



## **DRAGONFLY NEWS**

**The Official Monthly Newsletter of [Song of Health.com](http://SongofHealth.com)**

**SEPTEMBER 2012**



*Earth in Sky* coco-sha

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](mailto:manager@songofhealth.com).** We may need you to remove a pop-up blocker on your computer or to update your current email address with us.

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

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

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

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

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

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

### **IN THIS ISSUE**

✈ WEBSITE CHANGES AND  
NOTICES

RECIPES Section  
SOAP Section ~ Ingredients change

- ✈ **SUBSCRIBERS SPOTLIGHT:** Stories, Comments, Questions Asked and Answered
- ✈ **FOOD LABEL QUIZ** Can You Guess The Food Categories of Ingredients Listed on This Label?
- ✈ **New ~ SOAP CORNER:** Updates
- ✈ **ARTICLE:** Classroom Cleaners Release 457 Air Pollutants (Excerpt)  
*By Environmental Working Group*
- ✈ **SHARING EXPERIENCES:** "SHARING SUMMER EXPERIENCES ~ FOOD & SOAP CHALLENGES" *By Sandra Strom*
- ✈ **RECIPES:** MAIN DISHES:  
[ZUCCHINI AND SEAFOOD ENCHILADAS WITH EASY RED CHILI SAUCE](#)
- ✈ **FOOD RESOURCE UPDATE:** SEPTEMBER 2012

***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 in order to educate and help in understanding the importance of avoiding personal food intolerances, applying Classical Naturopathic methods of healing, and naturally restoring the body to health.

*We invite everyone to contact us with any questions you may have at [manager@songofhealth.com](mailto: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](mailto:advertise@songofhealth.com).

**WEBSITE CHANGES AND NOTICES**

✈ **THE RECIPES SECTION:** The following recipes that were contributed by Subscribers and supporters are no longer available in the RECIPES section at Song of Health; they have been, and still are available in The Forum. The links to the recipes in The Forum are listed in the RECIPES section, so you'll still be able to easily find them:

1. [PORCUPINE MEATBALLS](#)
2. [QUICHE](#)
3. [WILD RICE CHICKEN CASSEROLE](#)



~ THE SOAP SECTION:



contains Calendula Flowers.

This ingredient was missing on the packaging and website description, in error. The ingredients list has now been corrected to include Calendula Flowers.

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

Stay notified of any 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!**

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 or 2 free bars of coco-shā soap!**

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

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

**To order: Contact [manager@songofhealth.com](mailto:manager@songofhealth.com)**

+

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

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

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

~~~~~



**SUBSCRIBERS SPOTLIGHT**

**STORIES, COMMENTS AND QUESTIONS**

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

Our goal is to serve you. Please help us by sharing what you would like to see in *Dragonfly News* and we will do our best to accommodate you. We also invite you to share other suggestions, comments and favorite recipes with us. **Please contact us at: [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 at *Song of Health*, you provide the opportunity to reach out to those who still suffer but are apprehensive that our dietary lifestyle will work for them. By reading about how our lives were dramatically changed, we can help others. **WE WOULD BE HONORED TO INCLUDE YOUR STORY** about how you came to follow the Carroll Food Intolerance way of life. We reserve the right to edit for grammar and spelling correctness, however we will not change your story content. You will receive the draft prior to publishing for your approval.

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

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

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

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

## QUESTIONS ASKED AND ANSWERED:

### Email Correspondence:

*Song of Health has been given permission by our Subscribers to share the following with you, so that we may all benefit.*

**Question emailed, June 28<sup>th</sup>:** I have to avoid fruits; also not mixing potato and grain. I am sensitive to perfume, fragrances, chemicals and some natural products in makeup and other products (not sure to what). If you know of any makeup, body lotion, face moisturizer, hair spray, mousse, hair gel and deodorant and toothpaste, please let me know. Thank you very much for your time.

**Reply from Sandra:** Cosmetics is a very tough issue for fruit intolerance, as most of the products contain some fruit derivative. I am potato intolerant (and fruit/sugar combo). When I use foundation makeup, I use the brand Zia; however, I believe they are difficult to find anymore. So my finish powder is now Mineral Fusion. I have very sensitive skin and have been good with both brands. I just went on Mineral Fusion's website and their foundation products do contain fruit. Most of the time our doctors recommend

finding a product that best agrees with you, as finding your food intolerance free products is so tough.

I'm forwarding your question to Dr. Caryn Potenza at Windrose Clinic. I think I remember her having some information on certain skin products. (*Editor's note:* I never received a response from the doctor. I will try Dr. Tish.)

You can use baking soda as tooth powder. For deodorant, mix 1/2 each baking soda and corn starch (grain); use as a powder. It works great - corn starch absorbs sweat, baking soda deodorizes.

**Question emailed, Aug. 8<sup>th</sup>:** Where can I buy Azure flax seeds, Fred Meyer flax seeds, Huckleberry's seeds, Natural Directions beans and Private Selection's beans. I can't even find them on line. Thank you.

**Reply from Sandra:** Fred Meyer stores are in the Pacific Northwest. They do have on line shopping at <http://fredmeyer.elsstore.com/>. ~ Same with Huckleberry's, whose stores are mostly located in the eastern Washington

areas. Their website is <http://huckleberrysnaturalmarket.com/>. There is contact info on that page; you could see if they will ship to you. I'm willing to bet they will, as they are accommodating in other ways.

~ Private Selection is a Safeway store brand. Their website and contact info is at <http://www.safeway.com/IFL/Grocery/Home>  
~ Natural Directions is at <http://www.naturaldirections.com/>. I believe they will ship to you.  
~ Azure Standard is at <http://www.azurestandard.com/>. You can definitely shop on line with them, and they also have a catalog available.

**Question emailed, Aug. 30<sup>th</sup>:** Is Maca or Maca root in the fruit, potato or grain family?

Do you know of any progesterone creme that is not in these groups?

**Reply from Dr. Tish:** I don't know about Maca root. I will need to have some sent to me for evaluation. I don't believe I have ever checked it out.

Progesterone cream can be compounded via a compounding pharmacist to have the correct base and ingredients for any food intolerance issue. I do this all the time at Windrose Clinic for my patients. There is also a way to compound a non-fruit/ non-potato oral dosage of progesterone. *Dr. Tish*

**From Sandra:** I made a call in to Dr. Zeff's office to see if he has evaluated Maca root; if I hear anything I'll let you all know.

**Question emailed Aug. 30<sup>th</sup>:** Is yuca in the potato family? Thank you.

**Reply From Sandra:** Yuca (also known as manioc, cassava, and tapioca) has not

"tested" positive for potato. We believe it to be in the cactus family. However, some people who are intolerant to potato also have an issue with yuca. We do not know yet if there is a relation between the two, as so many of us who are intolerant to potato can eat yuca all day long for days!

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

**IMPORTANT NOTICE:** At this time, due to work overload and shortage of time, our doctors are not able to answer your questions in the category

**Posted by Michele, 13th August, 2012:**  
**CATEGORY:** [Recipes](#)  
**THREAD:** [Recipe Banana ice cream](#)

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

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

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

## MAKE YOUR VOICE HEARD!



### FOOD LABEL QUIZ

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

The following list of ingredients is on a label from a product that is dated 08/12:

**INGREDIENTS:** Sprouted Organic Whole Wheat Berries, Organic Unbleached Wheat Flour, Filtered Water, Organic Raisins, Honey, Wheat Gluten, Fresh Yeast, 100% Pure Barley Malt, Sea Salt, Cinnamon, Cultured Wheat, Allspice.

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

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

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



### NEW ~ THE SOAP CORNER

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

*coco-shā*  
SOAPS

are excellent used as SHAMPOO BARS too!

|   |  |  |
|---|--|--|
|    |   | <ul style="list-style-type: none"> <li>• THE HOLIDAYS ARE AROUND THE CORNER. BEAUTIFUL <i>coco-silk</i> SOAP PRESENTED IN THESE LIGHTLY COLORED GIFT BAGS ARE IDEAL FOR EVERYONE.</li> </ul>                                 |
|    | <ul style="list-style-type: none"> <li>• <b>LIMITED SPECIAL ON THESE BARS OF</b> <i>Calypso Bay</i> Bay Rum, Lemongrass, &amp; Clove Bud</li> </ul> <p>3 oz. Bars are \$3.49 each<br/>There's only a limited number available, so don't wait to order.</p> <p><b>SUBSCRIBERS:</b> Please <a href="mailto:manager@songofhealth.com">email me</a> at <a href="mailto:manager@songofhealth.com">manager@songofhealth.com</a> for a special invoice so you can receive your Subscriber discount <i>and</i> promo discount also.</p>  | <p>As you can see, these bars did not turn out as "perfect" as the regular batches. The soap is still the same great quality, however. <b>The more you use any of the <i>coco-silk</i> soaps, the prettier they get!</b></p> |
|  | <ul style="list-style-type: none"> <li>• Now available... <i>Earth in Sky</i></li> </ul> <p><b>A perfect GIFT choice for anyone, including yourself!</b></p> <p>At least 3.5 oz. bars @ \$8.79 less your 14% discount = \$7.56 ea.</p> <p>Embeds of <i>Calypso Bay</i> tubes and confetti inside layers of color created with powders of organic comfrey and nettle, woad and alkanet root, make this soap a delight to look at as well as use.</p> <p><b>The wonderfully mild fresh scent of Fir Needle blends perfectly with the coming Holiday Season.</b></p> <p><i>Close your eyes and imagine taking a walk in the deep woods!</i></p> |  |

- **GMB (GOOD MORNING BOYS!) Soap and Shaving Bar** will be available next week. You will be notified by email when it is ready.



~ 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, so we share our findings with you, on what may have a cause and effect on our health and lives. This month...

## ARTICLE:

Dr. Tish forwarded the following article to share with you. It is an important issue which affects your children and that we feel you should be aware of.

### Classroom Cleaners Release 457 Air Pollutants (Excerpt)



<http://www.ewg.org/schoolcleaningsupplies/classroomcleaningfindings>

All across California, children spend many hours of the day in schools cleaned by products that can pollute classroom air. Cleaning supplies release 32 tons of contaminants into the air each day in California alone (CARB 2003; Nazaroff 2004).

[EWG-commissioned tests](#) of commonly used school cleaners reveal the wide range of chemicals children can breathe in each day at school. More than 20 products were selected based on a survey of the cleaning supplies used by several major California school districts, and tested individually by a leading laboratory that specializes in studying air pollution released by cleaning products. In a key part of this investigation, this state-of-the-art air quality laboratory cleaned a model classroom using multiple products at the same time, a first-of-its-kind test to measure the real-world pollution that occurs when typical assortments of cleaning supplies are used together.

The results are alarming. For example, some of the cleaning supplies used at home as well as at school release the highest number of contaminants measured. Some cleaners that appear "green" are anything but, misleading schools and consumers with marketing claims. Certified green cleaners, those meeting strict standards from independent groups, emit fewer contaminants on average and are safer choices for schools.

#### Key findings:

- 457 distinct air contaminants were released by the 21 cleaning products tested. Comet Disinfectant Powder Cleanser emitted 146 contaminants, more than any other product tested. Glance NA, a certified green janitorial glass and general purpose cleaner, emitted just one air contaminant, the fewest detected.
- 24 of the chemicals found in these cleaners have well-established links to asthma, cancer, and other serious health concerns, including 12 of the State of California's Proposition 65 chemicals linked to cancer, birth defects, or reproductive toxicity.
- Certified green general purpose cleaners tested released an average of eight air contaminants, while those not certified released nearly five times as many, an average of 38 different contaminants each. Compared to conventional general purpose cleaners, the certified green products contained just one-quarter of the chemicals with documented ties to specific health concerns such as asthma and cancer. A comparison of all products tested shows certified green cleaning supplies released half as many air contaminants as conventional products, and contained one-third the chemicals with known health concerns.
- Cleaning a classroom with certified green products releases less than one-sixth of the total air pollution released by cleaning a classroom with conventional cleaners.

#### Cleaning supplies, dirty air:

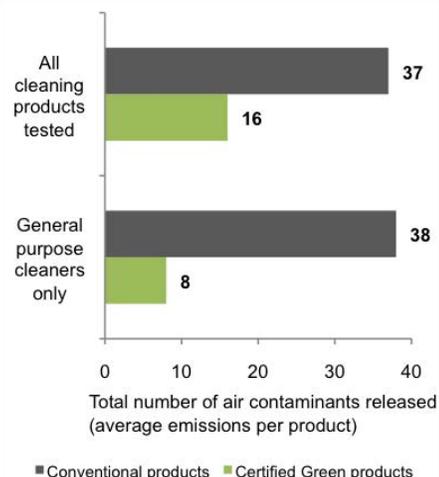
EWG's testing of more than 20 cleaning products used in California schools detected a total of 457 chemicals released into the air. Limited information provided by manufacturers revealed the presence of 42

other chemical ingredients that were not measured in air samples, typically because they are not volatile. Manufacturers are legally required to disclose only a specific handful of cleaner ingredients due to acknowledged health concerns and occupational safety standards associated with each of them. The results show dramatic variation in the numbers of contaminants released by each product tested: Comet Disinfectant Powder Cleanser emitted 146 distinct chemicals into the air, while a certified green glass and general-purpose cleaner, Glance Non-Ammoniated (NA) Glass and Multi-Purpose Cleaner, emitted just one air contaminant.

Some of the worst offenders, such as Comet Disinfectant Powder Cleanser, are household cleaning supplies commonly used in homes across America. When used at full-strength, the well-known cleaner Simple Green, which claims to be "non-toxic," gave off 93 different air contaminants; a Febreze Air Effects air freshener released 89.

Generally, certified green cleaning products released significantly fewer air contaminants than their conventional counterparts. On average, green general purpose cleaners released one-fifth as many contaminants as conventional general purpose cleaners. Broadening the comparison to include all cleaning supplies

tested, certified green products emitted half as many contaminants as conventional cleaning supplies. Certified green cleaning supplies release fewer air contaminants.



Source: Air pollution [test results for school cleaning supplies](#).

Note: Certified Green Products included in EWG tests are those certified by Green Seal or EcoLogo (Green Seal 2008; EcoLogo 2007, 2008).

Especially polluting cleaning product types included air fresheners, graffiti removers, and floor finishes.

To read the full article, which includes much more important information, click on the website link <http://www.ewg.org/schoolcleaningsupplies/classroomcleaningfindings>.

## 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*.

## SHARING SUMMER EXPERIENCES ~ FOOD & SOAP CHALLENGES

By Sandra Strom, CEO of Song of Health

In Portland Oregon a heated recent controversy is taking place ~ whether or not the chemical fluoride should be added to the city water. It is believed that fluoride helps aid in fighting tooth decay. Does your water already contain fluoride? If you

haven't already read our article **September 07 Updated Fluoride Information** By Dr. Caryn Potenza, N.D. we highly recommend you do so. You may be surprised at just how detrimental the side effects of fluoride are!

That being said...August and September have been experimental and educational months for me. I attended my spiritual community's annual camp in the mountains the week of August end to September beginning. I wish to share a few of the experiences with you about the food and the soap, which I hope you'll find helpful...maybe interesting!

By the time I arrived, camp and the kitchen had been set up for over a week. A handful of our members had graciously gone on ahead to save our site and to prepare everything for the rest of us. What a treat, to have the kitchen already organized.

Throughout the two weeks, there was an average of 15 people at all times; some came and left in between. As cooking comes almost second nature to me, and I have a number of years experience at camp cooking for many, I fell right into place helping to prepare many of the meals.

Personally, I don't see camping as a real vacation...the work is hard and people get quite hungry between that and the wonderfully fresh air. Sitting down around the campfire, enjoying a "home-cooked meal" together, helps us remember why it is all so well worth it.

As the numbers of people increase who are being made aware of their food intolerances or sensitivities --- many of them reacting to gluten (the contemporary diagnosis biggy) --- a challenge, as you can imagine, was how to present a meal that everyone could sit down to at the same time. Another one was how to keep skillet and cooking utensils from contaminating one food intolerance (or choice) to the next. Non-land-meat eaters, such as myself, weren't keen on having our vegetables sautéed in a skillet containing grease from meat! Eventually, I had to relent ~ wipe the cast iron skillets clean the best I could, and then go for it. I don't

believe all camp food needs to be made in ten minutes by dumping out a can of beans and cooking weenies over the open fire (unless that's your choice); so, when time was of the essence to have everything ready at the same time, I bucked up and did what I had to for the sake of the group. Throughout the process I was very careful not to mix food intolerances, and it was of utmost importance to feed the people with healthy food and good spirit.

### **So how does a person accomplish the task?**

We first separated the different food categories in coolers and labeled them to easily find what was available --- fresh veggies in one, frozen meats, dairy, bread, etc. in others. People contributed what they required, such as gluten-free bread and organic butter; some were kept separate in our own personal coolers. Serving bread in its different forms for everyone was actually pretty easy, offering each on separate plates. Food preparation went quite smoothly this way. We also had several cutting boards; meats were cut on one and kept separate from veggies; fruit was cut and the board was then sterilized to ensure that the fruit-intolerants were safe. When it came to cutting potatoes for breakfast, I enlisted help from a friend who wasn't potato-intolerant, as I am. Once they were thrown in the pan or pot, I could carry on from there. Sometimes I handled them myself by grasping with paper towels! The important note was that anyone who lent a hand in the kitchen was respectful of each other's needs. This is a requirement...I emphasize it because I know many of you live in households whose members are inconvenienced by the need to eliminate or separate foods that are dangerous to a family member. At camp, we were fortunate to have everyone on the same page; maybe because so many of us were aware of the need to avoid for our own safety.

Foods we ate a lot of that everyone could have were melons, salad fixin's with choices of dressings, and fresh vegetables carefully cooked. We all drove away from camp having enjoyed ourselves together, and none of us left hungry!

### Outdoor Soaping Experiences

An experiment I thoroughly enjoyed was the *coco-shā* soap *Campers Friend* and whether it actually worked to repel bugs, not people. It was delightful! I hung it in my tent when not using it, offering a wonderfully appealing scent. Best of all, I got only one bug in my temporary home the entire time I was there, who was enticed to enter my domain at night when I inadvertently left the door open and the light on. He wasn't pesky though, and by next morning he was gone. I bathed and washed my hair with this refreshing and effective soap, which not only made me squeaky clean, I was never bothered by bugs. Granted, it was later in the season; hopefully, it works just as well in the middle of summer.

Back at the ranch...Last week I joined a couple friends to can 200 pounds of fresh albacore tuna. They set up a canopy outside with a huge makeshift table on which to clean and filet the fish. A bar of the soap, placed in an organza bag, was hung from the canopy. It worked! There were no bees, bugs, or other curious and hungry insects that bothered to enter the area. People were amazed, as such critters had been seen casing the area earlier.

I obviously get thrilled by the little accomplishments that are gifts in my life. The greatest gift of all for me is when I may have helped another by sharing my experiences. Hopefully, you can take from me and create even greater memories for yourself, remembering to pass them on to others. Life teaches me that it is all about "us" and not about "me or I." You may be amazed at how someone is encouraged and guided by something you think is insignificant, so you almost hold back from sharing. I have learned so much from so many "insignificant" thoughts.

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

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

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

✈ **REMEMBER TO: REFER TO THE [FOOD SUBSTITUTIONS LIST](#) FOR ALTERNATIVES AND THE [FOOD RESOURCE LIST](#) FOR HIDDEN INGREDIENTS.**

## LIST OF NEW RECIPES

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

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

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

### MAIN DISHES:

#### ZUCCHINI AND SEAFOOD ENCHILADAS WITH EASY RED CHILI SAUCE

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



### ✦ ANSWERS TO THE FOOD LABEL QUIZ: ✦

- ✦ Listed Ingredients: Sprouted Organic Whole Wheat Berries, Organic Unbleached Wheat Flour, Filtered Water, Organic Raisins, Honey, Wheat Gluten, Fresh Yeast, 100% Pure Barley Malt, Sea Salt, Cinnamon, Cultured Wheat, Allspice.
- ✦ Potential Hidden Ingredients: P or S (yeast).
- ✦ The product was evaluated for: ALL
- ✦ The results were: F,G,H
- ✦ The product is: Alvarado Street Bakery Sprouted Wheat Cinnamon Raisin Bagels



- ✦ Hidden ingredients resulted in None. What a surprise - no potato or sugar!

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



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

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

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

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

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



**\*About this month's picture:** *Earth in Sky* With Heavenly Fir Needle Scent is this month's featured ~~coco-sha~~ soap, now available.

### FOOD RESOURCE LIST UPDATES

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

#### **KEY FOR RESULT CODES**

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

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

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

✦ The items are listed per category.

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

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

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

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

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

## **THE FOOD RESOURCE LIST** **SEPTEMBER 2012**

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>OTHER REGION</u> |
|---|-----------------------|----------------------|----------------|---------------------|
| <b>ALCOHOLIC BEVERAGES:</b>                                     |                       |                      |                |                     |
| Newcastle Brown Ale   | 08/12                 | ALL                  | F,G,P,S        |                     |
| <b>BABY FOOD:</b>   |                       |                      |                |                     |
| Beechnut Stage 2 Homestyle<br>Green Giant Sweet Peas            | 09/12                 | ALL                  | F              |                     |
| <b>BAKING SUPPLIES:</b>   |                       |                      |                |                     |
| Baker's Unsweetened Baking<br>Chocolate Squares                 | 08/12                 | ALL                  | G,Sy           |                     |
| Bob's Red Mill Premium Baking<br>Soda, Aluminum Free            | 09/12                 | ALL                  | P              |                     |
| Karlin's Finest Pure Baking Soda                                | 09/12                 | ALL                  | N              |                     |
| <b>BREAD:</b>   |                       |                      |                |                     |
| Alvarado Street Bakery Sprouted<br>Wheat Cinnamon Raisin Bagels | 08/12                 | ALL                  | F,G,H          |                     |
| The Essential Baking Company<br>Fremont Sour White              | 08/12                 | ALL                  | G,Ms           |                     |

| <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>OTHER REGION</u></b> |
|--|------------------------------|-----------------------------|-----------------------|----------------------------|
| <b>CANDY AND GUM:</b>  |                              |                             |                       |                            |
| St. Claire's Organics Ginger Pastilles                                       | 09/12                        | ALL                         | S                     |                            |
| <b>CEREALS – COLD:</b>   |                              |                             |                       |                            |
| Arrowhead Mills Whole Grain Puffed Corn Cereal                               | 09/12                        | ALL                         | G                     |                            |
| Nature's Path Organic Pumpkin FlaxPlus Granola                               | 08/12                        | ALL                         | G,P,S,Sy              |                            |
| <b>CHEESE:</b>   |                              |                             |                       |                            |
| Australian Boxing Cheddar White Boxing Cheddar (at Huckleberry's)            | 08/12                        | ALL                         | D,F,M,Ms,P            |                            |
| Jarlsberg  | 08/12                        | ALL                         | D,F,M,Ms,P,Sy         |                            |
| Rumiano Family Organic Monterey Jack   | 07/12                        | ALL                         | D,G                   |                            |
| The Laughing Cow Wedges Light French Onion                                   | 08/12                        | ALL                         | D,F,M,Ms              |                            |
| Trader Joe's Organic Monterey Jack   | 07/12                        | ALL                         | D,G                   |                            |
| <b>CHIPS AND CRACKERS:</b>   |                              |                             |                       |                            |
| Back to Nature Harvest Whole Wheat Crackers                                  | 08/12                        | ALL                         | G,Sf                  |                            |
| Trader Joe's Quinoa and Black Bean Infused Tortilla Chips                    | 07/12                        | ALL                         | F,G                   |                            |
| Way Better Snacks Simply Sunny Multi-Grain Tortilla Chips                    | 08/12                        | ALL                         | G                     |                            |
| <b>CHOCOLATE AND COCOA:</b>  |                              |                             |                       |                            |
| Endangered Species Chocolate Dark Chocolate With Peppermint Crunch 72% Cocoa | 08/12                        | ALL                         | D,E,F,S,Sy            |                            |
| Torani Dark Chocolate Sauce  | 08/12                        | ALL                         | F,Ms,S                |                            |
| <b>COFFEE &amp; ALTERNATIVES:</b>  |                              |                             |                       |                            |
| Folgers Coffee Classic Roast Medium  | 08/12                        | ALL                         | ALL                   |                            |
| <b>CONDIMENTS:</b>   |                              |                             |                       |                            |
| Annie's Naturals Organic HorseRadish Mustard                                 | 08/12                        | ALL                         | F,P                   |                            |

| <u>FOOD EVALUATED</u>  | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>OTHER REGION</u> |
|--|-----------------------|----------------------|----------------|---------------------|
| <b>EGGS:</b>   |                       |                      |                |                     |
| Organic Valley Organic Egg Whites, Pasteurized               | 09/12                 | ALL                  | E              |                     |
| <b>FLOUR:</b>  |                       |                      |                |                     |
| Bob's Red Mill Organic White, Unbromated, Unbleached         | 08/12                 | ALL                  | F,G            |                     |
| <b>FRUIT &amp; BERRIES (Including Spreads &amp; Sauces):</b> |                       |                      |                |                     |
| Tree Top Organic Apple Sauce                                 | 08/12                 | ALL                  | F              |                     |
| <b>GRAINS:</b>   |                       |                      |                |                     |
| Bob's Red Mill Corn Grits, Also Known as Polenta             | 07/12                 | ALL                  | G,P            | Midwest             |
| Golden Star Jasmine Rice                                     | 09/12                 | ALL                  | G              |                     |
| Lundberg Eco-Farmed California White Jasmine Rice            | 09/12                 | ALL                  | F,G            |                     |
| Oat Bran (Bulk at Huckleberry's, brand name unknown)         | 07/12                 | ALL                  | G              |                     |
| Unicorn Soft White Wheat                                     | 08/12                 | ALL                  | G              |                     |
| <b>HONEY:</b>  |                       |                      |                |                     |
| Kirkland Signature (Costco) Clover                           | 08/12                 | ALL                  | F,H            |                     |
| <b>MAPLE SYRUP AND SUGAR:</b>                                |                       |                      |                |                     |
| Maple Syrup (Bulk at Huckleberry's, no more info available)  | 07/12                 | ALL                  | F              |                     |
| <b>NUT BUTTERS:</b>  |                       |                      |                |                     |
| Kirkland Signature (Costco) Peanut Butter, Creamy            | 08/12                 | ALL                  | F              |                     |
| Woodstock Farms Organic Sesame Tahini, Unsalted              | 07/12                 | ALL                  | G              |                     |
| <b>NUTS:</b>   |                       |                      |                |                     |
| Wonderful Pistachios Roasted No Salt                         | 08/12                 | ALL                  | N              |                     |
| <b>OILS:</b>   |                       |                      |                |                     |
| Nutiva Organic Hemp Oil Cold-Pressed                         | 09/12                 | ALL                  | N              |                     |

| <u>FOOD EVALUATED</u>                                   | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>OTHER REGION</u> |
|---|-----------------------|----------------------|----------------|---------------------|
| <b>PASTA:</b>   |                       |                      |                |                     |
| Foulds Pasta Organic Whole Wheat Elbows                 | 06/12                 | ALL                  | G,P            | Midwest             |
| <b>SALSA:</b>   |                       |                      |                |                     |
| Trader Joe's Salsa Autentica                            | 07/12                 | ALL                  | G,P            |                     |
| <b>SEASONINGS AND SPICES:</b>                           |                       |                      |                |                     |
| Frontier Organic Black Peppercorns Whole                | 08/12                 | ALL                  | N              |                     |
| Frontier (Bulk) Black Peppercorns Whole, Non-Organic    | 08/12                 | ALL                  | N              |                     |
| McCormick Whole Black Peppercorns                       | 08/12                 | ALL                  | F              |                     |
| <b>SWEETENERS:</b>                                      |                       |                      |                |                     |
| Madhava Organic Coconut Sugar                           | 08/12                 | ALL                  | F              |                     |
| Starwest Botanicals Stevia Leaf                         | 08/12                 | ALL                  | N              |                     |
| Wholesome Sweeteners Organic Molasses Unsulphured       | 07/12                 | ALL                  | S              |                     |
| <b>TEAS:</b>  |                       |                      |                |                     |
| Trader Joe's Organic Chamomile                          | 08/12                 | ALL                  | N              |                     |
| Traditional Medicinals Organic Roasted Dandelion Root   | 08/12                 | ALL                  | N              |                     |
| Wisdom of The Ancients Yerba Mate Unsweetened           | 08/12                 | ALL                  | N              |                     |
| <b>VINEGAR:</b>   |                       |                      |                |                     |
| Spectrum Naturals Organic Brown Rice Vinegar Unseasoned | 08/12                 | ALL                  | F,G            |                     |



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

©2012 Song of Health (Reproduction of this information without permission is illegal.).