



DRAGONFLY NEWS

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

OCTOBER 2013

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

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

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

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

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

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

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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.



work together to reach as many people as possible in order to educate and help in understanding the importance of avoiding personal food intolerances, applying Classical Naturopathic methods of healing, and naturally restoring the body to health.
We invite everyone to contact us with any questions you may have at manager@songofhealth.com.

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

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

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

WEBSITE CHANGES AND NOTICES

- ✈ **Our progress updating the website to the new php format:** Our goal is to have the new format up and running in November. Getting closer! I'll spare you the gory details.

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

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

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

Stay notified of any new information regarding all of your family's personal food intolerances.

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

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

✈ **Give and you shall receive!**

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

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

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

To order: Contact manager@songofhealth.com

+

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

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

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

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**SUBSCRIBERS SPOTLIGHT**

**STORIES, COMMENTS AND QUESTIONS**

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

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

**Share your story with others.**

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

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

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

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

*The more we give away...*

*The more we receive!*

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

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QUESTIONS ASKED AND ANSWERED:

EMAIL CORRESPONDENCE:

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

From Thorne Research, Oct. 10th:
"Hormone Disruptors are a Larger Threat than Global Warming" - World Health Organization, 2013

Why minimize exposure to environmental estrogens?

Ingredients in a wide variety of cosmetics and personal care products can mimic the effects of the hormone estrogen. Estrogen, like every hormone naturally produced by the body, is a vital chemical messenger that transports a signal from one cell to another. However, xenoestrogens, a group of chemicals present in the environment and many products we use every day, mimic the effects of estrogen and compromise normal hormone function. Combined with the estrogen naturally produced by the body, these foreign chemicals create an excess of estrogen. Since we know that breast cancer can develop in the presence of estrogen maintained over a prolonged period of time, this can put both women and men at greater risk for developing the disease.

Research shows that xenoestrogens are not only linked to a higher risk of breast cancer, they also contribute to a higher risk of endometriosis, precocious puberty (unusually early onset of puberty), infertility, and miscarriage. In men, xenoestrogens are believed to contribute to decreased sperm counts.

From Thorne Research, Oct. 14th: Are your eczema patients choosing the right personal care products?

Personal care products are used every day and can be a primary source of daily, repetitive exposure to harsh chemicals and

xenoestrogens - chemicals that mimic the effects of estrogen and compromise normal hormone function.

Because products used in the shower can have a significant impact on the skin, it is important to be aware of the products that eczema patients are using and the ingredients they contain. The more organic and moisturizing a product is, the less irritating it will be on eczema-prone skin.

Some recommendations:

Avoid anti-bacterial and deodorant products, as these can be extremely drying.

Avoid shower gels, shampoo, conditioners, and soaps with synthetic dyes and perfumes - they usually contain harsh chemicals that are known hormone disruptors (xenoestrogens), can irritate sensitive skin, and are drying.

Avoid products that contain sodium lauryl sulfate, a foaming agent found in most soaps and shampoos. Sodium lauryl sulfate can be highly irritating and drying, especially in atopic patients. It also breaks down the skin's natural proteins, making skin more vulnerable to outside contaminants.

Avoid products with methylparaben or propylparaben preservatives, penetrants, abrasives, and volatile solvents, which are known to cause skin irritation and pose multiple other health risks.

Visit the National Eczema Association: Guide to Ingredients to Avoid at:

<http://www.nationaleczema.org/education-resource-center/skin-care-guide-ingredients-avoid>

For published information on common harsh ingredients visit and search the US National Library of Medicine, TOXNET - Toxicology Data Network at <http://toxnet.nlm.nih.gov/>

THE FORUM:

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

MAKE YOUR VOICE HEARD



FOOD LABEL QUIZ

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

The following list of ingredients is on a label from a product that is dated 09/13:

✈ **INGREDIENTS:** sparkling filtered water, sugar, natural flavors, bourbon vanilla extract, anise, licorice root, birch oil, wintergreen oil, caramel color, phosphoric acid.

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

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

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



### THE SOAP CORNER

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



may be used as SHAMPOO BARS too!

#### SEASON SPECIAL

For Subscribers Only

Additional \$1.00 off each bar of

**BOAT COFFEE**

**HAND SOAP**

*For People Who Fish and Cook*

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

Take advantage of this special offer while it lasts. No promo code needed. Discount will be credited to your card

by management. *Offer good through November 30<sup>th</sup>.*



**BOAT COFFEE**



*Gift Ideas*



**SUGGESTION: It's time to think about**

**ordering your *coco-sha* soaps for the holidays!**

Custom orders available, including whole loaf ~ email me for prices. Be sure to do so early enough, as it takes 4 weeks for soaps to cure.



*Member...*

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

**REMEMBER TO USE YOUR SUBSCRIBER PROMO CODE TO RECEIVE 14% OFF ALL ORDERS: **yummy soap****



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

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

September 30, 2013

### **EPA Takes Steps to Allow Restriction of Imports of Harmful Category of Chemicals used in Carpets**

**WASHINGTON**--The U.S. Environmental Protection Agency (EPA) is finalizing a rule that will allow the agency to restrict imports of potentially harmful perfluorinated chemicals that could be used in carpets. The regulation will require companies to report to EPA all new uses, including in domestic and imported products, of these chemicals once used for soil and stain resistance in carpets. These chemicals have been shown to persist in the environment and bioaccumulate in humans and animals – they represent a potential threat to American’s health. This action follows the U.S. chemical industry’s voluntary phase out of these chemicals and a range of actions by EPA to address concerns with these chemicals.

“While this category of chemicals has largely been voluntarily phased out by the U.S. chemical industry and not in use in this country, they could still be imported in carpets. Today’s action will ensure that EPA has the opportunity to take action to restrict or limit the intended use, if warranted, for any new domestic uses or imports,” said Jim Jones, EPA’s Assistant Administrator for the Office of Chemical Safety and Pollution Prevention. “This action will also provide a level playing field for those companies who stepped up to cease the use of these chemicals in this country, while at the same time protecting the American public from exposure to these chemicals in imported carpet products.”

The final rule issued today, known as a Significant New Use Rule under the Toxic Substances Control Act, requires that

anyone who intends to manufacture (including import) or process any long-chain perfluoroalkyl carboxylic (LCPFAC) chemicals for use in carpets or carpet products submit a notification to EPA at least 90 days before beginning the activity, providing the agency with an opportunity to review and, if necessary, place limits on manufacturers or processors who intend to reintroduce or import products with these chemicals.

Today’s action is one of several EPA has taken to protect the public from perfluorinated chemicals. In 2006, the eight major U.S. companies producing LCPFAC chemicals committed to the EPA’s voluntary PFOA Stewardship Program, pledging to reduce global emissions and product content of LCPFAC chemicals by the end of 2015. As part of this phaseout program, the industry stopped using LCPFAC chemicals on carpets and aftercare treatment products. EPA has also issued other Significant New Use Rules to require EPA review and prior to the reintroduction of other perfluorinated chemicals included in the voluntary industry phaseout. EPA anticipates another Significant New Rule on additional perfluorinated chemicals in early 2014 as well as Significant New Use Rules on other chemicals that will include imported products.

Information on today’s final rule and other actions EPA has taken on perfluorinated chemicals can be found at:

<http://www.epa.gov/oppt/existingchemicals/pubs/actionplans/pfcs.html#final>

## ARTICLES:

October is National Breast Cancer Awareness Month. The following articles at SOH discuss natural options for prevention. If you are logged in, you may click on the following links and go directly to the articles:

**October 2008 [BREAST THERMOGRAPHY](#)** By Dr. Letitia Dick, ND

**October 2009 [OCTOBER IS BREAST CANCER AWARENESS MONTH](#)** By Dr. Letitia Dick, N.D.

**October 2010 [INTRODUCING BEYOND PINK](#)** By Sandra Strom, CEO of SOH

**October 2011 [OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH ALSO CHILDREN’S HEALTH MONTH](#)** By Sandra Strom, CEO of SOH

## 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*.

# THE WONDERS OF WINTER SQUASH

*By Sandra Stram, CEO of Song of Health*

While October is the “pink and green” month honoring Breast Cancer Awareness, another array of colors abounds this time of year --- that of the abundant selection of winter squashes and pumpkins, now available freshly from harvest. If you haven’t acquired a taste for certain squashes, I invite you to widen your squash horizons, maybe try some of the not-so-common ones with funny names, such as Turban or Ladybug. My favorites are Sweet Meat, Blue Hubbard, and Butternut; their orange meaty texture is rich in flavor and sweetness. Included in the squash family is the ever-present pumpkin, my favorite is Sugar Pie ~ a small sweet pumpkin, also with a meaty texture, hands down the best for pie making.

Why am I pushing squash? What’s so great about it? Besides it being neutral for everyone, per the Carroll Food Intolerance Evaluation method, winter squashes are packed full of nutrition. If you haven’t thought of yourself as a winter squash lover before, why not give them a chance? Here are some benefits that you’ll gain:

✚ Winter squashes are an important food source of carotenoids. Carotenoids are colorful plant (not found in animal) pigments, some of which the body is able to turn into Vitamin A. They are powerful antioxidants. Beta-carotene a carotenoid that aids in absorbing Vitamin A adequately. <sup>1</sup>

✚ Winter squash seeds, including pumpkin, contain “Linoleic acid (the polyunsaturated omega-6 fatty acid) and oleic acid (the same monounsaturated fatty acid that is plentiful in olive oil) account for about 75% of the fat found in the seeds.” <sup>2</sup> The fatty acids are essential for healthy skin and hair and healing, among other vital needs.

✚ Considered a “starchy vegetable,” its carbohydrate composition actually contains key health benefits, which include antioxidant and anti-inflammatory properties. They may also aid in insulin regulating. <sup>2</sup>

✚ Pumpkin contains:

- Vitamin B9 (folate), which aids in maintaining a healthy heart. It is also helpful in maintaining healthy colon cells, helping to reduce the risk of colon cancer.
- Vitamin C, a powerful antioxidant which helps to boost the immune system.
- Potassium, which aids in lowering and maintaining healthy blood pressure.
- High fiber content, which aids in maintaining a healthy colon. <sup>3</sup>

✚ The other winter squashes, such as butternut, contain even more Vitamin A per serving than does pumpkin; are also a great source of the Vitamin B compounds; and include important nutrients and minerals such as iron, zinc, copper, calcium, potassium, and phosphorus. <sup>4</sup>

✚ Because they are high in fiber and phytonutrients, winter squash is one of the favored vegetables used in weight reduction and cholesterol-controlling programs by dieticians. <sup>4</sup>

High in nutritional value, not fattening, plentiful and abundantly available, stores well in a cool place during the winter season --- so many great reasons for mixing squash into your diet! They are pretty easy to prepare, the simplest is to steam. They can also be baked or roasted; any of these methods will maintain the integrity of their food value.

Need help with cooking ideas for winter squash and pumpkin? I invite you to email me and I will be happy to help.

To All My Relations, *Sandra*

<sup>1</sup> <http://health.howstuffworks.com/wellness/food-nutrition/vitamin-supplements/what-are-carotenoids.htm>

<sup>2</sup> <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=63>

<sup>3</sup> <http://www.fitday.com/fitness-articles/nutrition/healthy-eating/the-nutrition-of-pumpkin-squash.html>

<sup>4</sup> <http://www.nutrition-and-you.com/butternut-squash.html>

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



## NEW RECIPES

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

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

- ~ REMEMBER TO EAT ORGANICALLY GROWN, LOCAL FOODS WHENEVER POSSIBLE.
- ~ We recommend you use Celtic sea salt, which is Neutral and pure...and delicious!

**REMEMBER TO: REFER TO THE FOOD SUBSTITUTIONS LIST FOR ALTERNATIVES AND THE FOOD RESOURCE LIST FOR HIDDEN INGREDIENTS.**

## LIST OF NEW RECIPES

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

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

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

## MAIN DISHES: STOVE TOP BEEF POT ROAST

Check out the Recipes category in *The Forum* for recipes that fellow Subscribers have been gracious enough to share! Plus, cooking and baking questions are asked and answered.

### ANSWERS TO THE FOOD LABEL QUIZ:

- Listed Ingredients: sparkling filtered water, sugar, natural flavors, bourbon vanilla extract, anise, licorice root, birch oil, wintergreen oil, caramel color, phosphoric acid.
- Potential Hidden Ingredients: F,P (natural flavors); G or M (bourbon vanilla extract)
- Obvious Ingredients: S
- The product was evaluated for: ALL
- The results were: F,G,P,S
- The product is: Natural Brew Draft Root Beer
- Hidden ingredients are: F,G,P



Wasn't that fun? How did you do?



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

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

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

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

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

**\*About this month's picture:** ~ Chelsea Stillman generously gifted her beautiful artwork as the logo for Beyond Pink, educating and encouraging women to get thermograms...the harmless and most effective non-invasive method for detecting any changes in breast tissues.



## FOOD RESOURCE LIST UPDATES

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

### KEY FOR RESULT CODES

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

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

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

✂ The items are listed per category.

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

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

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

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

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

## THE FOOD RESOURCE LIST

OCTOBER 2013

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

| <u>FOOD EVALUATED</u>                                                       | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|-----------------------------------------------------------------------------|-----------------------|----------------------|----------------|---------------|
| <b>ALCOHOLIC BEVERAGES:</b>                                                 |                       |                      |                |               |
| Molson Canadian Lager Beer                                                  | 09/13                 | ALL                  | G,P,S          |               |
| <b>BEVERAGES &amp; SUPPLIES - NON-ALCOHOLIC:</b>                            |                       |                      |                |               |
| Natural Brew Draft Root Beer                                                | 09/13                 | ALL                  | F,G,P,S        |               |
| Synergy Grape Chia Organic & Raw                                            | 09/13                 | ALL                  | F              |               |
| <b>CANDY AND GUM:</b>                                                       |                       |                      |                |               |
| Trader Joe's Organic Milk Chocolate Truffle Bar                             | 10/13                 | ALL                  | D,G,S          |               |
| <b>CEREAL – COLD:</b>                                                       |                       |                      |                |               |
| Nature's Path Organic Hemp Plus® Granola                                    | 09/13                 | ALL                  | G,S,Sf         |               |
| <b>CHEESE:</b>                                                              |                       |                      |                |               |
| Ballard Family Dairy & Cheese Idaho Golden Greek Grillin'                   | 10/13                 | ALL                  | D,F,M          |               |
| Cypress Grove Chevre Humboldt Fog                                           | 10/13                 | ALL                  | D,M            |               |
| <b>CHIPS AND CRACKERS:</b>                                                  |                       |                      |                |               |
| Trader Joe's Organic Blue Corn Tortilla Chips                               | 09/13                 | ALL                  | F,G            |               |
| <b>COFFEE &amp; ALTERNATIVES:</b>                                           |                       |                      |                |               |
| San Francisco Bay Coffee French Roast                                       | 10/13                 | ALL                  | P              |               |
| San Francisco Bay Coffee Organic Rain Forest Blend 100% Arabica Shade Grown | 09/13                 | ALL                  | F              |               |
| Starbuck's Dark French Roast Whole Bean Coffee                              | 09/13                 | ALL                  | F,P            |               |
| Thomas Hammer French Roast Coffee Bean                                      | 09/13                 | ALL                  | N              |               |
| <b>CONDIMENTS:</b>                                                          |                       |                      |                |               |
| Frank's RedHot Original Cayenne Pepper Sauce                                | 10/13                 | ALL                  | F,G,P,Sf       |               |

| <u>FOOD EVALUATED</u>                                               | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|---------------------------------------------------------------------|-----------------------|----------------------|----------------|---------------|
| <b>GRAINS:</b>                                                      |                       |                      |                |               |
| Amira Long Grain White Basmati Rice                                 | 10/13                 | ALL                  | F,G,P          |               |
| Huckleberry's (Bulk) Corn Polenta (not specified if coarse or fine) | 10/13                 | ALL                  | G              |               |
| Premium Gold Organic Flaxseed Pre-Ground                            | 09/13                 | ALL                  | G              |               |
| Three Ladies From Thailand Rice White Long Grain                    | 10/13                 | ALL                  | F,G,P          |               |
| <b>MILK AND CREAM:</b>                                              |                       |                      |                |               |
| Tillamook Natural Sour Cream                                        | 10/13                 | ALL                  | D,Ms,P         |               |
| <b>NUT BUTTER:</b>                                                  |                       |                      |                |               |
| WinCo Foods (Bulk) Almond Butter                                    | 10/13                 | ALL                  | F              |               |
| <b>NUTS:</b>                                                        |                       |                      |                |               |
| Trader Joe's California Premium Walnut Halves                       | 09/13                 | ALL                  | N              |               |
| <b>OILS:</b>                                                        |                       |                      |                |               |
| Shay and Company Sunflower (Expellor)                               | 09/13                 | ALL                  | G              |               |
| Trader Joe's Sunflower Seed Cold Pressed                            | 09/13                 | ALL                  | G              |               |
| <b>PASTA:</b>                                                       |                       |                      |                |               |
| Simple Truth Organic Rotini Organic Macaroni Product                | 09/13                 | ALL                  | G              |               |
| <b>SALSA:</b>                                                       |                       |                      |                |               |
| Trader Joe's Salsa Verde                                            | 10/13                 | ALL                  | F,G,P,Sf       |               |
| <b>SEASONINGS &amp; SPICES:</b>                                     |                       |                      |                |               |
| Sun Luck Chinese Style Five Spice                                   | 10/13                 | ALL                  | F              |               |
| <b>SEEDS:</b>                                                       |                       |                      |                |               |
| Fred Meyer Sunflower Seeds (Bulk) Raw, Hulled, Unsalted             | 09/13                 | ALL                  | G              |               |

| <u>FOOD EVALUATED</u>                                              | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|--------------------------------------------------------------------|-----------------------|----------------------|----------------|---------------|
| <b>VITAMINS, HEALTH CARE PRODUCTS AND NUTRITIONAL SUPPLEMENTS:</b> |                       |                      |                |               |
| Organic India Turmeric Formula                                     | 10/13                 | ALL                  | G              |               |
| <b>YOGURT &amp; KEFIR:</b>                                         |                       |                      |                |               |
| Brown Cow Plain Low Fat Yogurt                                     | 08/13                 | ALL                  | D,F            |               |



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

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