



DRAGONFLY NEWS
The Official Monthly Newsletter of *Song of Health*
SEPTEMBER 2008

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.

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.

CHANGES ON THE WEBSITE!

Change can be scary – In this case, CHANGE IS GOOD! We strive to continually improve your website, both with information and the ease of retrieving it. We welcome your suggestions and comments.

Subscribers Home Page: Your home page has a new look! We are utilizing this page to describe how to find and use the vast amount of information available to you at *Song of Health*. It is the same information that can be found in the July 2008 issue of *Dragonfly News*. We hope this will help the navigation process around the website for you.

New Link to Articles: We have added a link to the archived articles, which is located on the website at the bottom left of the links. Click on “**Archive of Articles**”, which will take you to a list of all the articles that have been printed in the newsletters. Click on the article you want to read, which will take you to the newsletter where the article is published.

Also, the link in the newsletters that took you to the previous issue has been updated and modified. Now, you have the option of clicking on to either the previous or the next issue from the newsletter you are presently viewing.

The Forum: Several of you have asked to have categories created specifically for your food intolerances. Our first suggestion has been for you to create a thread in an already existing category, but that hasn't seemed to work well. So we have now added a new category to The Forum called “**Specific Food Intolerance Discussions**.” You can create a thread that

targets discussions for your personal food intolerances, etc.

Please let us know if there is another specific category you feel is needed that would help you.

The Food Resource List: There has been some confusion (mostly on our part!) as to what category to best display some entries. For instance, should soy sauce be listed under "Condiments" or "Soy Products?" This is the determination we have decided on: How the product is promoted is how we will list it. We will have a reminder in categories to also search other appropriate categories. We have also decided to move the Tofu products to Soy Products with a note to guide you. Please have patience with us as we are in the process of making these changes.

In this issue: [**SUBSCRIBERS SPOTLIGHT – Questions and Answers**](#)

[**SHARING EXPERIENCES: "Answer to a Skeptic"**](#)

By Sandra Strom, CEO of SOH With Responses by Dr. Jared Zeff, N.D.

[**RECIPES - Herb Crackers**](#)

- [**Tangy Italian Flax Crackers**](#)

- [**Pasta Salad**](#)

[**FOOD RESOURCE UPDATE: August 08**](#)

**GIVE THE GIFT OF HEALTH: HONOR YOUR FRIENDS AND FAMILY
WITH A SUBSCRIPTION to SONG OF HEALTH.**

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 also invite you to [**share your favorite recipes with us.**](#)

You may contact us at: newsletter@songofhealth.com.



**SUBSCRIBERS SPOTLIGHT
STORIES, COMMENTS AND QUESTIONS**

SHARE YOUR STORY WITH OTHERS.

SUBSCRIBERS, PLEASE...help others by sharing your story with us and allow us to publish it in the next issue of *Dragonfly News* and *Subscribers' Testimonials*, a dedicated section on the *Song of Health* website. We have this opportunity to help 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 them to step through the door toward wellness. **WE WOULD BE HONORED TO INCLUDE YOUR STORY** about how you came to follow the Dr. 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 offer them hope.

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!

QUESTIONS ASKED AND ANSWERED:

THE FOLLOWING QUESTIONS/COMMENTS WERE EMAILED TO US SINCE THE AUGUST NEWSLETTER. THEY WILL ALSO BE POSTED IN THE FORUM.

From Kara, 18 August, 2008. Hi there, I joined your site at the recommendation of my Naturopathic doctor in order to find a B Vitamin supplement that does not contain potato. Is that possible? Any suggestions? Thanks! Kara

Reply from Sandra Strom. Dear Kara, Welcome to *Song of Health!* To answer your question: I am in the same boat. I haven't found one yet. I try to eat as much organically grown food as possible and make sure I eat a balanced diet. At the suggestion of Dr. Watrous, who also is potato intolerant, I take ginseng, which must help because I haven't been sick in a long time. I take Nature's Way Standardized Korean Ginseng. I don't think it has anything to do with Vitamin B, but when I discovered I couldn't take multiple vitamins I added that to my supplements for a little more protection. I know Brewers yeast is high in Vitamin B; most of the ones I've investigated are being derived from molasses, which also leaves me out as I am a fruit/sugar combo. I am forwarding your question to our doctors. I am sure there are multitudes of us that would like to know the answer to this question. I will email you their response. In Health, Sandra Strom

Reply from Dr. Zeff. I am also intolerant to potato. I often take nutritional yeast. Kal brand seems to be free of potato, though it does often seem to have sugar in it. The local Fred Meyer bulk nutritional yeast is OK for both my wife (Fruit) and me. But eating a fresh, organic diet as much as possible, taking immune tonics and botanical supports when I need them, I am doing fine and have for 25 years on this no-potato diet. Jared Zeff, N.D.

From Deb, 18 August 2008. Hello - I joined your website to learn about whether the following chemicals are considered dairy. Could you please give me any info you have on them? Thank you.

Dicalcium Phosphate
Calcium Phosphate
Calcium Silicate

Reply from Dr. Zeff. I do not have a definitive answer on that. They "could be" milk. I would recommend having them tested for yourself.

From Deb, 18 August 2008. Does hemp seed have gluten?

Reply from Dr. Zeff. Hemp seed is just that, hemp... No gluten.

From Kathy, 19 August 2008. Hi, I was recently told that I have a potato intolerance and was told to use your website as a resource. Do you plan to create a search engine so that when people want to look up a certain food, product or company label, they can more easily find it? It's a bit cumbersome to go through your food lists and look around, especially if you don't the category you may have placed it -- i.e., yeast. Also, I have talked to SAF (the yeast makers) and they assured me that they do not use potato but your tests show they do. Whose information is more accurate? Why would a company lie about what they use to make their products -- this could get them into a lot of trouble. I also could not find salt listed amongst the products you test.

I read that all iodized salt contains dextrose and many sea salts but you don't list any salts so I can see if they are okay. I also did not see agave nectar on your web page. Is it considered a sugar -- I was told I could not have sugar and fruit within 8 hours of each other. Your answers to these questions would be greatly appreciated.

I will continue to enjoy your web page and appreciate what you have put together. Kindest regards, Kathy

Reply from Sandra Strom. Dear Kathy, Welcome to Song of Health! I will do my best to address your questions and concerns and am also forwarding your email to our doctors and webmaster.

Regarding a search box for specific words: We understand how being able to search by word or phrase would be helpful to you. When my webmaster and I were designing the site we discussed this option. It is a very involved, expensive and time consuming process to set up and may also require a different program than we are using. We decided to keep it in mind to do at a later date and concentrate on getting as much information up and available to subscribers as quickly as possible. It is something that we plan to work on. In the meantime, let me help you find what you are looking for a little easier, and in the future, I would be happy to help, so please don't hesitate to ask. Also, our doctors try to get to your medically technical questions answered as quickly as possible.

I can personally relate to your food intolerance as I am a potato intol. also. Regarding yeast: You will find some of the yeast brands that have been tested under the heading "Baking Supplies." What brand of yeast does SAF make? The only yeast that has not tested potato, to date, is Red Star, which is started by using sugar. All the others are started using potato. I can attest to the accuracy of the Carroll Food Testing method of foods as well as ourselves by personal experience.

Salts that have been tested are under the heading "Salt" in the Food Resource List. Dr. Watrous recommends using Celtic salt. I also use "Real Salt" which comes from fossil beds in Utah. I confess that I haven't had it tested but I know it would be a good idea to do so.

*Agave syrup is a neutral sweetener. We will go ahead and add it to the "OK to eat" list on the Sugar page. I hope this helps. Please let me know. In Health, Sandra

From Kathy, 19th August, 2008. Dear Sandra, Thank you for taking the time to answer my questions. Carol Stevens at SAF states the following: "Our dry yeast is grown on a combination of beet and cane molasses." I am not sure what SAF yeast product you tested (it just says SAF yeast on your website). Are there many different yeast types to ask about? Sorry to be so persistent but there is brand of bread that I buy from Berlin Natural Bakery (their whole spelt bread) that uses SAF yeast and since SAF claims they do not use potato I am trying to understand why it tested positive for potato. Since I'm on the subject, can you add the Berlin Natural Bakery to your list of foods to test? I really like the taste of their breads and would like to know if they are safe to eat. Thank you again for all your time and help, Kathy

Reply from Sandra. Good morning Kathy,

First, my apologies for not realizing that SAF was already on the list as a brand of its own.

The test results posted on the list are dated 01/06. That was 2-1/2 yrs ago and it is very possible, if not probable, that the manufacturer has changed their process since their product was last tested by our doctors. It would be wonderful to have more than one yeast product to choose from, even though, for personal use, Red Star has worked well.

I commend you for doing such great footwork in researching the origin of the yeast. This kind of perseverance, passion and tenacity is exactly what it sometimes takes to stay well. Congratulations!

Regarding testing foods, patients and subscribers submit products they would like our doctors to test. The results are recorded and then we publish them in the Food Resource List. We highly recommend that you submit a sample of the bread for testing. To submit a sample, go to the website and click on "Carroll Food Lab Test" on the left side of the page. This will take you to the page of instructions and how to download the form to send in with the sample. Hope this helps. Please keep me posted. In Health, Sandra

From Jeanette, 26 August 2008. Do you know if Argan oil is considered a fruit ?

Reply from Sandra. Dear Jeanette, Good question. My guess is yes because it is a derived from a nut growing on a tree. Your question is being forwarded to our doctors. Out of curiosity, where have you found it sold? In Health, Sandra

Jeanette: It is a "new" gourmet oil, in specialty stores and on line. I'm not sure if it is in health food stores too, but it is promoted as a very healthy oil.

Reply from Dr. Zeff. Argan Oil, I assume that it is nut oil. That oil could be fruit possibly, but I cannot be certain without testing it. Given that it is endangered I really wouldn't recommend seeking it out. If you want good, neutral oil, you could go for Hazelnut or Walnut oil.

THE FOLLOWING IS COPIED FROM THE FORUM ON THE WEBSITE.

This question was posted last year and none of us seemed to be able to help Debbie, so we are re-surfacing it here in the hopes that one of you may be able to help now:

Posted by Debbie, 12th August, 2007. Does any one know where a reliable place to buy dried herbs online? There is no place where I live. I really wanted to try the hibiscus tea. Thanks for any info.

Posted by Valita, 30th July, 2008. I have a specific intolerance of Potato, combined with an intolerance of fruit and grain together within x hours. I find it nearly impossible to eat and avoid these throughout the day, without feeling like I'm starving. I've found a few good "staples", but get tired of eating only one kind of food without any extras. I'm guessing I'm not alone on this. Is there a group for each intolerance(s) type, or would anyone who shares my specific intolerances be interested in starting a group?

Posted by Manager, Song of Health, 1st August, 2008. Dear Valita, Dr. Watrous actually shares the same food intolerances as you do! I am forwarding this to her. She may be able to give you a few tips. Give her a few days to reply as she is currently on vacation.

I am potato and fruit/sugar. I substitute yucca root for potato and it's fabulous! Check out the recipes section under vegetables for yucca. Many people are fruit intolerant and so have to refrain from it entirely. If you choose to have grain, be sure not to consume any fruit beforehand, which isn't too difficult to do, though not much fun this time of the year when there is so much fresh fruit available. Melons are a super substitute for fruit. The main thing to be careful of is that the grain you are consuming doesn't have fruit as a hidden ingredient. Be sure to check the food resource list to see if it listed. It would be helpful to know what foods you are used to eating and why you are having difficulty finding variety

now, so we can help guide you more effectively. Fresh vegetables, seafood and meats (if you aren't vegetarian) are great food groups to help round out nutritional requirements. Does this help? As far as a "group" goes, you are welcome to create a thread specifically for that purpose. Be sure to label it clearly so it is easy to identify. That way interested subscribers will be drawn to chat with you.

Posted by Tim Hagney, N.D., 22nd July, 2008. Hello Docs, I've been testing for and finding Fruit in some of the grains, especially the rice being sold here in Maine, including Lundberg. When I called Lundberg they swore up and down they didn't use citric acid for anything. I thought they might have used it as an antifungal agent. The Texmati rice, same thing, seemed to come back positive for fruit but they denied using anything during the rice storage, etc. I wonder what could be going on here. Could there be fruit acids in the water during the growth of the rice in the fields? Can't figure it out. Or maybe contamination in the bulk bins at the health food store? Thanks much as usual for all your thoughtful replies, Tim Hagney, ND

Posted by Manager, Song of Health, 30th July, 2008. Dr. Hagney's question was referred to our doctors. Their replies will be posted as soon as they are received. Sandra

Posted by Dr. Zeff, 3rd August, 2008. Dear Tim, I have not seen this. We use some Lundberg rice products and lots of other rices. My wife is very sensitive to fruit and she has been having no problem. Based upon your questions, I have done some testing but I have not found any fruit in rice. It may be that the shipper did some preserving, or something. I do not know. I'll keep looking. Let me suggest that you send me a sample and I will test it myself. Jared

Posted by Dr. Watrous, 8th August, 2008. Hi Tim, I have found the same problem with all of Lundberg rices...they all test fruit. I assumed it was a citric acid wash they used on the rice. I have found that the Texmati organic rice..."Texmati brown rice, long grain American basmati" and the Texmati white rice, long grain American basmati" both only test out to be grain. At least I found a rice I can still eat. (I have a fruit and grain combination.) Well, one can only speculate that the fruit contaminate can be related to the fertilizer or some application in the fields. The organic rices from Texmati seem pure, at least right now. If you find out more about rice growing and production, please let me know. It is a mystery. Best to you, Dr. Watrous

Posted by Michelle, 13th August, 2008. I would ask this question of my ND but she is on vacation until the 18th of August. Yesterday, I came down with what I thought was the stomach flu: Achiness, vomiting, diarrhea, and a fever. I haven't taken anything for it...I still have the diarrhea today. Now, I'm beginning to wonder if this is a healing crisis. How long do they usually last? I have been drinking tea and water to keep hydrated...but have no desire to eat anything. Any information and advice would be greatly appreciated.

Posted by Sandra, Song of Health, 15th August, 2008. Dear Michelle, my deepest apologies for not responding sooner. I was out of town and didn't expect to be gone this long. I have forwarded your question to our doctors. In the meantime, do you have any #42 caps? I would take those as recommended by our doctors. Also, homeopathic nux vomica works very well for me. Take 1 or 2 pills once every 15 to 20 minutes, repeating 3 to 4 times. See if that doesn't help to settle the symptoms. Generally, if we have gotten into our personal food intolerance poison and that is what is making us sick, those remedies will help to rebalance the system. If you can tolerate the mint family, peppermint tea is very healing to the digestive tract. Adding osha root really helps. Eating fresh parsley is helpful. A healing crisis usually occurs when you have gone through some healing treatment and toxins are being flushed out. Since you haven't been able to eat lately, I would suggest making a simple vegetable broth to start. It will give you nourishment while being easy to digest. See the vegetable medicine soup in the recipes section, under soups. You can vary it as you desire. My sister succumbed to a terrible bout last spring. I made her this soup and

it really helped her. The rest of us just enjoyed eating it! Hope this helps until the doctors respond. Sandra

Posted by Dr. Zeff, 15th August, 2008. There is a stomach virus going around that seems to respond well to arsenicum 30c (homeopathic). Jared Zeff, N.D.

MAKE YOURSELF HEARD!

HEALTH HUMOR

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn, and what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable).

And a pork chop can give you 100 percent of your recommended daily allowance of vegetable products.

SHARING EXPERIENCES: Answer to a Skeptic

By Sandra Strom, CEO Song of Health with Responses by Dr. Jared Zeff, N.D.

How many times have you been approached and questioned about what happens when you eat your food intolerance then, when you politely respond, they proceed to tell you how they can eat everything without getting sick? Gotta love it!

Recently, we received an email from a woman, questioning the validity of the Dr. Carroll Food Intolerance testing method and diet. I feel it is worth sharing with everyone her letter of skeptical reasoning and the answers we have responded with. It may help to provide you with a security of responses to the typical inquirer. Regarding hecklers...I suggest to smile, wish them well and walk away. We are not here to fix others, proselytize or otherwise attempt to convince others of how right we are. The result of such a confrontation is usually frustration. That is a different scenario from sharing information and personal experience with someone who is truly interested. You may always refer them to this website and/or your naturopath.

QUESTION: From Rachel R. At the risk of sounding unintentionally obnoxious, why should I trust the legitimacy and accuracy of the Carroll food test? I fully believe in the importance of holistic health, in the key role of diet, and in the existence of food intolerances, but some of the things I encounter with regard to this particular theory of food intolerances and testing make me skeptical. I hope that you might be able to explain further, or point me to some (accessible) literature which would put my skepticism to rest.

I find it, first of all, a little strange that the claim is made that everyone, or nearly everyone, has one of these food/food group intolerances and another food combination intolerance, as well. That seems a grandiose claim, and rather overly simplistic. Second, I find it curious that it is so difficult to locate any documentation of the research or reasoning behind this testing method. What exactly is being tested for when my blood is tested? How does a test

of my blood demonstrate the ability of my gut to properly digest a given food (particularly with no instruction being given to eat the food beforehand to see if any particular element(s) of the food remain in the bloodstream)? By what method are the foods themselves tested? Why would your site say that, for instance, Fleischman's yeast contains potato, when Fleischman's says that it does not contain potato and is not cultured in/on potato? If some scientific testing method is used to determine which foods contain which intolerance-inducing elements, why is a list of ingredients from the package necessary? Shouldn't the test be able to determine this independent of any outside claims?

Again, I hope you understand that I am not aiming to be obnoxious! Nor am I trying to "make a point," or anything of that nature. These are just the questions I have encountered in my own mind, which are giving me some difficulty in accepting this as legitimate, and I am truly interested in finding answers (not just in being argumentative). Any further explanation you can provide, or literature you can direct me to, would be greatly appreciated. Thank you! Be blessed! ~Rachel R.

RESPONSES:

From: Dr. Jared Zeff, N.D. I would like to respond to these concerns.

1. *"I find it, first of all, a little strange that the claim is made that everyone, or nearly everyone, has one of these food/food group intolerances and another food combination intolerance, as well. That seems a grandiose claim, and rather overly simplistic."*

I have never claimed that everyone has a food intolerance. Dr. Dick told me that, but I make no such claim. There are common patterns that we see, the most common being a single food intolerance group, and a combination as well. Some people have more than one intolerance or combination. But this is not the point. What I am doing is what I was taught. I have seen it work in practice more often than not, but not in every case. Some people are more sensitive to their intolerance, and some less so. I presume that there are people who do not have food intolerance.

2. *"Second, I find it curious that it is so difficult to locate any documentation of the research or reasoning behind this testing method."*

There is documentation of this method, but most of the documentation is quite old and outdated. This method is peculiar to the naturopathic profession, where it originated. The profession declined from somewhere in the vicinity of 10,000 practitioners in 1940 to less than 200 in 1975. At that time this profession was considered dead, and the few doctors in it were not engaged in research, but in survival. The problems we had were trying to prevent the demise of the profession and then to rebuild it. We have recently begun to develop research departments in our schools. We are just now getting to the point of being able to do basic research in our methods and techniques.

3. *"What exactly is being tested for when my blood is tested? How does a test of my blood demonstrate the ability of my gut to properly digest a given food (particularly with no instruction being given to eat the food beforehand to see if any particular element(s) of the food remain in the bloodstream)? By what method are the foods themselves tested?"*

First, I need to say that it is not my desire or intention to try to convince anyone that this method is appropriate for them. Most of my patients come to me seeking this testing because they have a friend or relative who was helped by it, and they want similar help. I do not advertise this method and I do not seek or solicit patients. I use this method, and many others, because this is what I have seen give the best results in practice. I have been

in practice for 29 years and tried other things. There are other methods of dietary assessment and food reactivity testing. Not all of the members of my profession use this one, and there is a lot of controversy in my profession regarding the question of what is the best way to assess these problems. I continue to use this method, and to teach it, because I have seen the best results from it, for most purposes. I also use allergy testing in some cases, and other methods of testing as well.

The test itself is an electronic reaction that utilizes a blood sample which is placed into a rheostat device that can measure microvolt increments. Different foods are placed into this circuit and it is observed how they affect the circuit. This technique is taught to doctors in a two day intensive seminar with follow-up mentoring until they can accurately interpret the testing results. What we think we are testing is the enzymatic capacity of that particular body, which is genetically determined, to digest or metabolize a particular food or food group. Because of this, it is not necessary to have eaten the food being tested. We can test newborns who have not eaten anything and get valid results that can be applied when the child is old enough to eat solid food. We use this in babies as well, who are not breast fed and seem to be reacting to formula, to determine which formulas they are able to tolerate.

4. *"Why would your site say that, for instance, Fleischman's yeast contains potato, when Fleischman's says that it does not contain potato and is not cultured in/on potato? If some scientific testing method is used to determine which foods contain which intolerance-inducing elements, why is a list of ingredients from the package necessary? Shouldn't the test be able to determine this independent of any outside claims?"*

All I can say here is that when we have tested Fleischman's historically, it tested positive for potato, and potato-sensitive people have seemed to react to it. However, recently I tested a new Fleischman's that tested negative for potato. My concern in that area is to help my patients, who are reactive to food, to find foods that they do not react to. Recently, I had a sample of a "dairy-free" acidophilus that seemed to be bothering a milk intolerant patient. It tested positive to dairy. I called the company and they told me that it was grown on dairy, but was washed, so that it was dairy-free. But the dairy sensitive patient was reacting to it. We tested several so-called dairy-free acidophilus until we found one that did not test positive for dairy. They did not react to that one.

I have no ax to grind here. My only concern is to help my patients. If a patient does not want to use this testing, that is a decision that belongs to them, not to me. I am here to help, not to sell a technique. If you do not want to use this technique, by all means do not use it. If you are using it and not getting good results from it, you need to consult with your doctor about it. This test is not the answer to all health problems. It is just an old technique that has been kept alive because it continues to be of value to some people.

~Jared Zeff, N.D.

From: Sandra Strom. Dear Rachel, thank you for your inquiry about the Carroll Food Intolerance Test. Your skepticism is completely understandable. I believe our doctors can attest to the fact that the majority of their patients who come to them to be tested for food intolerances did so as a last resort and not by first choice. It is no wonder, when you question the validity of something so "out there" as the Carroll Food Intolerance Test, you speak for the statistical majority of this country. Look at how we have been taught to believe: The American Medical Association is a major player in the lobby game in Washington D.C. and they are in bed with the pharmaceutical companies.

Many years ago, when I was in my early twenties and still hadn't made the crossover to the

naturopathic world due to fear that had been embedded by allopathic doctors, even though I ate natural foods and baked my own whole grain breads, there were countless times by countless doctors that I was told my pain and discomfort was "all in my head," because their tests showed nothing wrong...meaning there were no exhibited symptoms that they were able to "fix."

You are ahead of the game – being open to holistic concepts of well being, the importance of how diet affects health and knowledge of the existence of food intolerances. If I may, I would like to ask you a few questions so that I might be of more help in offering information on the Carroll approach that may benefit you:

- You believe in the existence of food intolerances. What is it about the Carroll Test that you have difficulty trusting? What food intolerance test(s) are you familiar with and feel comfortable about?
- Have you taken the opportunity to read "The History of Dr. Carroll" and "Welcome by Dr. Zeff" on the website? They are a good start to beginning to understand how, why and that the Carroll Food Intolerance Test works. The first writing explains how Dr. Carroll came to develop his testing methods, the second describes how Dr. Zeff came to utilize this specialized testing and the amazing results he encountered with his patients. Dr. Watrous and the other doctors who utilize this method can verify the same results with patients who have refrained from their personal poisons.

What proves this testing method to be accurate are the results of so many patients who have not only succeeded in getting well from diseases that no other method cured, but that they (we) then maintain well-being. It is a very effective preventative healing process.

Regarding your question of how taking a blood sample can determine whether the digestive system possesses the ability to process foods: If there are toxins in the system, it will be apparent in the blood. You are aware that the holistic approach toward healing and health maintenance is based on the premise that our bodies are a whole entity, with all parts and aspects being interrelated and not an entity made up of a bunch of non-related parts. This is why homeopathy, hydrotherapy, acupuncture or any other natural healing method works. All these methods work with the energies of the body, encouraging it to take what it needs from the natural medicines ministered and send it to the part of the body that needs fixing. It is truly amazing that our bodies have the ability to accomplish this and will do so when given the opportunity! This phenomenon is extremely hampered when antibiotics and chemical drugs are introduced.

I will share with you some discussions found at www.songofhealth.com, that are generally found on the pages privy to subscribers but that I believe may help to shed more light for you. This information is not meant to be kept a secret.

From Dr. Zeff: "What the Carroll method discerns is not an immune system reaction, but a primary inability of the digestive system to properly digest and metabolize a particular food or food group or combination of foods. This then leads to the development of inflammatory toxins as well as reduced nutrition. The Carroll method has nothing to do with blood group or type...It has nothing to do with digestion per se, but with immune system recognition of food lectins, which are similar to the different blood group immune identifiers on blood cells. Historically, there are a number of ways food reactivity has been identified, all of it controversial. The standard method used in medical practice is skin scratch testing, in which small amounts of food concentrates are "scratched" into the skin, and an allergic reaction is watched for over the next few days. This will discern whether the skin immune system is reactive to a particular food, but

will tell us nothing about digestion or digestibility. It is an allergy test...This is why even a slight amount of the wrong food can cause a big problem. It literally poisons the digestive process so that nothing digests properly and all the problems follow. We see that in most cases of chronic disease there is also digestive disturbance. Really, this has preceded the disease process, reduced cellular nutrition and lowered vitality, and created a load of inflammatory toxins from which the disease process develops.

So the Carroll method is a means of discerning which foods or food combinations are disturbing the digestion and contributing a toxic load to the body. It is an old method, not practiced or recognized by standard medicine. It was almost lost during the 1970's and 80's when naturopathic medicine had reached its lowest point since its inception in 1896. It was kept alive by Dr. Harold Dick and Dr. Leo Scott after Dr. Carroll's death in 1962. I studied with Dr. Dick in the early 1980's and learned this method from him, as did his daughter, Dr. Letitia Watrous. We now teach this method within the naturopathic community internationally and it has returned as one of the recognized and viable methods of dietary evaluation within the reemerging naturopathic profession in the 21st century."

Regarding your question about how it is possible that every person can have a food intolerance: I generally respond to that question with explanation of the concept that we each have our own chemical "make-up" and so does everything else. It seems more unlikely to me that we could be compatible with every living organism than to recognize the probability of that as being highly unlikely.

In another discussion [Dr. Zeff explained](#):

"Digestion is an enzymatic process, and is complex. Enzymes are determined genetically. Although we all have the same basic digestive system, our genetics are unique. For example, we all have the same face: two eyes, a nose...all placed about the same. This is determined by our genetics. But our faces are each unique enough that we can recognize an individual face among a million other faces, even though they are all the basically the same. This is true for other aspects of our genetics and physiology as well. We all have the same basic digestive system, but our systems are as genetically unique as our faces. One person makes digestive enzymes slightly different from another. One person can digest or metabolize milk or fruit acids, or potato or eggs...better than another. In one person, the combination of fruit with sugar, or potato with grain...does not digest as rapidly as it ferments, or whatever, and toxins are generated as well as digestion being interfered with. So digestion becomes less efficient, etc.

What doesn't digest well ferments and putrefies in the intestines through inappropriate bacterial activity. These processes generate various toxic metabolites, which are absorbed into the blood and can cause inflammation, interfere with various metabolic functions, etc. This becomes a basis of chronic irritation...interference with one function or another, and thereby becomes the basis of a chronic health problem. By identifying the cause, a food that cannot be digested, and eliminating it, the blood is eventually cleared of the toxins and the person is freed of this chronic source of irritation or inflammation."

May I ask, how did you find your way to www.songofhealth.com? It helps us to know how people are finding us so that we may continue to improve on reaching out to as many people as possible. ~Sandra

Special thanks to Dr. Zeff, who has been especially prompt and thorough in his responses to all of your questions, both emailed to us and from The Forum. All of our doctors deserve praise for their contributions to helping us to be well.

In Health,
Sandra

RECIPES

REMINDER: ALWAYS USE ORGANIC PRODUCTS WHENEVER POSSIBLE.

Check out the Recipes category in The Forum for new recipes.

Recently contributed by subscriber Lori G. are the following:

BISCUITS, BREADS AND CRACKERS

HERB CRACKERS

(Contributed by Lori Garringer, Subscriber at Song of Health)

This recipe calls for a dehydrator.

1 cup flax seeds

1 cup sesame seeds

1 cup cooked brown rice

1 cup cooked quinoa

2 handfuls fresh basil

1 tomato

3 Tbsp. olive oil

2 Tbsp. fresh rosemary, thyme or herbs of choice

2 cloves garlic

Sea salt to taste

Barely cover the flax seeds with water and soak for several hours, until they turn into a paste.

Soak the sesame seeds for several hours, then strain the water off.

Blend all ingredients until smooth, then spread on "teflex." Dehydrate at 105 degrees for a few hours, then turn onto mesh and continue to dehydrate for about 12 hours. The mixture should be like a sticky paste (goopy and slimy). When done, break crackers into desired size.

NOTE: Do not spread too thin or crackers will crumble.

TANGY ITALIAN FLAX CRACKERS

(Contributed by Lori Garringer, Subscriber at Song of Health)

This recipe calls for a dehydrator.

4 cups flax seeds

1 cup sun dried tomatoes (do not rehydrate)

2 large tomatoes

1 medium zucchini

1 red pepper

½ (or 3 Tbsp.) jalapeño pepper

3 Tbsp. dates, mashed

2 cloves garlic

1 cup Italian parsley

2 handfuls fresh basil

1 Tbsp. fresh oregano

1 sprig rosemary

4 Tbsp. olive oil

2 Tbsp. tamari soy sauce

2 tsp. sea salt

Optional - chopped walnuts, chopped pine nuts, 2 Tbsp. maple syrup

...whatever you think would be good!

Blend all ingredients until smooth. If the mixture gets too thick, use water to thin. Spread mixture on "teflex." Do not spread too thin or crackers will crumble. Dehydrate at 105 degrees for several hours, until crust has formed on one side. Flip over onto mesh screen and dehydrate for another 12 or more hours. Break apart into desired sizes.

Suggested condiments for crackers: Salsa, hummus, olive tapenade and avocado, capers and cream cheese.

Note: Put them in before bed and you will wake up to them - and the yummy smell!

SALADS

MACARONI SALAD

(Contributed by Sandra Strom, CEO of Song of Health)

2 quarts water

1 16-oz. Pkg. elbow macaroni

½ cup olive oil (or substitute; toasted sesame oil works well)

¼ tsp. salt

1-2 cloves garlic, finely diced

1 red bell pepper, coarsely chopped

½ cup leek, finely chopped

½ cup almonds, chopped

¼ cup cilantro, chopped

2 Tbsp. lime juice

1 Tbsp. rice vinegar

Few drops Eden Hot Pepper Sesame Oil (optional)

In 4-quart saucepan, bring water to a boil. Add 1 Tbsp. of the oil, salt, then the macaroni. Turn down to medium high so the water is barely boiling. Cook just until macaroni is "al dente," chewable but not completely soft. Drain macaroni in colander, wash with cold water, then drain again. Place in a large bowl.

In saucepan, heat remaining olive oil at medium high. Add garlic, pepper, onion and almonds and sauté just until pepper is soft. Turn heat off, immediately add cilantro, lime juice, vinegar and Eden Hot Pepper Sesame Oil. Stir to evenly mix. Remove from heat and add to macaroni in the bowl. Stir to evenly mix. It may be served immediately or chilled and then served.

Serves 8.

FOOD RESOURCE LIST UPDATES

THE FOOD RESOURCE LIST ON THE WEBSITE IS NOW AVAILABLE IN PRINTABLE VERSION. JUST GO TO THE BOTTOM OF THE PAGE AND CLICK ON "SOH RESOURCE LIST PART 1 OR PART 2 FOR THE VERSION IN .PDF FORM.

KEY FOR RESULT CODES

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

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

As items are submitted and tested by Windrose Naturopathic Clinic and Salmon Creek Clinic, 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 tested, you can be assured of the most recent updates. Under the "Tested For" column, "All" signifies that the product has been tested for all food categories included in the Carroll Food Intolerance Testing method. In some cases, you will see ingredients listed in the "Results" column that are not included in "Tested 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. We will furnish where to purchase a product whenever the information is available.

If you have any questions, please contact us at: manager@songofhealth.com.

**DEDICATED TO HELPING YOU ACHIEVE...
GREAT HEALTH – GREAT LIFE!**

FOOD RESOURCE LIST UPDATES JULY 2008

<u>FOOD TESTED</u>	<u>DATE TESTED</u>	<u>TESTED FOR</u>	<u>RESULTS</u>	<u>PURCHASED AT</u>
BAKING SUPPLIES:				
Azure Bulk Glycerine	08/08	ALL	F,P,S	
Azure Bulk Roasted Carob Powder	08/08	ALL	F	
Rumford Baking Powder	08/08	F, G, S	G	
CHIPS AND CRACKERS:				
Tostitos Organic Blue Corn Chips	08/08	F,G,S	G	

CHOCOLATE:

Chuao Todasana 74% Cacao			
Dark Chocolate Bar	08/08	F,G,P	G,S,Sy
Lindt Extra Dark Chocolate	08/08	ALL	D,F,G,P,S,Sy

CONDIMENTS:

Earth Island Veganaise	08/08	ALL	All
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FLOUR:

Azure Farm Garbanzo	08/08	ALL	P
Bob's Red Mill Brown Rice	08/08	ALL	G
Bob's Red Mill GF (Gluten Free) Garbanzo & Fava	08/08	ALL	P

GRAINS:

Naturally Preferred Oat Bran	08/08	F,G,S	G
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JUICES AND DRINKS:

Juice Plus Garden Plus	08/08	F,P,S	F,P
Juice Plus Orchard Blend	08/08	F,P,S	F
Trader Joe's Blueberry Estate Beverage	08/08	E,S	F,S

MEATS:

Maverick Chicken	08/08	D,E,F,P,S,Sf	M	Huckleberry's
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MILK AND CREAM:

Strauss Family Organic Pasteurized Whipping Cream	08/08	F,G,S	D
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MILK – NON DAIRY:

West Soy Plain Rice Beverage	08/08	D,F,P,S	F, G
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MISCELLANEOUS:

Rainsoft Water Softener	08/08	F,P	F,P
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SOUPS:

Amy's Organic Soup Low Fat Vegetable Barley	08/08	ALL	D,F,G,P,Sf
Pacific Natural Foods Organic Creamy Tomato Soup	07/08	ALL	F,S

VITAMINS AND NUTRITIONAL SUPPLEMENTS:

Ayush Purush	08/08	ALL	F,G
LaSante Chromium Picolinate from Levine	08/08	ALL	G,M
Nature Throid NT-1 1 grain (60mg)	08/08	ALL	M
Solaray Women's Golden (Multi- Vita-Min	08/08	ALL	F,M,P,Sf

Tahoma Clinic Strontium
Support II 08/08 ALL F,G,M

WATER:

Lodi Spring Water 08/08 ALL N (Chewelah, WA)

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