



DRAGONFLY NEWS

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

SEPTEMBER 2010



Blueberries Ripen in The Morning Light

Picture by Sandra Strom

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

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

We may need you to remove a pop-up blocker on your computer or to update your current email address with us.

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

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

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

Dr. Jared Zeff, N.D., Staff Doctor

Dr. Caryn Potenza, N.D., Staff Supporting Doctor

Janet Jensen, Manager of Food Resource Updates

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

Visit Sandra at [Twitter](#), [Facebook](#), [MySpace](#), and [Startup Nation](#).

You're invited to follow and share comments!

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

hydrotherapy and other important methods of traditional natural healing.

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

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

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!

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

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Refer a new subscriber and receive an additional 10% off your next renewal! To receive your 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. It's that easy!

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Honor your friends and family with a subscription to SONG OF HEALTH. For your generosity YOU will be honored with ***an additional 10% off your next subscription!***

To order: Contact manager@songofhealth.com



SUBSCRIBERS SPOTLIGHT

STORIES, COMMENTS AND QUESTIONS

What information would you like to have in your newsletter?

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

Share your story with others.

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

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

Please email your contribution to manager@songofhealth.com.

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

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:

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

From Donna: Your list used to indicate that "Good Seasons' Italian All Natural Salad Dressing & Recipe Mix" only had FRUIT in it, and NO sugar. However, the first ingredient listed on the package is Sugar. Are you sure about your analysis? Thank you. *Donna*

Reply from Sandra Strom, CEO of Song of Health: The entry for Good Seasons Italian All Natural Salad Dressing and Recipe Mix was evaluated in 2007. It is not uncommon to see ingredients changed in processed foods from time to time, sometimes from month to month! If the ingredients listed include sugar, then count on it! In Health, *Sandra*

From Annie: I was in Dr. Tish's office this week and reviewed the booklet on food

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

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

### **UNDER THE CATEGORY [FOOD QUESTIONS:](#)**

**Posted by Robin,** 17th August, 2010: Is raw cabbage hard to digest? I've been eating it in my romaine salad and am bloated and gassy. Can you suggest other kinds of lettuce that might add interest to plain romaine in a salad that would be kind to my digestive system?

**Posted by Sandra:** Raw cabbage can be difficult to digest for some people. Other options for greens to add to romaine are endive, radicchio, arugula, believe it or not - dandelion greens, beet greens, Swiss chard (green or red), red cabbage, celery

intolerances, and it said Heinz White Vinegar was Grain. This last test indicated fruit and grain....what do we believe? Do we need to test everything when we get it? Thanks for all the good you do! Just frustrated...*Annie*

**Reply from Sandra:** Hello Annie, it is a common occurrence that the ingredients in products change. We aren't able to necessarily determine the reason for the change. It could be the packaging product that leaches, or that the manufacturer has actually altered the derivatives used in producing the food. Sometimes the prior evaluations weren't for all the food intolerance categories; however, in this case it was. Always go by the latest test results. In the case of Heinz Vinegar, that would be fruit and grain. If you are unsure of whether you can safely have a product, we do recommend you have it evaluated. In Health, *Sandra*

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tops, mustard greens, bok choy, Chinese cabbage.

Posted by Kim, 17th August, 2010: Hi! Is there any pectin that can be used to make jam for potato intolerant plus fruit and sugar combo? I have been cooking it till it gets thick but this doesn't taste well with some fruit such as strawberries. Blueberries work well with this process but I am looking for a variety. I use fructose as my sweetener. Thanks!

Posted by Sandra: Agar agar can be used; also, corn starch - although it gives it a bit of a different texture. Cook and stir until the liquid is clear. Crab-apples are a great thickener with lots of natural pectin, as are apples. Cook them down, then strain.

Posted by Robin, 19th August, 2010: It's canning season finally. I see that this past

month the vinegar I normally use has tested out bad for fruit. (Heinz Distilled White). Is it ok to can without vinegar? Mostly, I'm canning tomatoes; stewed and making them into sauces or tomato juice.

Posted by Sandra: With tomatoes, you don't need vinegar to can them. They are very acidic on their own. You may want to add a little salt for flavor, but it isn't necessary. I've never used vinegar when I've canned tomatoes, but I also prefer to pressure can everything that isn't pickled or cooked down first, just to be safe. If cooking down first, it isn't necessary to water bath or pressure can.

Hint for sealing: When canning a cooked product, seal with lids, then turn jars upside down on counter until cool. The lids will seal every time!

Posted by Robin, 19th August, 2010: How would you all make a salad dressing without vinegar or lemon juice? Fruit free suggestions?

Posted by Sandra: I'm assuming you need to avoid grain as well as fruit? Can you have eggs? You can make your own mayonnaise and omit the vinegar and lemon juice in it.

You can have melons, so you can substitute using juice from watermelon, cantaloupe, etc. Can you have soy? Add a little soy sauce to safflower oil, along with herbs (fresh are best). You can use lemon balm or lemon grass to get the fruity flavor without having fruit. Grind mustard seed, coriander seed, etc. for special flavor.

When you use fresh veggies in your salad, it is usually so tasty that it doesn't even need dressing.

Posted by Robin, 19th August, 2010: What exactly is Palm and Palmitate? Why is it a fruit?

Posted by Sandra: Palmitate is derived from the palm; palm is a fruit tree. Fruits, such as coconut and date, come from palm trees.

Posted by Robin, 30th August, 2010: I'd like to make my own Mozzarella cheese because I cannot find one that doesn't test positive for fruit and potato. I see that it calls for an ingredient called rennet. Can you tell me where I can get this in Spokane and have you ever made cheese before? I have a book that tells me how but it would be nice to have some advice.

Posted by Sandra: Hello Robin, I have not made cheese with rennet before. Maybe one of your fellow Spokane Subscribers can help you with where to buy rennet. I will see if Dr. Tish has any ideas also.

It has been so long since I made cheese (more like farmers-type), that the only thing I can remember about it is cheese cloth was used to drain the excess liquid off. Great help I am!! I will look into making it and see what I can come up with.

By the way, rennet is a meat product. In Health, *Sandra*

P.S. I found a place on line where you can buy cheese starter cultures, primarily mesophilic lactic starter cultures. Check out

<http://thecheesemaker.com/cultures.htm>.

They have the culture for most cheeses you might be interested in making, plus cheese making supplies.

Posted by Dr. Tish: Rennet tablets are available sometimes in the baking section of the stores. I haven't looked for it in years. I do recall testing a rennet a few years back that may have been fruit or potato. I remember that it wasn't ok for my intolerance.

You may find it more easily online. I would definitely have it tested before using it.

Dr. Tish

Posted by Susan, 3rd September, 2010: Is it true that fruit, sugar, and caffeine all stimulate the thyroid? A reference work claims these can actually over-stimulate the thyroid and can in time cause it to wear down and underperform.

Posted by Sandra: This is an issue that

should be taken up with your personal Naturopathic physician, as everyone's body is different. Depending on your personal condition, your body may react differently to any of these than someone else's.

It is a known fact, regarding sugar, that it can adversely affect the body in many ways. A good book to read that explains the effects of sugar is [Sugar Blues](#).

Caffeine: Some people can drink many cups of coffee a day and not show any outward effects while others react to even the tiniest amount with symptoms of hyperactivity. This is why your personal condition should be discussed with your doctor, to determine whether you should minimize or cut out completely sugar and/or caffeine.

Fruit: If you are not intolerant to fruit and do not feel adverse reactions to eating it, and if it is local to your environment...the big key here...then the many local fruits found throughout the world is chocked full of vitamins and nutrients. Remember, eat the fruit and not the juice. As with most things, unless we are intolerant to it, moderation is the key. Fruit has an abundance of natural sugars, but it is also in a natural state, which the body can digest. Processed sugars are stressful on the digestive system.

UNDER THE CATEGORY [SPECIFIC FOOD INTOLERANCE DISCUSSIONS:](#)

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:manager@songofhealth.com)

SUBSCRIBERS:

Would you like to have a cooperative service with *Song of Health* and the store you shop at for groceries? Please tell them! We would be happy to help get them set up with access to the website information on their computers, in an effort to help all of you. If there is a store you would like

Posted by [Susan](#), 15th August, 2010: Is there a lotion available without seafood? It's hard to find anything without vitamins E and D.

Posted by [Sandra](#): That's a good question, Susan! I will keep my eyes open for you and pass the word on to our doctors, in case they know of any.

Personally, I use jojoba oil. I had it evaluated recently (see The Food Resource List) and it is neutral. It is the closest oil to our skin oils. Although it feels greasy at first, it rubs into the skin quickly. I use it on my face instead of cold cream, and the excess on my hands I rub on my arms. Hope that helps. **Anyone else have suggestions for Susan?** In health, *Sandra*

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

The Forum is a great way to make new friends!

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

me to contact, please email me at manager@songofhealth.com. I will do my best to present our position.

Sandra

MAKE YOUR VOICE HEARD!



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

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

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

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

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



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

NEW COLUMN! ~~~ 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. Believe me, there's a lot to weed through! Sandra

August 17, 2010

BAYER AGREES TO TERMINATE ALL USES OF ALDICARB

WASHINGTON – The U.S. Environmental Protection Agency and Bayer CropScience, the manufacturer, have reached an agreement to end use of the pesticide aldicarb in the United States. A new risk assessment conducted by EPA based on recently submitted toxicity data indicates that aldicarb, an N-methyl carbamate insecticide, no longer meets the agency's rigorous food safety standards and may pose unacceptable dietary risks, especially to infants and young children.

To address the most significant risks, Bayer has agreed first to end aldicarb use on citrus and potatoes and will adopt risk mitigation measures for other uses to protect groundwater resources. New measures to protect shallow drinking water wells in vulnerable areas of the southeastern U.S. coastal plain and lower application rates will be immediately added to product labels for use on cotton, soybeans, and peanuts.

The company will voluntarily phase out production of aldicarb by December 31, 2014. All remaining aldicarb uses will end no later than August 2018. Additionally, EPA plans to revoke the tolerances (legal pesticide residues allowed in food) associated with these commodities. EPA did this to ensure we have the safest food supply possible.

Based upon current toxicological studies, aldicarb at levels higher than those typically found in food has the potential to cause various effects such as sweating, nausea, dizziness and blurred vision, abdominal

pain, vomiting, and diarrhea.

Aldicarb is registered for use as a systemic insecticide and nematicide on agricultural crops, and is formulated and marketed solely as a granular pesticide under the trade name Temik. During the phase-out, the pesticide will continue to be registered for use on cotton, dry beans, peanuts, soybeans, sugar beets, and sweet potatoes. Aldicarb products are not intended for sale to homeowners or for use in residential settings. A restricted use pesticide, aldicarb may be applied only by trained, certified pesticide applicators.

The memorandum of agreement and the agency's updated dietary risk assessment and supporting materials will be available in the aldicarb reregistration docket, EPA-HQ-OPP-2005-0163, and in the aldicarb Special Review docket, EPA-HQ-OPP-2006-0197, at [regulations.gov](http://www.regulations.gov).

The U.S. has a safe and abundant food supply, and children and others should continue to eat a variety of foods, as recommended by the federal government and nutritional experts.

More information:

http://www.epa.gov/oppsrrd1/REDs/factsheets/aldicarb_fs.html

To view the dockets:

<http://www.regulations.gov>

EDITOR'S NOTE: The use of chemicals such as this, presently used in the food cycle process in this country, is a stark reminder of why we are better off to spend a few cents more for organically grown products to better ensure the safety of our health.

Note also, *although the FDA has determined aldicarb to be harmful to our*

health, it will still be allowed on the market through 2018. 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*.

TRADITIONAL FOODS AND SEPTEMBER

By Sandra Strom, CEO of Song of Health

SEPTEMBER...Summer is simmering down into beautiful Autumn and signaling the plant nations to two-step on doing their job – forming seeds and producing an abundance of ripening fruits and vegetables. It's time, plants! Prepare for the nearing end of your growing cycle.

And how we benefit from the cacophony of the night as the plant world hustles their work. Squashes, pumpkins, and melons abound. Corn is at its sweetest as the nights remember a chill. The last of the blueberry and blackberry stragglers beckon to us while kitchens exude the fragrance of canned tomatoes and relishes, and beautiful cosmos and chrysanthemums are displayed on the table. Yes, September is truly a fabulous time of the year.

This is also the time for many cultures, particularly those who follow the moon rather than the sun calendar, to observe new beginnings, new year, celebration of the harvest, and the observance of preparing lots of luscious dishes. Huckleberries are cooked down, sweetened, and served on fresh fry bread. Vegetables are turned into salads, breads, and cakes. Across this country - and yet, around the world - spiritual observances delight us in the celebration of amazing combinations of herbs and spices that transform seemingly ordinary foods into magical, mouth-watering ecstasies.

One of these noted observances is the Jewish New Year, known as Rosh Hashana (Beginning of The Year). Rosh Hashana is observed on the 1st and 2nd days in the month of Tishri, the first month of the year on the Jewish calendar. The months are determined by the moon, so it will fall on different days each year, either in September or October. This year, it commences at sundown on September 8th. And we benefit again, with...THE FOOD!

The culinary arts are a vital tradition of all Jewish observances. It is certain that many of the food customs have been forever lost, yet there are some that can actually be traced as far back as biblical and early post-biblical times. Because the Jews were forced into migration throughout the centuries, traditional foods have taken on variations representing the flavors of the region. Some remained subtle while others morphed into a different dish altogether, even bearing a new name. Thus, it is not uncommon to hear the Jewish elder women swapping, teaching, and yes - arguing with each other about their different recipes handed down to them from their mothers and grandmothers.

I have yet to hear any disagreement over the ancient custom of serving sliced apples with a bowl of honey. By dipping the apples into the honey and eating them, one hopes

to seal sweetness and happiness into the coming year.

Carrots carry a lot of weight during Rosh Hashana, too. A Persian custom, they symbolize the good wishes for future annual prosperity, no matter what form they are turned into – [Carrot tzimmes](#), pudding - “all carrot sweetness.” Story goes that the prophet Nehemiah introduced eating sweets at this High Holy time, announcing: “*Eat the fat and drink the sweet.*”¹ I’ll spare you from a custom or two generally not considered appetizing in this country. It involves sheep’s head...like I said, I’ll spare you details.

Because I am intolerant to a number of the traditional foods prepared, I have learned to step into my own power with my cooking, “traditional” or not, and have adapted foods so that I can eat them. When I first introduced my personal twist on traditional foods, I expected negative behavior at the celebratory table. Silly me. My *Carrot Tzimmes* were gobbled up, and none of my dishes exuded scrunchy faces or turned up noses. Lesson number whatever: When we step into our own power, walk in beauty, and cook in a healthy way, the food we

present is bound to be delicious. And what do the folks sitting around the dining table really care about? ... “Is it tasty? Will it make me sick?” ... Pass those two tests and tradition is...well, it just *is*. You just created it! Does a culinary creation need to come from the ancient desert in Palestine to celebrate a meaningful observance? Although it’s a beautiful thing that something tasty can survive through the ages, my response still remains, “obviously not.” Ten years from now, your family and community will be calling your special dish of today “traditional,” whatever holiday you happen to be celebrating.

Just a thought...live long enough and you become the elder, passing down the family traditions! Along that line, I emphasize that it is our responsibility to teach each other and the “young’ns” to cook and eat what we know is right for us all, no matter what pressures of persuasion may tempt us. The delicious food dishes we then offer become our invaluable contribution to “tradition.”

¹ [Jewish Cookery, In Accordance With the Jewish Dietary Laws](#), by Leah W. Leonard, Crown Publishers, 1949.

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



NEW RECIPES

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

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

✿ 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.

~ Always use organic products whenever possible.

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

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

KEY FOR CODES

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

LIST OF NEW RECIPES

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

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

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

CAKES:

[CHOCOLATE ZUCCHINI CAKE](#)

CONDIMENTS:

[CRABAPPLE PICKLES](#)

[GREEN TOMATO RELISH](#)

[ZUCCHINI RELISH](#)

Ethic Food Dishes: In the spirit of the Ethnic Foods discussion in "Sharing Experiences," this website of tasty dishes was emailed to me, and I am sharing it with you:

http://www.nytimes.com/2010/09/01/dining/01rosh.html?_r=1&ref=dining.

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

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

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

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

✿ The items are listed per category.

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

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

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

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

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

FOOD RESOURCE LIST UPDATES

SEPTEMBER 2010

<u>FOOD EVALUATED EVAL.</u>	<u>DATE FOR</u>	<u>EVALUATED</u>	<u>RESULTS AT</u>	<u>PURCHASED</u>
<u>BEANS AND LEGUMES:</u>				
Black Beans (Bulk at Huckleberry's,)*	08/10	ALL	N	Huckleberry's
Black Eyed Peas Organic (Bulk at Huckleberry's)	08/10	ALL	N	Huckleberry's
Pinto Beans Organic (Bulk at Huckleberry's)	08/10	ALL	N	Huckleberry's
Westbrae Natural Vegetarian Organic Garbanzo Beans	08/10	ALL	F	Huckleberry's
<u>BREAD:</u>				
Dave's Killer Bread Good Seed	08/10	F,G,P,S	G, S,Ss	Fred Meyer
<u>CHIPS AND CRACKERS:</u>				
Barbara's Rite Lite Rounds Original Crackers	08/10	ALL	F,G,P	Fred Meyer
<u>CHOCOLATE AND COCOA:</u>				
Trader Joe's Unsweetened Cocoa Powder	08/10	ALL	Sy	Trader Joe's
<u>CONDIMENTS:</u>				
Naturally Preferred Dijon Mustard	08/10	ALL	G	Fred Meyer
<u>GRAINS:</u>				
Trader Joe's Arborio Rice	08/10	ALL	F,G	Trader Joe's
Whole Foods Market Organic Long Grain Brown Rice (Bulk)	08/10	ALL	F,G	Whole Foods
<u>MILK – NON DAIRY:</u>				
Pacific Natural Foods All Natural Hazelnut Original Beverage	08/10	ALL	D,F,G,P,Sy	Huckleberry's
<u>SEAFOOD:</u>				
Fred Meyer Canned Pink Salmon	08/10	ALL	P,Sf	
<u>SOY PRODUCTS:</u>				
Small Planet Organic Firm Tofu	08/10	ALL	F,P,Sy	Huckleberry's

<u>FOOD EVALUATED</u>	<u>DATE EVAL.</u>	<u>EVALUATED FOR</u>	<u>RESULTS</u>	<u>PURCHASED AT</u>
<u>SWEETENERS:</u>				
Frontier Spice Xylitol (Bulk at Huckleberry's)	08/10	ALL	G,P	Huckleberry's
<u>VINEGAR:</u>				
Heinz Distilled White	08/10	ALL	F,G	
<u>WATER:</u>				
Glacier Water (dispenser, at Albertson's)	08/10	ALL	N	Albertson's
Glacier Water (dispenser, at Rosauers)	08/10	ALL	N	Rosauers
Glacier Water (dispenser, at Yoke's)	08/10	ALL	N	Yoke's

✈ I contacted the manager of the bulk foods department at Huckleberry's in Spokane, Washington, to determine who the supplier is of their bulk foods listed in this update. The majority of their bulk foods are warehoused from UNFI (United Natural Foods, Inc.), a distributor focused on natural, organic, and wellness products. *Sandra*



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

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