body is a healing machine given the proper environment, or whether we treat symptoms instead. How many allopathic physicians have you talked with that agree with food intolerance methods? The ones I have shared our ways with smirk in my face; they don't even bother to hide their rudeness! Since Naturopaths are in the minority, and our entire society is wrapped around what the AMA proposes to our government and the public as the gospel truth, i.e., get flu shots, immunizations, take pharmaceuticals for every imaginable ailment, it's no wonder that people have difficulty wrapping their brain around concepts that defy and oppose.

I consider *Song of Health* to be your most reliable source of the information on food intolerance, as it comes straight from the doctors who practice what was directly handed down to them from the Nature Doctors

who originally applied these food intolerance evaluation methods: Dr. Tish is the daughter of Dr. Harold Dick, protégé of Dr. Otis G. Carroll and renowned in his own right as an incomparable healer. She continues the work and has made even more strides in helping us. Trust them and their healing methods. Personally, it has saved my life.

On a footnote, to why it is difficult for us to understand what our doctors have a medical/scientific grasp of: They are the experts, the professionals who have made a career from their intense studies. We go to them because they know and we don't! It is great to have healthy curiosity and want to know the answers with explanations. I for one, invite the involved conversations!

However, as non-professionals/experts, we can't possibly fully understand all the intricacies of what makes our bodies tick, only the generalities. I like to think that I have just enough knowledge 'to be dangerous', as the saying goes! This is why we put our faith in their judgment. If they fail, we go elsewhere, just as we have turned away from the medical doctors whose methods didn't help us and toward the Naturopaths who have."

I sought Dr. Tish for further help.

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. It is late tonight as I am writing this and, truthfully, am too tired to look these up and repeat them here. These are what Karen, I believe, is referring to.

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*

Finishing my "dissertation" in The Forum:

"It is my sincere desire to furnish you the best answers in an effort to educate and explain why avoiding our food intolerances works to maintain good health, and why the Carroll method is the most accurate and reliable of results. This is obviously not an easy task, as you all prove yourselves to be savvy, free thinkers. As "lay people" discussing these issues, hopefully we all develop a better understanding together. So, thank you for your thoughtful input.

And many thanks to Dr. Tish for taking the time to offer lengthy explanation, that we 'lay people' may better understand."

To All My Relations, Sandra

SHARING EXPERIENCES:

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

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

ALSO CHILDREN'S HEALTH MONTH

By Sandra Strom, CEO of Song of Health



This month alerts, and commands attention to the importance of being educated about prevention of breast cancer. In addition to other "preventative measures," nearly all the media attention directs us to getting regularly scheduled mammograms. We share a very different view.

In August, on a major TV network evening news program, I watched coverage of a "new and improved concept" – diagnoses of the breast using thermal imaging instead of radiation! The coverage:

"LOS ANGELES (KABC) -- Israeli scientists have discovered that women with breast cancer emit a certain type of thermal energy that can be picked up by a new scanner. They claim the new scanner is more effective at detecting breast cancer than mammograms.

Mammograms use X-ray to detect breast cancer. The new scanner uses infrared beams and thermal energy without radiation.

The company that developed the scanner says the new technology is also more effective for younger women who often have denser breast tissue.

The scanner is still in early clinical trials."
(Copyright ©2011 KABC-TV/DT. All Rights Reserved.)¹

I was pleasantly surprised – no, shocked – that thermal imaging was touted as a good thing in the public media! Our doctors have been using "thermography units," the

images referred to as thermograms, for many years. Although the coverage did not refer to thermography, the concept of looking at thermal imaging as being safer than radiation by the traditional western medical world, even if by just a few, is a miracle. Finally, I hoped, the safe method of diagnoses for breast abnormalities, such as fibrocystic changes and carcinomas, just might be getting its due respect.

The mentioned coverage lasted momentarily; only time will prove whether enough was heard by the public to send waves of change, albeit slow, to the medical powers in control. That is the only way change to safer methods of detection for breast changes will occur – when women (the majority gender affected) take to heart the seriousness of mammogram detriment, and realize how safe, and more effective in detecting potential cancers, thermography is.

So, if mammography is so dangerous, why does the allopathic medical community insist on continuation of this process? 1) Once more, I say "follow the money." To replace expensive mammogram machines with expensive thermography equipment is financially prohibitive. 2) I may be a sardonic skeptic; with that, I believe they'd rather suffocate than admit their methods are dangerous versus beneficial.

I invite you to review previous articles we have shared with you at *Song of Health*, on the advantages of thermography. You have permission to print them out and share them with your friends and family. Let's be part of the solution by sharing what we

know. Beyond that, (dare I say, *Beyond Pink?*) it is their choice, of which we cannot interfere.

SOH articles: October 2008, [BREAST THERMOGRAPHY](#). October 2009, [October is Breast Cancer Awareness Month](#). October 2010, [INTRODUCING BEYOND PINK](#).

I recommend you also check out the *Beyond Pink* website at <http://beyondpink.net/>. They are conducting a great campaign to educate all

on the benefits of thermography. In their words,

**We can save lives,
We can save women,
We can save someone you love...**

To All My Relations, Sandra

1

<http://abclocal.go.com/kabc/story?section=news/health&id=8333923>

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



### **NEW RECIPES**

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

- ✈ The ingredients for all the recipes are coded for food intolerance items.
- ✈ From time to time you may find an existing recipe has been slightly corrected from the original, in order to make it easier to follow, or to update new findings of ingredients for food intolerances.
- ✈ WE INVITE YOU TO SHARE YOUR SUGGESTIONS, RECIPES, COMMENTS AND CONCERNS. Please go to [The Forum](#) and post in the Recipes section, or contact us at [manager@songofhealth.com](mailto:manager@songofhealth.com).

~ 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.**

### **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).

#### **CAKES:**

[SANDY'S BOSTON CAKE - MADE WITH AGAVE](#)

**NEW CATEGORY: FROZEN DESSERTS**

[DAIRY ICE CREAM](#)

[NON-DAIRY VANILLA ICE CREAM \(CUSTARD BASED\)](#)

[NON-DAIRY VANILLA ICE CREAM \(NOT COOKED\)](#)

[NON-DAIRY VANILLA ICE CREAM WITH EGGS \(CUSTARD STYLE\)](#)

Don't forget to check out our healthy alternatives to sugary candy treats for Halloween!

REMEMBER TO EAT ORGANICALLY GROWN, LOCAL FOODS WHENEVER POSSIBLE.

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.

**\* ABOUT THIS MONTH'S PICTURE:** *From the artist:* The Painting "Feminine Wine" was inspired by a long process of searching for a design that would capture a vision in the mind of a close friend who was looking for a painting for her room and website. This wasn't the design that was chosen, but I was also very pleased with it so I decided to paint it for my own enjoyment. I have spent many years designing and painting custom artwork for people and take great joy in creating pieces that fit the person.

Chelsea Stillman  
208-755-3666



Editor's Note: She also designed Beyond Pink's logo:



### ANSWERS TO THE FOOD LABEL QUIZ:

- ✂ **Listed Ingredients:** Water, expelled pressed vegetable oil (canola, soy and/or sunflower), tamari soy sauce (water, soybeans, salt, alcohol), rich vinegar, honey, expelled pressed sesame oil, ginger, xanthan gum.
- ✂ **Potential Hidden Ingredients:** (F) Rich Vinegar; (Ms) Salt; (P) Xanthan gum.
- ✂ **The product was evaluated for:** ALL.
- ✂ **The results were:** F,G,H,Ms,P,Sf,Sy
- ✂ **The product is:** Annie's Naturals Organic Sesame Ginger Vinaigrette



- ✂ Hidden ingredients resulted in fruit, mine salt, potato.

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



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

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

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

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

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



**FOOD RESOURCE LIST UPDATES**

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

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

**KEY FOR RESULT CODES**

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

|            |             |  |  |
|------------|-------------|--|--|
| <b>M =</b> | <b>Meat</b> |  |  |
|------------|-------------|--|--|

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

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

✦ The items are listed per category.

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

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

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

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

- **SHOPPING SUGGESTION:** Do you have a Blackberry, Iphone or other mobile internet device? You can log on to Song of Health.com, The Food Resource List, and look up items while you shop!

### **THE FOOD RESOURCE LIST** **OCTOBER 2011**

**No new results for October yet. As soon as new results are available, they will be emailed to you and posted in The Food Resource List.**



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

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