



## **DRAGONFLY NEWS**

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

**FEBRUARY 2012**



**~ LOVE YOUR HEART! ~**

Photograph by Lennart Nilsson, National Geographic Magazine website\*

*Wishing you Happy Valentine's Day!*

**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!

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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](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:contact us at 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!**

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

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. *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](#).**



## 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 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.*

**Jan 11<sup>th</sup>, From Sandra, CEO of Song of Health to Clarissa:** Hello Clarissa, I just wanted to follow up on your yogurt culture question. Dr. Tish has not been able to get more answers for you since her first response. I'm wondering if you have had any better results yet, or are you still having problems with the culture? Have you tried a different source for the milk? In health, *Sandra*  
**Clarissa:** I have found I have to be way more careful with the raw milk and very precise, or it will be runny or chunky. Thanks for getting back to me.

If I may ask one more question, my mom and brother are potato, fruit & sugar intolerant and

### 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.

It's been quiet this month! No recent posts.

I can't find a yeast they can have. The only "potato free" tests for sugar. My brother really needs carbs, being a growing hungry boy; he is getting very thin on his meat, vegetable, fruit diet. Any advice? Thank you!  
*Clarissa*

**Sandra:** I have the same problem! I make my own sourdough, or quick breads such as biscuits or soda bread (biscuit dough). Does that help?

**Clarissa:** I haven't found a way to start Sour without yeast.

**Sandra:** Check sourdough starter recipe at SOH. I never use yeast in mine. I do add a 1/2 tsp. or so of agave syrup per 3 cups starter to give the natural yeast more to feed on.

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**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 10/11 in The Food Resource List January 2012 update:

**INGREDIENTS:** Corn, sunflower oil, 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.** ~~~



~ 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. ~

### 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*.**

### ANNOUNCEMENTS:

There is still time, if you have not already done so, to **support our Naturopaths in their quest to regain and maintain the ability to perform the Carroll food intolerance evaluation methods and the Bolen diagnostic techniques**, as well as other methods that may be jeopardized. **This affects all of us directly and immediately!** [Please refer back to last month's newsletter \(January 2012\)](#), under *Sharing Experiences*, "[A Call to Action](#)" for details and a form letter that you may sign and send to the Board, etc. **Let our doctors know how much you appreciate how they have been significant in changing your life for the better.** *Thank you.*

## **IS THERE A SOAP FOR THE FRUIT INTOLERANTS?**

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

I must confess that I have neglected adding much to the Song of Health website lately. Not because I don't care or have lost interest in your needs. On the contrary. For the past month I have been specifically concentrating on research for our fruit intolerant brothers and sisters. We've been able to help our fruit intolerants avoid *consumption* of their food intolerance; however, toiletries and cleansing products are another issue. Most of us aren't plagued with the issue of finding such a product that doesn't include our food intolerance base. Yet, for fruit intolerants, natural soap products present a challenge. Be it body soaps, dish or laundry, coconut and palm is in just about everything. So, for those of you who do not have a fruit intolerant person in your household, please bear with us. It's always good to know about each other's needs, though, whether it personally affects us or not. I can guarantee that, one day, someone will cross your path who will benefit from your "fruit" knowledge!

**I have spent many hours in search of a *natural* soap bar product that does not contain olive, coconut, and/or palm oils – all fruit products.**

Coconut and olive oils are the most popular for their perfect soap properties; they are plentiful and thus fairly economical in comparison to other oils, allowing for a competitively priced product. Tried and true, soapmakers who shy away from animal products, such as lard and tallow, lean on the use of coconut and olive oil, as well as palm. When mixed with a product that "saponifies" the oil, generally sodium hydroxide (lye), they produce a nice lather, clean well, blend well with other infusions without color and odor interference, and do not block the skin's pores as do animal products. With all their benefits and no detriments to the average user, what would inspire a soapmaking company to veer

away from using the fruit oils? Obviously not enough; hence, our fruit intolerants are plum (another fruit) out of luck, depending on their sensitivity. Personally, if I knew a soap contained a potato derivative, you can bet I would not be using it and taking a chance of having the potato absorb into my spud intolerant body.

Empathetic to the cause, I have launched myself on a mission ~ If I can't find a fruit-free soap, and so far I haven't, then maybe it's time to learn how to make it. Sounds simple enough, eh? Any soapmaker knows, no way! I have been spending hours, turned into days and weeks, in search of how to convert a fruit-based recipe into one with a non-fruit base. I have contacted university research departments, agriculture extension services, website experts, and successful soapmakers in the hopes of finding help. How difficult can it be to create a formula that will produce a soap that's not too hard, not too soft, (just right), lathers well, smells nice, is natural, safe, and causes no allergic reactions? Apparently, harder than I first suspected; as to date, I haven't succeeded in unlocking the secrets. I have found oils, infusions and scents that are fruit-free, but how much do I use of what? I am not giving up! I may not be a chemist, but I am a tenacious seeker of answers.

If I am going to indulge in the efforts of soapmaking for fruit intolerants, I'm hoping to also be able to eliminate any of the other food intolerance categories, such as grain, dairy, or honey. That leaves out rice bran oil, which would be a fine substitute for olive; or oatmeal and goat's milk, a few of commonly used ingredients. And, it would be a bonus to make it vegan.

I am learning about shea butter, an ingredient often used in soap; however, the percentage used is nowhere near the amount of coconut or olive. I read that

some expert soapmakers have had success using all shea butter, but the risk is a slimy texture, as not all the shea oils will break down (saponify). It is good to have a little of the oils that don't saponify – it is called "superfatting." The key word is "little." It is a quality ingredient that can be contributed.

I am considering such oils as sweet almond, jojoba, cocoa, castor, safflower, carrot root or seed, well...you get the picture. Still, I have yet to unearth the secrets for how much of what to use for that "just right" soap.

Another major factor is cost. There are a multitude of awesome, yet spendy, oils and other ingredients available, but what is a feasible affordable price? *How much would you be willing to pay for a fruit free bar of soap?*

Once I'm finally educated on what will work, I predict that I'll catch the soap bug, as do most soapmakers. For me, it's like cooking. There's so many options for creating – the different natural colors, the smells, designs. Once I discover a base recipe, from there the options are unlimited, just like cooking. Some of the essential oils, herbs, and

natural additives make for a beautiful look and smell so fabulous that one is enticed to bite into the bar!

**The one group of folks that I have yet to ask for guidance is YOU!**

Are any of you successful soapmakers who have a good understanding of what oils work well together? Do you know of a fruit-free formula for making soap bars? Do you know of a product on the market that is fruit-free? We need your help! Please contact me at [manager@songofhealth.com](mailto:manager@songofhealth.com).

Sharing this best kept secret knowledge will be a blessing for those who are limited to seeking out which products are the least detrimental to them. Instead, let's help them to obtain the peace of mind that comes from knowing there is finally a product available that is absolutely safe and harmless to their fruit intolerant bodies.

**Are you interested in using fruit free soap? Your feedback is greatly appreciated.**

*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 Delicious and Healthy  
Valentine's Day options!

#### CAKES:

[GINGERBREAD \(Basic Recipe\)](#)

[SANDY'S GINGERBREAD CAKE](#)

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:** Corn, sunflower oil, sea salt.

**Potential Hidden Ingredients:** none obvious

**The product was evaluated for:** ALL

**The results were:** E,F,G,P

**The product is:** Popcorn, Indiana  
Chip'ins All Natural Popcorn Chips,  
Sea Salt

**Hidden ingredients resulted in  
Egg, Fruit, Potato (possibly in the  
salt).**

If you guessed the egg, you're a  
genius!



*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:** National Geographic's Science Photo Gallery on line: "**Inside the Heart.** Tissue-paper thin but tough, the valves of the human heart open and close to pump 6 quarts (0.9 liters) of blood a day through 60,000 miles (97,000 kilometers) of vessels. That's equivalent to 20 treks across the United States from coast to coast. The heart is a magnificent machine when it's in good working order. But coronary heart disease is the number one killer of American men as well as women, resulting in 500,000 deaths in the United States and killing 7.2 million people worldwide each year."

### **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>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 FEBRUARY 2012**

Due to our doctors working overtime to prepare for their upcoming hearing with the Washington Board of Naturopathy on February 17<sup>th</sup>, they have not been able to add updates to The Food Resource List. As soon as they are able, we will email the updates to you as well as post them on the website.



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

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