



DRAGONFLY NEWS

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

SEPTEMBER 2011



GARLIC BULBIL

Photo by Sandra Strom

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

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

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

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

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

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

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

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

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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.

Song of Health and The Carroll Institute of Natural Healing

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

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

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

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

- ✈ IN THE RECIPES SECTION: "Yucca" root has been corrected to read "Yuca" root. They are not the same thing. Yuca is also called cassava, manioc, and tapioca, depending on where they are from.
- ✈ THE RECIPES SECTION is now completely updated. Yea! Please let us know if you see something that may need to be corrected.

✈ 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).**

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

✈ GIVE AND YOU SHALL RECEIVE! ✈

- ✈ **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!

- ✈ **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!**

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**✈ 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 us](#).

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## **SUBSCRIBERS SPOTLIGHT**

## **STORIES, COMMENTS AND QUESTIONS**

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

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

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

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

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

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

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

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

**QUESTIONS ASKED AND ANSWERED:**

**Questions Emailed to us:**

It's been very quiet lately ~ no recent emails. Please feel free to contact me with any comments or questions.  
*Sandra*

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**Samples From The Forum:**

No recent posts.

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

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

week), **PLEASE CREATE A NEW THREAD, even if the topic has been discussed at a prior time.** This way, new entries won't get unintentionally missed.

*The Forum is a great way to make new friends!* It is a great opportunity for you to share tips, meals, recipes and any other information to help support and educate each other!

## MAKE YOUR VOICE HEARD!



## FOOD LABEL QUIZ

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

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

**INGREDIENTS:** Cream, nonfat milk powder, L.acidophilus, B. bifidum and 4 strains of Lactic cultures, salt.

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 on Page 10, at the bottom of the New Recipes section, just above The Food Resource List Updates.** ~~~



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

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

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

*will select those I feel are pertinent to share with you, and bring to your attention. Sandra*  
NO REPORT THIS MONTH.

### **ARTICLE:**

#### **The Wonderful World of Garlic** **By Sandra Strom, CEO of Song of Health**

**GARLIC...** Botanical name, *Allium Sativum*. A common staple in most cupboards today; who would imagine that such a plain, unspectacular-looking bulb could have a very colorful history?

It is valued as an important culinary staple in Asia, Europe, Africa, and the Americas. Ever heard of Mediterranean, Middle Eastern, or Italian dishes without garlic? It

has been treasured for its culinary and medicinal uses for thousands of years:

- ✈ The ancient Egyptians savored garlic for both culinary and medicinal purposes. *"Its use by the pyramid builders, who believed garlic gave them strength, is inscribed on the Great Pyramid of Cheops. The only slave revolt in Egypt (beside the Jewish Exodus) was by laborers over a lack of garlic one year when the Nile flooded the garlic fields. In the Egyptian "Ebers Codex," written in 1550 B.C., there were 22 different medical formulations that included garlic."*<sup>2</sup>
- ✈ Garlic is mentioned in the Bible and the Hebrew Talmud.
- ✈ Hippocrates (460-370 B.C.), considered the Father of Western Medicine, recommended garlic for pneumonia and other infections, cancer, digestive disorders, as a diuretic to increase the flow of urine, and for improvement of menstrual flow.<sup>2</sup>
- ✈ Galen, Pliny the Elder, and Dioscorides touted that garlic be used for parasites, respiratory problems, poor digestion, and low energy.
- ✈ Chinese history mentions using garlic for a medicinal remedy as far back as 510 A.D.
- ✈ In the 12<sup>th</sup> century, the writer Alexander Neckam recommended it as a holistic cure "for the heat of the sun."<sup>1</sup>
- ✈ In more recent history, garlic was applied as a curative for dangerous diseases such as pulmonary tuberculosis, and used as an application for smallpox. In 1858 Louis Pasteur observed garlic to be effective in killing infectious germs. And in the 20<sup>th</sup> century Albert Schweitzer applied garlic to cure typhoid fever and cholera in Africa.<sup>2</sup>

Worldwide legends, beliefs, stories abound about the spiritual effects of garlic. It was placed at crossroads by the Greeks to feed the god Hecate; in India lemon and red chili continues to be hung with garlic to ward off potential evil. And everyone knows the effects garlic has on vampires!

In other uses, the bulb cloves contain a sticky juice that is used as an adhesive for mending glass and porcelain in China!<sup>1</sup>

Garlic dates back over 6000 years, believed to have originated in central Asia where it is native. Single clove garlic (also called pearl or solo garlic) originated in the Yunnan province of China. Today, a number of garlics claim "Protected Geographical Status" in Europe from France, Italy, and Spain, which includes a rose/pink garlic.<sup>1</sup>

Garlic is a member of the species *Allium* and is related to the onion. Its classification is divided into 2 main subspecies:

- ✈ Ophioscorodon – hard necked, and
- ✈ Sativum – soft necked.



*Purple Stripe*

*Porcelain, rocambole, and purple stripe* garlics are Ophioscorodons.

*Artichoke, silverskin, and creole* garlics are Sativums.

Elephant garlic, which is abnormally large and of mild flavor, is not scientifically recognized as a true garlic. It is actually a wild leek.

Grown globally, China is the largest producer of garlic, supplying over 77% of the world's output, followed by India, South Korea, Egypt and Russia; and the United States (producing 1.4 percent). Gilroy, California is the major garlic producing region in the United States, and boasts

itself as “the garlic capital of the world;” garlic is commercially grown in every state but Alaska.<sup>1</sup>

### **GROWING GARLIC**

Garlic is very hardy and adaptable to various environments, and will generally take on characteristics of the locality within a few years of continuous planting. It is most commonly propagated by planting the globe cloves, but those from the bulbil – flower head, may be used. They will take longer, possibly several years to develop mature bulbs for harvest. In mild climates garlic can be grown year round. The ideal time to plant garlic in colder climates is in the fall, before the ground freezes; then it is generally harvested in late spring/early summer.

Choosing which type of garlic to plant depends on location of latitude, which affects day-length. The hardneck varieties do well in cooler climates, while the softneck garlics are generally grown closer to the equator.<sup>1</sup>

It is best to choose large globes for propagation, as the larger cloves will, in turn, produce larger globes for harvest. They can be planted in a garden space, raised beds, or even in containers with sufficient depth. The cloves can be spaced fairly close, about 6 inches apart to allow for mature growth, so a lot can be planted in small areas.

Plant the garlic just deep enough to cover the clove. Make sure it gets sufficient water throughout its growth period until the leaves begin to naturally yellow and die, which will occur after the scapes are removed. Then cease watering. Once the leaves are all yellow the garlic globes are ready for harvest. Pull the plants up, braid together if desired, and lay flat where they can get evenly sun-dried.



^ **Garlic sun-drying on grated wagon. These are not braided; they will be tied together and hung. The larger globes will be used for the next planting, sometime between September and October.**

### **CULINARY USES**

I don't believe there's a grownup alive that isn't familiar with the pungent, highly flavorful cloves. Most often used as a condiment and seasoning, we also love it roasted and eaten on its own merit.

The most common part of the garlic used for culinary purposes is the globe, which is what is marketed the most. Cooked, the pungency is subdued while it sweetens. “Green garlic” refers to immature globes that are sometimes sold during the growing season.



The flower tops (scapes), which are usually removed during the growing season in order to boost the growth of the globe, is deliciously sweet raw. Add it to salads and dips for a wonderful garlic splash. The immature garlic leaves may also be used for a mild flavor.

Although the majority of people benefit from its attributes, garlic does possess a few undesirable affects for some. Halitosis is an obvious drawback from consuming gobs of garlic. It wreaks havoc with breath and even seeps through the pores. Suggestion: Eat in moderation if you're going to mingle with people who aren't also partaking in a garlic fest! In some cases, garlic has triggered digestive issues such as indigestion, and some people exhibit

allergic reactions to it. It is uncommon, though, for serious health reactions to occur from garlic.

### WHERE TO PURCHASE BULBS FOR PLANTING

There are a number of farms listed on the internet where bulbs can be bought directly. Here are a couple sites I have found that may be helpful. Boundary Garlic Farm ships in Canada (for our Canadian Subscribers), and on their website they also offer some interesting tips for choosing and growing different types, which is helpful to everyone:

- ✂ **Lonesome Whistle Farm, Eugene Oregon:** Organic garlic and vegetable seeds, <http://lonesomewhistlefarm.com/joom/>
- ✂ **Boundary Garlic Farm, British Columbia Canada:** Specializes in

heritage garlic for seed, <http://www.garlicfarm.ca/>

This fall, if you don't have garden space, spade a little area in the flower beds! Make a little space somewhere in the yard to dedicate to garlic. It's exciting to be surprised by their green spikes poking out of the ground before anything else appears, and the unbeatable flavor of your own fresh garlic next season will be convincing enough that the little effort to plant was well worth it. The cost of the globes and preparation is economical and minimal --- a respectable trait in these harsh economic times.

*To All My Relations, Sandra*

<sup>1</sup> <http://en.wikipedia.org/wiki/Garlic>

<sup>2</sup> <http://www.amazingherbs.com/meduseofgarlic.html>

## 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*.**

### RESEARCHING REGULATIONS - HOW DIFFICULT CAN IT BE?

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

For this month's article, I was wrapped around discussing the federal regulations that have recently affected specific methods our Naturopathic physicians have used in diagnosing conditions. What has been acceptable before is now considered in violation of rules.

The impetus for this discussion stems from a visit by the Washington State Department of Health to the clinic of our staff doctors a few months ago, demanding they cease and desist taking blood samples for a couple of specific diagnoses until they complied with filing for the proper "high complexity lab test" license and it was accepted. Without going into detailed explanation, suffice to say this intrusion affects each and every one of us, including how we have been diagnosed - for decades - for food

intolerances. While our doctors are in the process of pursuing what is needed to meet specific requirements, they are still able to evaluate patients for food intolerances by employing original methods that have not been "outlawed" by the FDA. More complicated, but doable.

How difficult could it be to google topics regarding recent FDA regulations of "Alternative Medicine?" I had knowledge that in 2009 new regulations were adopted. So, I googled "2009 regulations" as well as going to reputable websites, including the American Association of Naturopathic Physicians (AANP). For two days I tried to find something that directly addressed the issue in contention, to no avail. I assume that if I am tenacious enough to put hours and days into this, I may find answers. I

am not, however, a legal assistant, with their professional sniff-dog capabilities. So, I've decided to hold off writing until the legalities finally pan out for our doctors, and we have substantial paperwork that defines exactly what methods fall under what regulations.

I have suspicions of why it is like stumbling through a maze to find concrete information about written, factual regulations governing

these specific methods in question, but I have no "body of proof." I will say, it has been a very frustrating process; and it remains a thorn in my side that our health care choices are governed by politics versus realistic success of methods that work.

I invite your input.  
To All My Relations, *Sandra*

~ ~ ~

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



## **NEW RECIPES**

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

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

~ Always use organic products whenever possible.

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

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

## **LIST OF NEW RECIPES**

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

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

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

### **CAKES:**

**[APPLE KUCHEN](#)**

**[SANDY'S COTTAGE PUDDING \(REALLY, A CAKE\)](#)**

**[SANDY'S PEACH CAKE \(KUCHEN\)](#)**

### **VEGETABLES:**

**[BEETS - BOILED](#)**

**[PICKLED BEETS](#)**

**REMEMBER TO EAT ORGANICALLY GROWN, LOCAL FOODS WHENEVER POSSIBLE.**

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

\* **ABOUT THIS MONTH'S PICTURE:** The garlic flower head has formed into a bulbil; the tiny cloves are ready to harvest and plant for future crop. *Sandra*



ANSWERS TO THE FOOD LABEL QUIZ

- ✂ **Listed Ingredients:** Cream, nonfat milk powder, L.acidophilus, B. bifidum and 4 strains of Lactic cultures, salt.
- ✂ **Potential Hidden Ingredients:** (Ms) Salt; (F) Vitamin A Palmitate (in the powder).
- ✂ **The product was evaluated for:** ALL.
- ✂ **The results were:** D,F,Ms,P
- ✂ **The product is:** Nancy's Cultured Cream Cheese



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

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



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

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

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

Always, always, always consult your physician with any medical issues you may be experiencing, any drugs you have questions about, or your medical care. Our purpose is to help you to determine what foods are included in food intolerance categories. All other information, including articles, are for educational purposes and is not meant to

replace your doctor's care for you. We are set up as a support team for doctor, patient and Subscriber. There are many questions *Song of Health* can answer for you, and we encourage you to ask us first, in regards to food and food intolerances. All other medical discussions should be directed to your physician.

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



**FOOD RESOURCE LIST UPDATES**

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

**KEY FOR RESULT CODES**

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

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

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

✿ The items are listed per category.

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

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

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

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

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

## **FOOD RESOURCE LIST SEPTEMBER 2011**

The items listed were purchased in the Pacific Northwest unless otherwise noted.

| <u>FOOD EVALUATED</u>                                         | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u><br>(Other than PacNW) |
|---------------------------------------------------------------|-----------------------|----------------------|----------------|-------------------------------------|
| <b>ALCOHOLIC BEVERAGES:</b>                                   |                       |                      |                |                                     |
| Dry Fly Washington Wheat Vodka                                | 06/11                 | ALL                  | G,P            | Midwest                             |
| <b>BAKING SUPPLIES:</b>                                       |                       |                      |                |                                     |
| Bob's Red Mill 10 Grain Pancake & Waffle Whole Grain Mix      | 08/11                 | ALL                  | D,F,G,P,Sy     |                                     |
| Let's Do...Organic Organic Cornstarch                         | 06/11                 | ALL                  | G              |                                     |
| Pomona's Universal Pectin                                     | 06/11                 | ALL                  | D,F,G          |                                     |
| <b>BREAD:</b>                                                 |                       |                      |                |                                     |
| Nature Bake Original Spelt                                    | 07/11                 | ALL                  | G,H,S          |                                     |
| <b>BUTTER:</b>                                                |                       |                      |                |                                     |
| Natural Directions Organic Salted                             | 06/11                 | ALL                  | D,F,Ms,Sy      |                                     |
| Trader Joe's Organic Unsalted                                 | 07/11                 | ALL                  | D,F            |                                     |
| <b>CEREALS – COLD:</b>                                        |                       |                      |                |                                     |
| Erewhon 100% Whole Grain Cereal Crispy Brown Rice Gluten Free | 06/11                 | ALL                  | G              |                                     |
| Erewhon 100% Whole Grain Cereal Organic Corn Flakes           | 06/11                 | ALL                  | G              |                                     |
| Nature's Path Organic Whole Grain Brown Crispy Rice           | 06/11                 | ALL                  | G,P,S          |                                     |
| <b>CEREALS – HOT:</b>                                         |                       |                      |                |                                     |
| Bob's Red Mill Oat Bran Hot                                   | 07/11                 | ALL                  | F,G,P          |                                     |

| <b><u>FOOD EVALUATED</u></b>                                                 | <b><u>DATE EVALUATED</u></b> | <b><u>EVALUATED FOR</u></b> | <b><u>RESULTS</u></b> | <b><u>REGION</u></b><br>(Other than PacNW) |
|------------------------------------------------------------------------------|------------------------------|-----------------------------|-----------------------|--------------------------------------------|
| <b><u>CHEESE:</u></b>                                                        |                              |                             |                       |                                            |
| 365 Organic Mozzarella                                                       | 06/11                        | ALL                         | D                     |                                            |
| Bauer Butter Kase Cheese from<br>Moscow WA. Coop                             | 06/11                        | ALL                         | D                     |                                            |
| Mt. Vikos Feta                                                               | 08/11                        | ALL                         | D,F,M                 |                                            |
| Nancy's Cultured Cream Cheese                                                | 06/11                        | ALL                         | D,F,Ms,P              |                                            |
| Organic Valley Organic Mild<br>Cheddar                                       | 08/11                        | ALL                         | D,F,M,Ms,Sf           |                                            |
| Sierra Nevada Cheese Co.<br>Organic Raw Milk White<br>Cheddar                | 07/11                        | ALL                         | D,F,M,P,Sf            |                                            |
| <b><u>CHEESE NON-DAIRY:</u></b>                                              |                              |                             |                       |                                            |
| Galaxy Nutritional Foods Rice<br>Vegan Cheddar Flavor Rice<br>Vegan Block    | 06/11                        | ALL                         | ALL                   |                                            |
| Galaxy Nutritional Foods Rice<br>Vegan Mozzarella Flavor Rice<br>Vegan Block | 06/11                        | ALL                         | ALL                   |                                            |
| <b><u>CHIPS AND CRACKERS:</u></b>                                            |                              |                             |                       |                                            |
| Suzie's Certified Organic Salted<br>Crackers With Extra Virgin<br>Olive Oil  | 06/11                        | ALL                         | F,G,P                 |                                            |
| <b><u>CHOCOLATE AND COCOA:</u></b>                                           |                              |                             |                       |                                            |
| Ah!Laska Organic Chocolate<br>Syrup                                          | 08/11                        | ALL                         | F,P,S                 |                                            |
| <b><u>COFFEE AND ALTERNATIVES:</u></b>                                       |                              |                             |                       |                                            |
| Green Mountain Coffee Breakfast<br>Blend                                     | 07/11                        | ALL                         | N                     |                                            |
| Green Mountain Harrar Longberry<br>Dark Roast Coffee Beans                   | 06/11                        | ALL                         | N                     |                                            |
| Green Mountain Yemen Mocha<br>Dark Roast Coffee Beans                        | 06/11                        | ALL                         | F                     |                                            |
| Kirkland Costa Rican French<br>Roast Ground Coffee                           | 06/11                        | ALL                         | N                     |                                            |
| Peet's Coffee Major Dickason's<br>Blend Ground Coffee                        | 06/11                        | ALL                         | F,P                   |                                            |
| <b><u>CONDIMENTS:</u></b>                                                    |                              |                             |                       |                                            |
| Annie's Naturals Organic Asian<br>Sesame Dressing                            | 06/11                        | ALL                         | F,G,Ms,P,S,Sf,Sy      |                                            |

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|--------------------------------------------------------------------------|-----------------------|----------------------|------------------|-------------------------------------|
| <b><u>CONDIMENTS (CONT.):</u></b>                                        |                       |                      |                  |                                     |
| Annie's Naturals Organic Sesame<br>Ginger Vinaigrette                    | 06/11                 | ALL                  | F,G,H,Ms,P,Sf,Sy |                                     |
| OrganicVille Organic Ketchup                                             | 07/11                 | ALL                  | G,Ms,P           |                                     |
| Westbrae Natural Stone Ground<br>Mustard                                 | 07/11                 | ALL                  | G,Ms             |                                     |
| Zukay Live Foods Sweet Onion<br>Basil Salad Dressing                     | 08/11                 | ALL                  | F,P              |                                     |
| <b><u>COOKIES AND TREATS:</u></b>                                        |                       |                      |                  |                                     |
| Mariani HoneyBar Granola                                                 | 07/11                 | ALL                  | F,G,H,P          |                                     |
| Mariani HoneyBar Sesame                                                  | 07/11                 | ALL                  | F,G,H            |                                     |
| Mariani HoneyBar Trail Mix                                               | 07/11                 | ALL                  | F,G,H            |                                     |
| <b><u>FLOUR:</u></b>                                                     |                       |                      |                  |                                     |
| Bob's Red Mill 100% Stone<br>Ground Whole Wheat Pastry                   | 06/11                 | ALL                  | F,G              |                                     |
| Bob's Red Mill Organic Whole<br>Grain Buckwheat                          | 06/11                 | ALL                  | G                |                                     |
| Bob's Red Mill Whole Wheat<br>Graham                                     | 06/11                 | ALL                  | G                |                                     |
| Dakota Prairie Organic Gold                                              | 08/11                 | ALL                  | F,G              |                                     |
| Maskal Teff, Brown                                                       | 06/11                 | ALL                  | N                |                                     |
| <b><u>FRUIT &amp; BERRIES (INCLUDING SPREADS &amp; SAUCES):</u></b>      |                       |                      |                  |                                     |
| Let's Do...Organic Organic<br>Creamed Coconut                            | 07/11                 | ALL                  | F                |                                     |
| Musco Family Olive Co. Black<br>Pearls Extra Large Pitted<br>Ripe Olives | 06/11                 | ALL                  | F,M,P            |                                     |
| Trader Joe's Thompson Seedless<br>Raisins                                | 06/11                 | ALL                  | F                |                                     |
| <b><u>GRAINS:</u></b>                                                    |                       |                      |                  |                                     |
| Azure Farm Organic Quinoa Grain<br>(Bulk)                                | 06/11                 | ALL                  | F,G,P            |                                     |
| Country Choice Irish Style Oats<br>Steel Cut                             | 06/11                 | ALL                  | G                |                                     |
| Golden Star Jasmine Rice Prime<br>Grade Long Grain Fragrant              | 07/11                 | ALL                  | F,G              |                                     |
| Lundberg Organic Long Grain<br>Brown Rice, 32 oz.                        | 06/11                 | ALL                  | F,G              |                                     |
| Rice Select Organic Jasmati Rice                                         | 07/11                 | ALL                  | F,G              |                                     |
| Sun Luck Niko Niko Calrose Rice                                          | 06/11                 | ALL                  | F,G,P            |                                     |

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| <b><u>GRAINS (CONT.):</u></b>              |                       |                      |                |                                     |
| Wheat Montana Long Grain                   |                       |                      |                |                                     |
| Brown Rice                                 | 07/11                 | ALL                  | G              |                                     |
| <b><u>HONEY:</u></b>                       |                       |                      |                |                                     |
| Barkman's Busy Bee Clover                  |                       |                      |                |                                     |
| Honey (from Costco)                        | 08/11                 | ALL                  | H              |                                     |
| <b><u>MARGARINE:</u></b>                   |                       |                      |                |                                     |
| Earth Balance Vegan Buttery                |                       |                      |                |                                     |
| Sticks                                     | 06/11                 | ALL                  | F,Ms,S,Sy      |                                     |
| <b><u>MEATS AND MEAT BOUILLION:</u></b>    |                       |                      |                |                                     |
| Imagine Organic Free Range                 |                       |                      |                |                                     |
| Chicken Broth (Also listed<br>under SOUPS) | 06/11                 | ALL                  | G,M,S          | Midwest                             |
| <b><u>MILK AND CREAM:</u></b>              |                       |                      |                |                                     |
| Bellwether Farms Creme Fraiche             |                       |                      |                |                                     |
| French Cultured Cream                      | 06/11                 | ALL                  | D,E,P          |                                     |
| Sunshine Dairy Foods Half & Half           | 06/11                 | ALL                  | D,F,P          |                                     |
| <b><u>MILK AND CREAM (NON DAIRY):</u></b>  |                       |                      |                |                                     |
| Silk Pure Almond Unsweetened All           |                       |                      |                |                                     |
| Natural Almondmilk                         | 08/11                 | ALL                  | ALL            |                                     |
| So Delicious Unsweetened                   |                       |                      |                |                                     |
| Coconut Milk Beverage                      | 07/11                 | ALL                  | F,G,P,Sf       |                                     |
| <b><u>NUTS:</u></b>                        |                       |                      |                |                                     |
| Kirkland Pine Nuts                         | 06/11                 | ALL                  | F              |                                     |
| Kirkland Signature Roasted &               |                       |                      |                |                                     |
| Salted Cashews                             | 08/11                 | ALL                  | F,Ms,P,Sf      |                                     |
| Kirkland Signature Roasted &               |                       |                      |                |                                     |
| Salted Peanuts                             | 08/11                 | ALL                  | F,Ms,P,Sf      |                                     |
| NOW Healthy Foods Raw                      |                       |                      |                |                                     |
| Unblanched Almonds                         | 06/11                 | ALL                  | N              |                                     |
| <b><u>OILS:</u></b>                        |                       |                      |                |                                     |
| Earthcircle Organic Raw Coconut            | 07/11                 | ALL                  | F              |                                     |
| <b><u>PASTA:</u></b>                       |                       |                      |                |                                     |
| Montebello Organic Strozzapreti            | 06/11                 | ALL                  | G,P            |                                     |
| <b><u>SALSA:</u></b>                       |                       |                      |                |                                     |
| Green Mountain Gringo Salsa                |                       |                      |                |                                     |
| Roasted Garlic                             | 06/11                 | ALL                  | F,Sf,Sy        |                                     |

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| <b><u>SEAFOOD:</u></b>                                                                       |                       |                      |                |                                     |
| Crown Prince Kipper Snacks,<br>Naturally Smoked, Fillets of<br>Herring                       | 08/11                 | ALL                  | Sf             |                                     |
| Crown Prince Natural Boiled Baby<br>Clams, Wild Caught, Packed<br>in Water                   | 08/11                 | ALL                  | F,Sf           |                                     |
| Crown Prince Natural Naturally<br>Smoked Oysters, Hand<br>Packed In Pure Olive Oil           | 08/11                 | ALL                  | F,Sf           |                                     |
| Wild Planet Wild Sardines in<br>Spring Water                                                 | 07/11                 | ALL                  | Sf             |                                     |
| <b><u>SOUPS:</u></b>                                                                         |                       |                      |                |                                     |
| Imagine Organic Free Range<br>Chicken Broth (Also listed<br>under MEATS & MEAT<br>BOUILLION) | 06/11                 | ALL                  | G,M,S          | Midwest                             |
| <b><u>TOMATO PRODUCTS:</u></b>                                                               |                       |                      |                |                                     |
| Mezzetta Napa Valley Bistro<br>Roasted Garlic Pasta Sauce                                    | 06/11                 | ALL                  | F,P,S          |                                     |
| Pomi Chopped Tomatoes                                                                        | 06/11                 | ALL                  | N              |                                     |
| <b><u>VEGETABLES, LEGUMES,<br/>MELONS AND MUSHROOMS:</u></b>                                 |                       |                      |                |                                     |
| Uncle Henry's Natural Produce<br>Organic Raw Maca Root                                       | 06/11                 | ALL                  | N              |                                     |
| <b><u>WATER:</u></b>                                                                         |                       |                      |                |                                     |
| Vita Coco 100% Pure Coconut<br>Water                                                         | 08/11                 | ALL                  | F              |                                     |



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