



## **DRAGONFLY NEWS**

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

**DECEMBER 2011**



Photo by Sandra Strom



*We wish you the best of Holidays and a New Year filled with*

*Great Health ~ Great Life!*



**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** No recent changes
- ✂ **SUBSCRIBERS SPOTLIGHT:** **Stories, Comments, Questions Asked and Answered**
- ✂ **FOOD LABEL QUIZ** **CAN YOU GUESS THE FOOD CATEGORIES OF INGREDIENTS LISTED ON THIS LABEL?**
- ✂ **ENVIRONMENTAL UPDATES FROM THE U.S. EPA:** **EPA Releases Formerly Confidential Chemical Information**
- ✂ **ARTICLE:** **"COMMITTING TO A NON-GMO DIET"**
- ✂ **SHARING EXPERIENCES:** **"THE GREATEST GIFT OF ALL"**  
*By Sandra Strom*
- ✂ **RECIPES:** **PIES, PASTRIES & COBBLER:**  
**[SANDY'S PUMPKIN PIE](#)**  
**MAIN DISHES:**  
**[TERIYAKI TUNA MELT](#)**
- ✂ **FOOD RESOURCE UPDATE:** **DECEMBER 2011**  
Not available yet

### ***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](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

✈ No recent changes.

### ✈ 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! ✈

The perfect holiday gift that will last all year:

A subscription to SONG OF HEALTH!

When you give, you also 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!



### ✈ Refer a new subscriber and receive an additional 10% off your next renewal!

To receive your 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. It's that easy!

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

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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 me](#).**

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## SUBSCRIBERS SPOTLIGHT

### STORIES, COMMENTS AND QUESTIONS

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

Our goal is to serve you. Please help us by sharing what you would like to see in *Dragonfly News*. 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:

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

**From Cheryl, Nov. 7<sup>th</sup>:** Re Vanilla Ice Cream. This is great; I tried that one you posted and it tasted like frozen milk. You might want to try this and then add it to the recipes. Also [for] the ice cream recipe I sent you, the blender does need to be a durable blender. I have a vita mix which works great.

Cheryl

Vanilla Ice Cream

Ingredients:

1 cup raw cashews, soaked 4 hours, then rinsed  
1 cup Thai coconut meat (Asian markets - buy frozen then thaw when adding it-or crack your own and scoop the meat out of)  
1 cup coconut water (or filtered water)  
½ cup agave  
2 Tablespoon coconut oil (any brand)  
2 Tablespoon vanilla extract  
½ tsp. sea salt  
Combine all ingredients in a blender and blend until smooth.  
Pour into a storage container and put in the refrigerator to chill for several hours, or in the freezer for 1 to 2 hours.

Pour chilled ice cream into your ice cream machine and follow the manufacturer's instructions. It should take approximately 20 minutes to process. This will give you soft serve ice cream. If you prefer a harder scoop, pour the ice cream back into your storage container and freeze. It should be hard within an hour or two.  
Serves 2-4.

**From Sandra to Dr. Tish, Nov. 7<sup>th</sup>:** I was wondering about Kefir not containing fruit. I was under the impression all the commercial kefir/yogurt cultured products were made with grape enzymes. This was recently added to The Food Resource List:  
**Redwood Hill Farm Cultured Goat Milk Kefir, Plain 08/11 ALL D,P**

**Reply from Dr. Tish:** Looks like this Kefir isn't fruit! [I believe] Kefir is made from the milk's own enzymes.

**Sandra:** I did a little research and found this information on Kefir:

Kefir is made from gelatinous white or yellow particles called "grains." This makes kefir unique, as no other milk culture forms grains. These grains contain the bacteria/yeast mixture clumped together with casein (milk proteins) and complex sugars. They look like pieces of coral or small clumps of cauliflower and range from the size of a grain of wheat to that of a hazelnut. Some of the grains have been known to grow in large flat sheets that can be big enough to cover your hand!. The grains ferment the milk, incorporating their friendly organisms to create the cultured product. The grains are then removed with a strainer before consumption of the kefir and added to a new batch of milk.

*In Wikipedia:*

### **Samples 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 [Ask the Doctors a Question](#). They request that you refer any medical questions to them, or your personal physician, directly to their clinics, by requesting a consultation appointment.  
**Thank you for your understanding.**

**Editor's Note:** I realize how easy it is to miss our requests. We take full responsibility for that, and are happy to repeat them whenever necessary.

Kefir grains are a combination of bacteria and yeasts in a matrix of proteins, lipids, and sugars, and this symbiotic matrix forms "grains" that resemble cauliflower. For this reason, a complex and highly variable community of lactic acid bacteria and yeasts can be found in these grains. Kefir grains contain a water soluble polysaccharide known as kefiran, which imparts a rope-like texture and feeling in the mouth; appear in hues ranging from white to yellow; and usually grow to the size of walnuts (although rice-grain-sized grains have been known to develop).

Bottom line, you're right! No fruit.  
<http://en.wikipedia.org/wiki/Kefir>  
<http://www.kefir.net/intro.htm>

**From Sandra to Dr. Tish:** I have a question re dish soap. Most are fruit-based. What do you use, and if it has fruit in it, does it bother you?

**Reply from Dr. Tish:** I use the Ecover Dish Soap. It seems to wash off the dishes completely and not leave a residue. I have used the hand dish soap and the dishwasher detergent of this brand for years. Yes, I think they both test [positive for] fruit. I use the Chamomile scented hand dish soap instead of the lemon or citrus one.

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**Category:** [Ask the Doctors a Question](#)

**Thread:** [out growing intolerance/birth emergencies](#)

**Posted by Clarissa, 6th November, 2011:**  
Do you actually outgrow an intolerance? Will I always be sensitive to potato, fruit/grain? I have been on the diet for a year and am sticking to it very closely.

Also, what would I do if when I (in the future) give birth and might need epidural or IV? Is that ok for a potato allergy? Or is there nothing that can be done? My husband and I haven't had kids yet, and not knowing what would be ok for me if something happened is pretty scary...

**Posted by Sandra Strom, CEO of Song of Health:** Hello Clarissa, first, my apologies for not seeing your thread posted until now. At this time, our doctors are not able to answer a lot of questions due to their very busy schedules. So, we ask that Subscribers refrain from posting in this category. We continue to keep it up so you can access all the good information that has already been posted. I do my best to answer your questions; sometimes, when I'm not able to, Dr. Tish will try to fit in an answer whenever she can.

Now, to respond to your questions: We do not "outgrow" food intolerances. In several places at Song of Health, our doctors explain that food intolerance is a genetic dispensation, in that we are not born with the necessary enzymes to be able to properly digest the food. One of the threads where you'll find a thorough explanation along with questions is under the category Food Questions, "[Commonality of Fruit](#)." Because the phenomenon of food intolerance is often questioned, we also addressed it in the October 2011 issue of Dragonfly News. You can go to the link [Archive of Articles](#), scroll down to October 2011 and click on article: "[What is the "Common Thread" of Food in Food Categories?](#)" I think this will give you a good understanding in depth of the how's and why's of the Carroll Food Intolerance methods and food intolerance in general. Another great article to read is by Dr. Tish, in the June 2008 issue: "[Food is What Sustains us But Can Also Harm Us](#)."

Regarding whether it is ok for you to get IV or epidural injections, first off - it depends on which injections are being administered. It is always best taken up with your own personal Naturopathic physician, who can wisely determine what you'll need when the time comes. I always confer with my own

Naturopath for any condition. So, even though you may choose to be in a hospital for childbirth, your Naturopath can still monitor what will work for you. After perusing the above mentioned articles, if you have more questions, I'm happy to answer them. In health, *Sandra*

**Category:** [Food Questions](#)

**Thread:** [Dirty dozen](#)

**Posted by Kim** 8th November, 2011: I overheard someone talking about "the dirty dozen" things you should always buy organic. Anybody know what this is?

**Posted by Sandra, CEO of Song of Health:** Please refer to the June 2010 newsletter, under "Sharing Experiences - ["The Dirty Dozen - Most Pesticide Laden Foods"](#)". You'll find the list, plus what are considered safe non-organic foods to eat. I looked up several references to see if I could find a more recent list, and from what I have found, the list still remains the same. In health, *Sandra*

**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 AUGUST 2011 in The Food Resource List:

**INGREDIENTS:** Freshly milled wheat, whole wheat pastry flour, rye, triticale, oats, corn, barley, soy beans, brown rice, millet, flaxseed, non-fat dry milk, leavening, baking soda, and sea 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 at the bottom of the New Recipes section, just above The Food Resource List Updates. ~~~



## ANNOUNCEMENT

Watch Dr. Tish on a panel with alternative healers at <http://video.ksps.org/video/2168503154> - "Health Matters, Complimentary Medicine."



~ 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*

### **EPA Releases Formerly Confidential Chemical Information**

WASHINGTON – As part of Administrator Lisa P. Jackson's commitment to enhance the U.S. Environmental Protection Agency's

chemicals management program and increase transparency, the agency is making available to the public hundreds of studies on chemicals that had been treated as confidential business information (CBI). The move is part of EPA's plan to make public the chemicals that are not entitled to CBI status. Releasing the data will expand the public's access to critical health and safety information on chemicals that are manufactured and processed in the U.S.

Newly available information can be found using EPA's [Chemical Data Access Tool](#).

"EPA is increasing the availability of critical health and safety studies on chemicals that children and families are exposed to every day. We are making important progress in making this information public and giving the American public easy access to it," said Steve Owens, assistant administrator for EPA's Office of Chemical Safety and Pollution Prevention. "Over the next year, we expect to review several thousand additional studies on industrial chemicals and make many of these more accessible to the public."

Since 2009, 577 formerly confidential chemical identities are no longer confidential and more than 1,000 health and safety studies are now accessible to the public that were previously unavailable or only available in limited circumstances. In 2010 EPA issued new guidance outlining the agency's plans to deny confidentiality claims for chemical identities in health and safety studies under the federal Toxic Substances Control Act (TSCA) that are

determined to not be entitled to CBI status. EPA has been reviewing CBI claims in new and existing TSCA filings containing health and safety studies.

Consistent with the guidance, the agency will request that the submitter voluntarily relinquish the CBI claims and make the newly available studies available to the public. EPA also challenged the chemical industry to make available information that was previously classified as CBI. To date, more than 35 companies have agreed to review previously submitted filings containing health and safety studies and determine if any CBI claims may no longer be necessary. The newly available information can be found under a new "declassified tab" using the [Chemical Data Access Tool](#), launched in December 2010 to assist the public in retrieving chemical health and safety information submitted to EPA under TSCA.

For additional information, please visit: <http://www.epa.gov/oppt/existingchemicals/pubs/transparency.html>

## **ARTICLE:**

### **COMMITTING TO A NON-GMO DIET**

Dr. Tish recently received, then shared with me, an email letter from Jeffrey Smith, Executive Director of the Institute for Responsible Technology. As with any hard-working group dedicated to improving our environment, they were requesting financial help. Mind you, we are NOT soliciting for I.R.T. and in no way suggest you donate. The story shared, though, is an important message of how we, the consumers, make all the difference in availability of marketable products. Dr. Tish and I feel this letter is worth sharing with you, reminding us how we have the power to demand what products we choose to purchase:

Dear Letitia,  
Read this inspiring story below to find out what is possible with your financial support. I think it's a real eye opener for those who think ending GMOs is a long, drawn out, and difficult process.

#### **11 minutes**

It took the audience just 11 minutes—11 minutes to give up food brands they had grown up with and to commit to seek healthier non-GMO food. Of course, this group had already been against genetically



modified organisms as a *concept*. This was Greenfest after all; and in San Francisco no less. But when I asked them to honestly rate themselves on a scale of 1-100 how vigilant they had been at avoiding GMOs, the largest number of hands went up for lowest category—1-20. That's typical of most US audiences. *And so is what happened next...*

After showing them photos of damaged organs from lab rats fed GMOs, skin rashes from farm workers picking GM cotton, and dead livestock that had grazed on the cotton plants; when they saw rodent studies showing a 5-fold increase in infant mortality, smaller babies, sterile babies, and severe immune responses; when they realized that genes inserted into GM crops can transfer into the DNA of bacteria inside our intestines and possibly continue to function, and that the poisonous insecticide engineered into Monsanto's corn is found in the blood of pregnant women and unborn fetuses; when they learned how industry rigs their research to hide dangers and attacks independent scientists and their studies; when they discovered that FDA scientists had repeatedly warned of serious harm from GMOs, but the political appointee in charge—Monsanto's former attorney—allowed GM foods on the market without *any* required safety tests; and when they discovered that the same doctors' organization that first identified Gulf War syndrome, chemical sensitivities, and food allergies, now urges physicians to prescribe non-GMO diets to everyone; I asked the audience to rate themselves

how vigilant they would be *next* week to avoid GMOs.

"How many will be low vigilance, 1-20?" No hands.

"20-40?" Still no hands

"40-60?" A couple of hands.

The most popular category shifted from the lowest vigilance (1-20) in the first vote, to the highest (80-100) in the second—just 11 minutes later.

I then reminded the audience of the strategy to eliminate GMOs, which we had discussed at the beginning: If brand managers from major food companies see *any* drop in market share that was attributable to growing anti-GMO sentiment in the US, it would be the food industry equivalent of a "Sell Signal." GMO ingredients would be considered a market liability and be discarded. Remember, these same companies had quickly removed GMOs from their European brands when GMO resistance spread there. To hit that sell signal in the US, we think the tipping point requires about 5% of US consumers changing their diet.

I asked the audience, "How in the world are we going to get 15 million Americans to change their diet?" After the 11 minutes, I told them, "Now we know. We just tell them the truth."

I then asked the audience to rate themselves how active they planned to be to educate people on GMOs. At the start of the presentation, most rated

themselves in the lowest category. After 11 minutes, nearly everyone was in the highest.

"So you see," I said, "the same information that changes peoples' diets also makes the campaign go viral."

### **Endgame for GMOs**

Now it's just a numbers game. Once we disseminate that information to enough people, it's the endgame for genetically modified food.

The Institute for Responsible Technology has packaged this behavior-changing

message into a full range of educational materials, organized local and national action groups, trained 750 people to give public presentations, and reaches 5-10 million people each month...Help us harvest all this low-hanging non-GMO fruit...

I wouldn't say we're in the home stretch just yet, but we're banking the turn and hear the crowd cheering. It's time to turn on the juice.

Thanks so much,  
Jeffrey Smith, Executive Director  
Institute for Responsible Technology

## **SHARING EXPERIENCES:**

**Remember that eating our food intolerances can have a dramatic effect on our moods as well as other symptoms we discuss, *ad infinitum*.**

## **THE GREATEST GIFT OF ALL**

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

It's the most wonderful time of the year...Who in Heaven ever came up with that idea? Granted, 'tis the season to especially remind us "it's better to give than receive," and the holiday decorations and lights cheer us through as winter begins its cold approach.

'Tis also the most stressful month of the year, save January when the credit card bills with December's charges appear. We stress about what to buy and for whom to buy it; can and how do we afford our great Santa efforts; so little time and so much to do – the buying, the baking, the wrapping, the decorating...Whew! I'm exhausted just thinking about it. Think I'll take a nap. But wait, no time for naps. Little Jimmy got the sniffles and must stay home from school today. And Little Susie forgot to do her homework. There's no time for me to think

of me! If one more person suggests I prioritize, I'll show them what my holiday spirit looks like! Spirit...yeah, good idea, bring on the spirits. And amongst all this chaos, I'm also supposed to avoid my family's (I think I'm in there somewhere) food intolerances, eat healthy foods, police the sugar intake, blah blah blah.

Does any of that ring a holiday bell for you? For years I lost myself in the holiday booga-loo, mixing in "must be perfect" to the brew, as well. Inevitably, I ran myself down and managed to gift myself a weak immune system. Consequently, the microscopic world gifted me with the sick bug of the season. Suddenly, I was stopped in my tracks and, not only was I unable to complete my holiday plans, I also became a sickly burden that exposed everyone else to

the germs. Oh yes, it was a season of giving, alright. Gifts that nobody wanted.

Experience has gifted me some invaluable lessons for the holidays. Foremost, the greatest gift I can give to my family and friends is to take care of myself first. Sound selfish? Yes, it is – but it's not self-centered or self-absorbed. It is not a negative thing. It is a good thing. As the old adage goes, "Physician heal thyself." Why? Without our health we are no good to anyone or for anything. We cannot give our all, our best, or even a decent effort.

It's no secret what the basic ways are to take care of ourselves: Eat right, get enough sleep, drink lots of water, smile. You're on your own with the sleep and smile thing. Eating right is what we learn together here at Song of Health.

Avoiding our food intolerances and limiting or completely omitting the intake of refined sugars and processed foods seems to be most challenging during the holiday season. Our will power is so challenged around homemade candy and cookies, that we wonder if it's even possible to accomplish avoidance.

#### **I've found, what works best for me is...**

✚ I make my own favorite goodies. With use of The Food Substitutions List and The Food Resource List, I'm able to create many scrumptious desserts and dishes. Most baked goods can be frozen, so spacing out the work over the month is feasible and practical.

I take my own homemade goodies to holiday gatherings. Even if others prefer the sugary traditions over my contributions, I'll have plenty to fill me up and not have to suffer for it afterwards. I also cook and bake to accommodate family and friends with food intolerances. Guess who gets the Santa kisses then?

For those of you new to learning how to avoid your food intolerances, do not be discouraged. With just a little practice, you'll find success in the kitchen!

✚ I grant myself naps when needed. If I'm making attempts at any project when I'm exhausted, I usually end up making errors that are difficult to correct. Even a cat nap will reawaken the senses, not to mention improving the moods. The last thing you want to knit into a scarf, or bake into a cake is a nasty attitude!

If you find yourself going into "HALT" (hungry, angry, lonely, tired), remember to "heal thyself" and take the time to remedy your needs. In the long run, you'll actually save time!

✚ I make sure to drink lots of water. It is a known fact that dehydration causes fatigue; so, when I'm feeling wiped out I try to remember to drink water. It will help the immune system to stay alert and will flush impurities from the body, all important aspects to maintaining a healthy state.

✚ If I become frustrated with a project I am working on – be it cooking, baking, or crocheting – I walk away from it. Obviously, I can't walk away when in the middle of making a pie crust, but I can once it's in the pie pan. Even if for just a few minutes, the break will make a big difference in my attitude and how the product turns out. If I'm in an "I hate this" mood, then what's the point of doing it? Life is too short to get caught up in unhappiness. Taking a break, thinking about what's causing us the stress, even just getting a breath of fresh air, will make all the difference in our attitude.

Admittedly, there are still gift projects I struggle to complete in time and purchases to budget time and money for. I remind myself, "Is it a matter of life or death?" If I

don't complete the project now, I'll gift it later. If I don't get a cake baked today, I'll make it another day if it's that important to me. If it's that important to me and I'm not able to get 'er done, then how important is it, really, in the full scheme of things?

**So, to my family and friends, my holiday wish for you is  
That you remember what is the greatest gift of all to your family and friends -  
YOU!**

**Sitting together and enjoying  
the precious moments  
in the best of health possible  
Is my prayer for you.**

*In memory of our dear sister Annie,  
thank you for reminding me of the truest  
gifts in Life.*

*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).**



**Remember to check out the Recipes sections for  
great Christmas dinner and appetizer options!**



**PIES, PASTRIES & COBBLER:  
[SANDY'S PUMPKIN PIE](#)**

**MAIN DISHES:**  
**TERIYAKI TUNA MELT**

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:** Freshly milled wheat, whole wheat pastry flour, rye, triticale, oats, corn, barley, soy beans, brown rice, millet, flaxseed, non-fat dry milk, leavening, baking soda, and sea salt.

✧ **Potential Hidden Ingredients:** F (in non-fat dry milk)

✧ **The product was evaluated for:** ALL.

✧ **The results were:** D,F,G,P,Sy

**The product is:** Bob's Red Mill

10 Grain Pancake & Waffle

Whole Grain Mix

✧ Hidden ingredients resulted in fruit, 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!

### **THE FOOD RESOURCE LIST DECEMBER 2011**

Updates to The Food Resource List are not ready yet. As soon as they are available they will be emailed to you and posted at Song of Health.



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

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