



## DRAGONFLY NEWS

The Official Newsletter of *Song of Health.com*

**NOVEMBER 2014**



*Wishing you a special holiday time filled with abundance of health and happiness!*

**Welcome Members,** to *Dragonfly News*. This is our opportunity to share interesting and helpful information with you in our monthly newsletter, which is available to Members only. We first email the Newsletter and Food Resource updates to you directly. 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.

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

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

**Dr. Letitia Dick-Kronenberg, N.D., *Song of Health* Staff 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.



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).

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### WEBSITE CHANGES AND NOTICES

- 🦋 **We are getting closer to launching the new Forum.** It is so sweet! I'm still currently in the process of copying our existing threads and posts to the new format. This way, we will retain all the current valuable information derived from all your wonderful input --- questions, answers, comments. You will be notified by email and on the SOH Members home page as soon as it is available.
- 🦋 **Please see the Soap section for changes in prices.**



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

#### 🦋 Give and you shall receive!

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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)**

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### 🦋 TAKE ADVANTAGE OF ADDITIONAL DISCOUNTS WHEN YOU RENEW YOUR SUBSCRIPTION. 🦋

✈ **Renew 6 months early and receive additional months and \$\$ off!** When you renew early you will receive an additional **\$10.00 off the discounted renewing price plus 1 additional month.**

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: [manager@songofhealth.com](mailto:manager@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 an opportunity to reach out to those who still suffer, yet are apprehensive about our dietary lifestyle working for them. By reading how our lives were dramatically changed, it gives them encouragement to try. **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 other Subscribers have shared. *Thank you.*

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### **QUESTIONS ASKED AND ANSWERED:**

#### **EMAIL CORRESPONDENCE:**

*Song of Health has been given permission by our Subscribers whose names appear, to share the following with you, so that we may all benefit. Some have chosen to stay completely anonymous, in which*

*cases you'll see the name as "Member" or initial. Other Correspondence are emails received from outside our membership; however, we feel it is pertinent information to share with you.*

**From Heather C., Oct. 28<sup>th</sup>:** Good day. My son has a fruit intolerance and I have been trying to think up new things for him to drink.

He gets tired of just drinking water and pineapple juice. I have purchased some Rooibos and herbal teas and am making

syrups to add to soda water. I was careful to choose teas without fruit but one got by me that I haven't heard of before. Monk fruit is listed on the ingredients list and on researching I found info on it but am not certain if it is safe for a fruit intolerance. Its binomial name is *Siraitia grosvenorii* of the *Curcubitaceae* (gourd) family. Are gourds considered fruit or vegetables? I am not sure if you have had any call to research this or not. Could you please help me out and let me know if this is safe for a fruit intolerance? Thank you, *Heather*

**Reply from Sandra:** Good morning Heather.

Regarding giving your son juice to drink: Consider how much of a fruit, veggie, or in this case (pineapple) cactus it takes to squeeze a glass of juice from. This is what you are asking the body to digest, which is asking a lot! I would suggest, in the case of pineapple juice, to pour no more than an inch worth of the juice in a glass and then fill remainder with water to mix.

I am forwarding your question regarding Monk Fruit to our staff physician, Dr. Tish Dick, to see if she is aware of this "fruit". If not, I would suggest submitting a sample of the product to her for evaluation. This is a good idea with most any product that you are concerned about. You can go to <http://www.songofhealth.com/subscribers/carrolltest.html> if you are already logged in to Song of Health, for instructions on how to submit samples.

If you check out [Teas](#) in The Food Resource List, you will note that all the Rooibos teas evaluated are positive for Fruit. I would refrain from giving your fruit intolerant child this tea.

Gourds ~ what I believe you are referring to is the hard shelled family ~ are generally grouped in with squashes, pumpkins, cucumbers, and melons ~ which are not fruit.

I suggest to review the [Fruit page](#) in the box containing foods you are able to have, for ideas on what to make beverages from. Also, is your son able to have mint? If so, peppermint and spearmint can be brewed; also, lemon balm and lemon grass are fruit-free. You can add a little agave syrup or honey (be sure the honey is safe from fruit) to sweeten. If using honey, add to the tea while hot to dissolve and mix well. Then refrigerate for a cool refreshing drink.

In the [Recipes](#) section, go to the [Beverages](#) page for ideas. Hot cocoa is always a favorite treat; I have added my recipe that I make for myself.

Dr. Tish may also have some suggestions for us.

I hope this opens some doors of thought for you. In health, *Sandra*

**Heather:** Hi Sandra. I was looking at the iced tea alternative to the pineapple juice, as prior to my son being diagnosed he regularly ate fruit. We've been told that pineapple was safe as it isn't a fruit so he drinks that. I have tried to get him to dilute it, which he sometimes does, but he prefers to drink it straight. We had found a company that makes organic concentrates (he really liked the rhubarb-mint one) for a healthier option for the soda stream, but they have moved to a different province.

As for the teas, I had only one rooibos one with hibiscus. The other ones were spearmint which is just the spearmint leaves and no other additives, and a double strength ginger herbal tea which contains ginger, stevia and peppercorns. That one he likes, as it tastes similar to ginger ale. I am sure that making a change to one's diet is easier when a child is younger, but teenagers tend to complain a bit more.

Thank you so much for all the information. Sometimes it can be overwhelming as, besides the fruit intolerance, he also has a grain/potato combination intolerance. Sincerely, *Heather*

**Reply from Dr. Tish:** Gourds are not fruit but of the "vine" category. I haven't tested monk fruit to know what it is. *Dr. Letitia Dick*

**From Lenore F., Oct. 17<sup>th</sup>:** Hello, I was just told the results of my food intolerance test. I was very devastated. My doctor gave me your website. Before I join, I'd like to know if I will ever be able to speak to someone or will correspondence all be done by email? In addition, do you have recipes for people with fruit, dairy, egg and sugar intolerances? Have you sunscreen products you can recommend for people without the use of fruits, lactose and eggs?

I'm happy I have somewhere to go to get help. I look forward to your responses. In gratitude, *Lenore*

**Reply from Sandra:** I highly suggest subscribing to Song of Health so I can give

you the best service to help you make the necessary dietary changes. I am always available to counsel by email (give or take a few hours) to the Song of Health Members. Your Naturopath will help your body get restored to health.

I look forward to hearing from you soon.

In health, *Sandra*


*NOTE: Lenore is now a fellow SOH Member!*

**Lenore:** Morning, I'm so glad you contacted me. I feel so much better [now that] I have someone with whom to chat!! It's been tough!

My dilemma now is finding items like shampoo, facial creams and body creams with no fruit, gluten, dairy or eggs. It's almost impossible. I've thrown away or taken back everything I'm using; lactose free and casein free ghee until I find something.

At least once in a while I may have a shot of potato vodka ;)


I appreciate your responses. Thank you so very much.

**Sandra:** Here are a couple suggestions for non-fruit toiletries: My  are fruit-free. They are also vegan and one or another will be safe for most everyone. I like to use the **Unscented Carrot Ripple** to wash my hair with. For hair rinse/conditioner, I make a strong tea out of stinging nettle. It is wonderful. I make up a big pot at a time and refrigerate the bottles not being currently used.


Cosmetics is a tough one. Fruit seems to be in most makeup. You can always submit a sample of what you are using to be sure. Go to SOH for instructions on how to submit samples.


Regarding vodka, I'm sure you realize many brands are made from Grain. Also, some contain Fruit. You won't be able to tell from the labeling what hidden ingredients are contained. We find out by our Naturopaths evaluating products for hidden ingredients. This is a benefit of being a Song of Health Member ~ you have access to The Food Resource List of products that have been evaluated.

**Lenore:** Thanks for your encouragement. People think I'm taking this food intolerance too seriously; but I'm in 100%!

Does  have coconut, because coconut is a fruit, as are olive and avocado and chocolate?

It is difficult at times. For now I'm using borage oil for face and body and sesame seed oil for sunscreen. I hope to see an improvement in 3 months. If not, I give up!

**Sandra:** No fruit in . The major ingredient is pure prime pressed cocoa butter. Most also have unrefined African Shea butter.

Please go to the soap page at  to read about my soap and ingredients. You will be safe with it!

I use jojoba oil (Cactus) on my skin.

In health, *Sandra*

**EDITOR'S NOTE: Chocolate is not Fruit.** Please check The Food Resource List for specific products that may contain hidden ingredients.

**Lenore:** Hi Sandra, thank you. I'm having fun looking at all the great sites you have.

- 1.) I'm GLUTEN and FRUIT intolerant.
- 2.) I'm confused about chocolate. Is it a fruit or not. May I have unsweetened raw chocolate if it's not a fruit?
- 3.) Also, what do we do for spices? All store bought are full of garbage.
- 4.) What soaps do you recommend for me? I need to purchase them ASAP. Remember, I'm gluten and fruit sensitive, so no essential oils? :( Thank you. So looking forward to working with you. In gratitude, *Lenore*

**Sandra:** Dr. Tish evaluated the essential oils which resulted in grain, but we didn't go further as to which one. So I would suggest any of the Unscenteds just to be safe.

**Chocolate:** Cocoa or cacao is not fruit. That said, it depends on what product you're questioning. Check [The Food Resource List](#) for some. My soap is fruit free. For cocoa, I use organic unsweetened powder and make my own with honey and agave [Cactus] and cream. I'm not a "fruity" but a fruit/sugar combo, so I avoid the sugar. **Spices:** Check [The Food Resource List](#). There are a couple brands that are generally clean. Also, review the [Fruit page](#) in the [Food Categories](#) section for several spices that are not fruit. If there is a specific one you're concerned about, let me know and I'll see what I can do. In health, *Sandra*

**Lenore:** Honey can be a problem because most of the honey comes from fruit sourced. Would I be safe ordering just the carrot [soap]?

With what can I clean my vegetables? I bought organic distilled vinegar. Supposedly, it's made from corn. Do you know?

I'm soaking my nuts in water and vinegar to kill anything. Is that advisable?

I'm so disappointed in Whole Foods. They have no clue what their manufacturers are giving them. I've called them to let them know about certain products.

I have an infrared sauna at my home. Can this take the place of hydrotherapy?

Thank you so much for your patience. Let me know about the soap. In gratitude, *Lenore*

**Sandra:** Good evening Lenore... Honey which comes from fruit is not a problem. What causes the problem is what the beekeepers may use in their processing. It is always best to have the honey evaluated to be sure it is safe for you. If you know the beekeeper, you can ask them directly. If you go to the website and log in, you'll see a link on the left side of the pages to [submit a product for evaluation](#). Click on the link and it will take you to the page of instructions for submitting samples.

None of my soaps contain honey. You would be safe with the Unscented Carrot Ripple soap, which contains brown clay and organic carrot juice that I make myself. You would be safe with any of the unscented soaps.

As a member, you receive a discount on the regular bars of soap (14%). I've got the pricing of the gift samples, etc. down as low as I can go at this time. In fact, I'm having to increase the pricing of all the soaps later this month, as the cost of my raw ingredients have increased, especially the cocoa butter, my main ingredient.

Be sure to check [The Food Resource List](#) to see if the distilled vinegar you are using has been evaluated. Many of the grain vinegars also contain fruit, unfortunately. I will forward your question to Dr. Tish regarding what to wash your vegetables with. Myself, I buy mostly organic and just wash them under the faucet. What nuts are you soaking? I never soak mine, but I

do keep them all in the freezer. What are you trying to kill in them?

Sauna can be helpful in the sweating out of toxins. Many people rinse off in cold water or snow to close the pores. Constitutional hydrotherapy, I believe, is more effective in helping the body to re-balance itself, including the immune system. Another good question for our doctor.

**Reply from Dr. Tish:** The essential oils are gluten free, just to be clear about the grain issue. But they still may be corn if they are diluted into a tincture form, in which case they are corn alcohol. Again, this is gluten free.

Much of the honey on the market now is fruit free. It has been awhile since beekeepers have tried the citrus pest strips in the hives...and found that they didn't work on the mites. Any miticide now, whether natural or chemical, must only be applied after the honey and honeycomb has been removed from the hive for harvest, so as not to expose the honey to the miticide. I believe all commercial and most private bee keepers are doing this now because their hives are licensed with an agricultural license and are inspected. There is an extract made from hops which is being used in some parts of the US which seems to be very effective. Another natural mite killer that doesn't bother the bees or the honey is made from thyme essential oils. So, there are actually a few that have been recognized as safe to use while the honey is in the hive.

Saunas are very helpful for general circulation and lymphatic flow, but the constitutional hydrotherapy is much more specific in detoxifying, supporting the liver metabolism, stimulating lymph and WBC function, and building the blood. You can only get these therapies at a Naturopathic clinic.

I simply wash my vegetables in water. I don't like any soap residue on my food. I personally don't soak nuts. I worry that anything staying in water too long will start growing bacteria and then cause food poisoning. Hope the helps, *Dr. Tish*

**Lenore:** Whole Foods 365 Distilled White Vinegar is "G". I'm hoping it's corn. How can we know?

I have a ton of samples to send. Are they \$10 each? I'm still grieving, but I'm doing the work.

I'll get my order in for the soaps. Again, I thank you for being given such a sweetheart.

I soak my nuts to eliminate phytic acid, mold and pesticides. It's a must. Especially because nuts are shelled with citric acid. I learned this on your fabulous website! I soak no matter what.

Where do you buy your nuts? Even nuts are not safe. Oh dear, what are we to do? So grateful, *Lenore* :)

**Sandra:** Sample evaluations are \$10.95 each. It is very time consuming for our doctors to evaluate a product for all the different intolerances.

I will ask Dr. Tish if she is able to evaluate a product for just corn.

I buy my nuts from one of a couple natural food stores that specialize in organic and raw foods. I do not buy roasted nuts, only raw.

Please note: (From Fruit page in Food Categories Section)

|                        |                                                                                                                                             |
|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Shelled nuts...</b> | ... <b>may be</b> shelled chemically with citric acid. The following <b>may be fruit-contaminated:</b> peanuts, pecans, walnuts and almonds |
|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|

That doesn't mean all are. It's best to have a sample from a supplier evaluated to be sure.

**Lenore:** Thank you! That being said about the nuts, what almonds may I use for almond milk? I see some shelled nuts are shelled with citric acid. What to do?

I've been following this plan now since October 14th. What types of positive symptoms, if you will, will I feel? I still look old and tired! Some days are better than others with this regime. I've been consumed by this process. I've returned my extracts and stevias. I've become very hyper vigilant. I'm even concerned about my supplements, such as Biogenesis Food Intestinal Repair. It's all frightening to me, to say the least.

Thank you for your patience. Thanks to everyone for such a blessed website with an empathetic staff. I love the archives. Hooray!!!!!! Such spiritual souls.

One more final question: Which Carob powder do you recommend? In gratitude, *Lenore*

**Sandra:** *Almonds:* If you will click on The Food Resource List, then click on [Nuts](#) (or this link if you are logged in), you will see several almonds you can have. They are all raw almonds. Now brand and Azure brand are both good. I believe there's another one on the list also - Sun Organic.

*Carob Powder:* Unfortunately, we don't have a brand that has been consistently neutral. Most are positive for fruit. Earth Circle Organics Carob Powder was neutral one time and "fruit" another, so I would suggest submitting for a current evaluation.

It sounds like you are going to all lengths to help yourself in the healing process. How long it takes to feel better is an individual thing. I suggest studying the diagram of the Healing Process on the website: <http://www.songofhealth.com/subscribers/subscribersprocessofhealingdiagram.html>

It is a wonderful explanation of how the body must reverse the process of continuing illness in order to heal. I think it will help you to better understand that sometimes we feel worse as our body goes through the reversal process, i.e., from chronic to acute to finally being well. It doesn't happen overnight; it takes time to rebuild the immune system and damaged tissues. The body is a miraculous healing machine when given the proper support to work as it is meant to. We must love it and be patient with it! I know this is asking a lot when we are changing our diets and being so good; but, we have most likely spent our lifetime up til now unknowingly abusing it. Hope that helps.

**Lenore:** Sandra, do you ever cheat? What about holidays? Thanksgiving will be a challenge, but I'm working on an 80%/20% principle. 20% off and 80% on. Thanks again. I'm going to just relax about all of this. In gratitude, *Lenore*

**Sandra:** Of course I cheat! Most often it is unintentional, especially the few times when I eat out. Dr. Tish makes what she calls #50 capsules - gentian and skullcap. It's not a cure-all which allows us to cheat all the time; however, on those occasions when we can't control what is in our food, taking a #50 cap prior to the meal helps to "collect" the toxins and flush them out more quickly than otherwise. I have to take them when I visit my parents in California, as we are eating out all the time! After a couple-three days, though, my body decides to do a real toxic cleanse from it all. So I don't recommend it on a daily

basis. I do find I can bounce back more quickly with help from the caps.

I will confess to you, when we went to Disneyland a few weeks ago, and I knew it was all a "crap-shoot" what I could eat, I ended up splurging on non-meat Monte Cristo sandwiches at the New Orleans Square and later hot fudge ice cream sundaes. I decided to enjoy every minute of it, praying I wouldn't suffer later! I lucked out for the most part that time. I can tell you, I've been diligent to a micro degree since I got back home. For me, I like to feel good so I will do what it takes to achieve that.

The better we achieve avoiding our food intolerances, the quicker we will get well and the better we will stay healthy. Think of it as eating poison. The cleaner our system is, the stronger our immune system and organs are and better able to create a fortress against all illnesses. I think your attitude sounds great, doing the best you can with very achievable goals and not setting yourself up with over-expectations. After a while it will be second nature for you. The cleaner your system is, the more immediately you will generally feel the symptoms of having gotten into your intolerances.

**A NOTE FOR THANKSGIVING:** I always make dishes I know are safe for me to eat to bring along or add to the feast. I don't eat land meat, so I generally bring salmon to cook ~ which is an honored food in the Pacific Northwest. I make pies, etc. that I can eat ~ using honey, maple syrup, and/or agave in place of refined sugars. Fresh pumpkin sweetened with organic 100% pure maple syrup is a safe bet for fruit intolerants. If you steam or cook the pumpkin on the stove instead of in the oven, the liquid can be used instead of dairy.

Keep up the good work and play!

**Lenore:** What flours do you suggest I substitute for bread? Are corn, almond and brown rice flours OK? Not sure how the bread would turn out.

If I can locate a reputable cacao powder, do you recommend I try it once and awhile? I know chocolate is OK for fruit people, but should I avoid it anyway?

My skin is so dry even with a special filter. I'm hoping the soap will help. I've been using Google glycerin soap.

**Sandra:** Corn, almond, and rice are all gluten-free. Remember to look in The Food Resource List for products that have been evaluated. My concern is possible fruit.

I make corn bread without wheat flour for my gluten intolerant friends. You can find the Gluten-Free Corn Bread recipe in the section on the website. I believe Teff flour is safe, as it isn't a true grain. Also, you can have potato flour, correct? You can add it to your bread. You can also use the potato water from cooking potatoes to help boost the rising and texture. Rice flour can tend to be "grainy" in bread. It is my favorite, though, for dusting fish or vegetables in, rather than using a batter. It creates a golden brown crust when pan or oven frying.


You can double check what is safe for you on the website ~ the Gluten Free List.

I would suggest making a small batch of bread (a loaf) to get a feel for how it behaves for you. Don't be disappointed if it doesn't turn out to your satisfaction right off. (You can use the bread crumbs or cubes for other dishes, such as bread pudding, stuffing ~ you get the picture.)

I'm not sure why you are concerned about avoiding cocoa or cacao powder. I have a mug of homemade organic hot cocoa every morning. It is my "caffeine fix!" There is a little caffeine in chocolate, but doesn't affect me the way coffee does. Also, chocolate contains antioxidants. I make mine with agave syrup and honey, and a little half-n-half. My morning treat! You can have a number of organic cocoa/cacao brands, including but not limited to: NOW, Dagoba, Green & Black, Ah-Laska. Check The Food Resource List for more.

I think you will find coco~sha soaps to be very moisturizing to your skin. Most of my soap customers have one issue or another with their skin and have found my soaps to be very helpful. I appreciate your feedback after you have used it for a while.

I think I've addressed all your questions here. Please let me know.

**Lenore, Nov. 19<sup>th</sup>:** Hello Sandra, I received the [  ] soaps. They are so cute! And the tray is the best ever! I could eat the soaps. They are so adorable!



I need a kitchen dispenser hand soap. Would any bar soaps with another tray be a thought? Not just for me, but others working in my kitchen.

Have you been able to locate a vanilla extract for me? Thank you. *Lenore*

**Sandra:** Hello Lenore, I recommend the Boat Coffee, which is superb in the kitchen. It is made with organic coffee grounds and Anise essential oil. Both of these ingredients remove odors from the skin, as well as the cutting board! The coffee grounds are a great exfoliate while being kind to the skin. The soap tray would work great in the kitchen. Your soap should be longer lasting with it, as it allows drainage of the excess water from the soap.

Re vanilla you can have: In The Food Resource List, I found:

|                                             |       |     |   |
|---------------------------------------------|-------|-----|---|
| Frontier Organic Fair Trade Vanilla Extract | 03/13 | ALL | G |
|---------------------------------------------|-------|-----|---|

I highly recommend you become comfortable and familiar with using The List, as it is a great tool to find what you can or cannot have. Be sure to check the dates evaluated, and remember that products can change. This one looks to be a safe one for you.

## OTHER COMMUNICATIONS

*I found this article emailed to be fascinating information; thought you might enjoy reading it too.*

**From: Migratory Dragonfly Partnership**  
**<dragonfly@xerces.org>**

As another dragonfly migration season closes, it seems appropriate to consider one of the most notable features of these remarkable insects--their large, multi-veined transparent wings. These wings are frequently described in terms that imply fragility, such as "gossamer", "delicate", and "diaphanous". The poet Alfred Lord Tennyson wrote of a newly-emerged dragonfly that "he dried his wings; like gauze they grew", while Walter Savage Landor spoke of the insect's "filmy wing". But the delicate appearance of these wings is deceptive; tough and strong, they must support dragonflies as they perform agile acrobatics to pursue prey or chase away competitors; range far afield to seek territory or to disperse to more favorable habitats; or migrate hundreds to

thousands of miles across continents or oceans.

Dragonflies have been perfecting their flight tactics for a long time. The earliest known fossils of dragonfly-like insects are from the Carboniferous period; these 325 million year old eugeropterids, as they are called, were roughly similar in size to modern dragonflies, but they had 3 pairs of wings. The 3<sup>rd</sup> pair was much reduced in size and it is thought to have acted as an airfoil to provide additional stability in flight. The meganeurid dragonflies which graced the skies during the Permian 250-300 million years ago more closely resembled our modern dragonflies but on a much larger scale; specimens found in Oklahoma and Kansas show wingspans of 27-28 inches. Fossils of what appear to be modern families of Odonata have been found beginning in the Jurassic period, about 145-200 million years ago.



Halloween Pennant (*Celithemis eponina*)

While modern dragonfly wingspans are considerably smaller than the meganeurids', their wings are still an amazing feature. Many species are characterized by wings with dramatic patterns and colors, such as the intricate designs of Halloween Pennants (*Celithemis eponina*) and Filigree Skimmers (*Pseudoleon superbus*); the broad splotches of Saddlebags (*Tramea* species); the scattered dots of the Four-spotted Pennant (*Brachymesia gravida*); the wine-blush of a Band-winged Meadowhawk (*Sympetrum semicinctum*); and the intermix of powdery white pruinosity and dark patches of Widow Skimmers (*Libellula luctuosa*) and Twelve-spotted Skimmers (*Libellula pulchella*).

The wing veins and the cells and structures they form play active roles in flight, affecting air flow, elastic tension, bracing, friction, flexion, and shock absorption (they also have a practical use for taxonomists, as they can be used to identify many groups to genus). One can sometimes be alerted to the presence of a dragonfly by hearing the dry, rattling clatter of its wings in flight before the insect is ever sighted. Dragonfly wings can take a beating, and it's not uncommon for those of older adults to become tattered and

shredded, sometimes with missing chunks bearing mute testimony to a close encounter with a bird or other predator.

Migratory flights can also take their toll on a dragonfly's wings, and researchers with the Migratory Dragonfly Partnership have been examining wing wear on Common Green Darners (*Anax junius*) captured in different regions of eastern North America. These

specimens were also subjected to stable isotope analysis to determine how far each insect had moved from the site where it developed as a nymph. This study is in its final stages, and we hope it will reveal new information about just how well those "filmy wings" stand up to the amazing long distance flights these animals make annually.

~~~~~

### THE FORUM:

**Editor's Note:** Be sure to take advantage of this wonderful opportunity to *share with your fellow Members (Subscribers)!* Also, ask the SOH staff questions, leave your comments and suggestions. All is appreciated.

**The recipe: [YUMMY IN YOUR TUMMY OATMEAL](#) is now in The Forum under**

**the category [Recipes](#). It has been removed from *The Food Intolerance Cookbook*.**


## 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 09/14:

 **INGREDIENTS:** *Grade A Pasteurized Non-Homogenized Grass Based Whole Milk, Organic Amber Agave Nectar, Pure Vanilla Extract and Live Active Cultures: S.thermophilus, L.bulgaricus, L.acidophilus and bifidus.*

 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 below the New Recipes section, just above The Food Resource List Updates. ~~~~




**THE SOAP CORNER**


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

Try **UNSCENTED CARROT RIPPLE**  
Made with Homemade Organic Carrot Juice as a  
**SHAMPOO BAR** too! ~~~

✈ **Remember to log in to the Members side on the website to receive your Member discount on your orders of coco-sha™ soaps. Your special price is automatic at time of payment.** You will see the regular price by the "Add to Cart" button. When you click on the button, you will be taken to the order page; you will then see your actual discounted price.

**SOAP (=16 BARS UNCUT) AND SAVE \$10.00 OFF YOUR ALREADY DISCOUNTED PRICE.**

Slice your own bars from a full loaf using a clean large kitchen knife. It's easy! For more information and/or to place your order, please email me at [manager@songofhealth.com](mailto:manager@songofhealth.com). Tell me which coco-sha™ soap you want, or if you prefer to have your own custom made. You will be emailed an invoice from which to pay. Expect curing time of at least 4 weeks from time of order. **It's that easy!**

✈ **SAVE ADDITIONAL \$10.00**

~ ORDER A FULL 5 LB. LOAF OF

**SOAP NEWS AND UPDATES:**

✈ 🌿 **We recommend you place ORDERS NOW FOR THE HOLIDAYS, to be sure your choices are available for the December Season. Remember, it takes at least 4 weeks for the soaps to cure. Priority Shipping 2 postal days.** 🌿

✈ Due to an increase in postal charges, our shipping costs have been adjusted to cover our costs.

✈ Due to an increase in the cost of our ingredient oils and butters used in our soaps, a cost increase in all our bars went into affect this month. The **new prices** are:  
**Unscented and Cactus Free Unscented @ \$7.49**  
**All other bars @ \$8.49**

✈ **Member discounts are now 10%.**



✈ **UNSCENTED CARROT RIPPLE**  
Made with Homemade Organic Carrot Juice

Colorful choices  
for the  
Thanksgiving  
Season!



**MOUNTAIN SUN**  
Woodsey Scent



Member of

We are dedicated to preserving the environment to the best of our ability.

coco-sha ~ Feel Clean, Revived, & Moisturized! ~ coco-sha



~ 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...

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

News Release: EPA and USDA to Hold Public Listening Sessions on Pollinator Strategy/Sessions to be held November 12 and 17 in the D.C. metro area

CONTACT:  
Cathy Milbourn  
Milbourn.cathy@epa.gov  
202-564- 4355  
FOR IMMEDIATE RELEASE  
November 5, 2014

### **EPA and USDA to Hold Public Listening Sessions on Pollinator Strategy**

Sessions to be held November 12 and 17 in the D.C. metro area  
WASHINGTON - The U.S. Environmental Protection Agency (EPA) and the U.S. Department of Agriculture (USDA) will host two public listening sessions to solicit stakeholder input to assist the Pollinator Health Task Force in development of a federal strategy to protect honey bees and other pollinators. The Task Force is asking for input on the types of activities that could be part of the strategy, including public private partnerships, research, educational opportunities, pollinator habitat improvements and pesticide risk mitigation.

On June 20, 2014, President Obama issued a directive to federal agencies to create a federal strategy to promote honey bee and other pollinator health. The President's directive created a Pollinator Health Task Force, co-chaired by EPA and USDA, and charged federal agencies with expanding efforts to take new steps to reverse

pollinator losses and help restore populations to healthy levels.

Feedback from the listening sessions will play an important role in the Task Force's efforts to develop a federal strategy.

Listening Session Information:

Wednesday, November 12, 2014:  
Time: 1:00 pm to 3:00pm (EST)  
Location: 1st Floor Conference Center, 2777 South Crystal Drive, Arlington, Va.  
Monday, November 17, 2014:  
Time: 1:00pm to 3:00pm (EST)  
Location: 4700 River Road, Riverdale, Md.

For those not able to attend the sessions, there is a webinar available. Additional information is available online:

<http://www2.epa.gov/pollinator-protection/public-listening-sessions-pollinator-health-task-force>

The listening sessions are being held in federal facilities, therefore, attendees must have valid identification to attend.

For those who cannot attend in person or by webinar, written comments must be submitted by November 24, 2014 online at: [www.regulations.gov](http://www.regulations.gov). Search by using the EPA docket number: EPA-HQ-OPP-2014-0806.  
R267

## 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*.

### THANKSGIVING GRATITUDE LIST

*By Sandra Strom, CEO of Song of Health*

November in the United States embraces the all-American epitome of giving thanks...and gorging out. We are vaguely reminded during the forthcoming days of Thanksgiving to consider the meaning of the holiday; more so, we are bombarded with ads, TV shows, Pinterest, and everyday conversations about all the myriad ways to cook a turkey and the trimmings, what's for appetizer, and best of all --- what luscious pies to serve.

The festive holiday season, while it obviously brings joy to many, can also harbor uncomfortable emotions for many --- the stress created attempting to fit work, family, and food preparation into the daily schedule; aloneness created from being separated from loved ones who may live far away or who are departed; the discomfort of being around a ton of food that will ultimately cause us problems should we "indulge the bulge." Needless to say, ads for holiday stuff do not show the down-hearted on Thanksgiving. That would really sell a lot of food, or decorations!

This may be your first big holiday since you learned of your food intolerances and how important it is to adjust your eating habits. For you, especially, this month's holiday may be a difficult challenge.

**This is my foremost advice for you: Do not feel shy about making dishes that you know are safe for you.**

Make enough to share, as you'll be surprised how much others around the table are interested in sampling your dishes. I am intolerant to potatoes and fruit/sugar combo. I also do not eat land meat, by choice --- obviously not your average meat and potatoes person. I love cranberry sauce, so that leaves out sugar, even in pumpkin pie. Get the picture? Other than salad and vegetables (excluding Green Bean Casserole made with Campbell's Cream of Mushroom Soup), that pretty much eliminates most Thanksgiving dishes. So I "trained" my relations to accept me bringing food that I loved and could have, volunteering to make several of the side

dishes. And yes, they would partake of much of it, even though the dishes weren't what they were used to. I prepared what I could ahead of time, respecting their busy space in the kitchen. I brought wild salmon whenever possible, which was grilled outside. Sometimes I'd get lucky and find yuca root available, which I prepared at home and warmed up in the oven alongside whatever else was baking. I made 2 pies at home that I loved and could safely eat. And I was the cranberry sauce maker, using fresh cranberries with orange, maple syrup and honey. Delicious! Yes, most everyone had to share all of it. Realistically, the holidays are an accepted time to splurge, so I whipped fresh cream with a little honey to top the already rich pies --- a special treat only occasionally consumed.

This year, my family and close relations that I always spent Thanksgiving with are living cross country. Fond memories abound, yet it would be easy for me to funk out if I dwell on memories. Instead, I choose to be grateful for what and who is in my life at this time. So, here is my abbreviated gratitude list:

- ✈ I am so appreciative for all of you; together we accomplish what is otherwise unbearably difficult.
- ✈ I am grateful for organic cocoa/chocolate. It tastes so yummy and makes me feel happy drinking this awesome treat!
- ✈ I am grateful for all the wonderful natural foods that I can eat, counting all of these wonderful blessings instead of sniveling over what I cannot have.
- ✈ I am grateful for organic farmers who, although organic food is more expensive than the other for consumers, their profits are not. They not only produce food that is safe for us, they also contribute to the healing of our planet.
- ✈ I am grateful for our wonderful Naturopaths; if not for them, we would never have discovered what our real health issues are. They are also tireless avengers for our right to choose Naturopathy in a country that makes it

difficult for them and us. I'm sure you are aware, there are still many states who refuse to recognize our Naturopaths as true doctors and will not allow them to be licensed. Shameful!

- ✈ I am grateful for the opportunity to continually learn, to be the student, to be open to new information provided by all of you who share your experiences with me/us.
- ✈ I am grateful to be provided with everything I *need*, and to recognize the difference between "needing" and "wanting."
- ✈ I am grateful for family and true friends.

The list goes on and on, but this is a good start for me this holiday season. I hope my sharing personal experiences helps any of you who may find this time difficult, that you can find renewed strength and cheer, knowing you are not alone in your wonderful endeavors to stick with the plan of getting and staying healthy.

**I wish you all a blessed Thanksgiving, and that you feel good the next day!**

*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.

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

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

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

## **LIST OF NEW RECIPES**

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!*

✈ **CEREALS AND GRAINS: [SANDY'S RICE A RONI WITH MISO AND PEANUT BUTTER](#)**

A personal twist on the infamous recipe, this delicious entree can be used as the main dish or a side. It



is a hardy and nutritious comfort food in the cold weather.

✈ The recipe "**Yummy in Your Tummy Oatmeal**" which was contributed by Stephenie Ruff in our first year on line, and was on the **Cereals & Grains** page, **has been moved to The Forum, under RECIPES.**

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.

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).

ANSWERS TO THE FOOD LABEL QUIZ:

- ✂ Listed Ingredients: Grade A Pasteurized Non-Homogenized Grass Based Whole Milk, Organic Amber Agave Nectar, Pure Vanilla Extract and Live Active Cultures: *S.thermophilus*, *L.bulgaricus*, *L.acidophilus* and *bifidus*.
- ✂ Potential Hidden Ingredients: F (Cultures), G (Vanilla Extract)
- ✂ Obvious Ingredients: C,D
- ✂ The product was evaluated for: ALL
- ✂ The results were: C,D,F,P
- ✂ The product is: Dreaming Cow Yogurt Vanilla Agave
- ✂ Hidden ingredients are: F,P



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:** The Cornucopia, representing a successful Harvest of Plenty. This one is mostly squashes, safe for everyone!



### **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 “**Region**”, 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](http://SongofHealth.com), The Food Resource List, and look up items while you shop!



## THE FOOD RESOURCE LIST

NOVEMBER 2014

NOTE: The RESULTS column will show the "basic" food intolerance categories: Cactus, Dairy, Egg, Fruit, Grain, Honey, Meat, Potato, Sugar, Seafood, Soy. Be aware that the less common categories are not shown.

Click on this link for a list of products containing Palm: [drpongo.files.wordpress.com](http://drpongo.files.wordpress.com)

The items listed were purchased in the Pacific Northwest unless noted in "Region" column.

| <u>FOOD EVALUATED</u>                                                            | <u>DATE EVALUATED</u> | <u>EVALUATED FOR</u> | <u>RESULTS</u> | <u>REGION</u> |
|----------------------------------------------------------------------------------|-----------------------|----------------------|----------------|---------------|
| <b>BAKING SUPPLIES:</b>                                                          |                       |                      |                |               |
| Argo Baking Powder                                                               | 10/14                 | ALL                  | F,G,P          |               |
| <b>BUTTER:</b>                                                                   |                       |                      |                |               |
| Trader Joe's, Unsalted                                                           | 10/14                 | ALL                  | D              |               |
| <b>CHIPS AND CRACKERS:</b>                                                       |                       |                      |                |               |
| Annie's Homegrown Organic Pretzel Bunnies with Sea Salt                          | 10/14                 | ALL                  | G,Sy           |               |
| Beanfields Bean & Rice Chips, Sea Salt                                           | 10/14                 | ALL                  | G              |               |
| Kettle Brand Krinkle Cut Potato Chips, Sea Salt                                  | 10/14                 | ALL                  | G,P            |               |
| Lundberg Rice Chips, Sea Salt                                                    | 10/14                 | ALL                  | G,Sy           |               |
| <b>FLOUR:</b>                                                                    |                       |                      |                |               |
| Bob's Red Mill Stoneground White Rice (Bulk)                                     | 10/14                 | ALL                  | F,G,P          |               |
| Bob's Red Mill Unbleached White All-Purpose Organic                              | 10/14                 | ALL                  | G              |               |
| Premium Gold Gluten Free Flax & Ancient Grains All-Purpose                       | 10/14                 | ALL                  | F,G,P          |               |
| Trader Joe's Nuts Just Cashew Meal                                               | 09/14                 | ALL                  | F              |               |
| Wellbee's Super Fine Almond Flour                                                | 09/14                 | ALL                  | N              |               |
| <b>GRAIN:</b>                                                                    |                       |                      |                |               |
| Lundberg Organic California Long Grain Brown Rice                                | 10/14                 | ALL                  | G              |               |
| Quaker Oats Old Fashioned                                                        | 10/14                 | ALL                  | F,G,P          |               |
| <b>JUICES AND DRINKS:</b>                                                        |                       |                      |                |               |
| Trader Joe's 100% Pomegranate Juice, Certified Organic, From Organic Concentrate | 09/14                 | ALL                  | F              |               |

| <u>FOOD EVALUATED<br/>REGION</u>                                              | <u>DATE<br/>EVALUATED</u> | <u>EVALUATED<br/>FOR</u> | <u>RESULTS</u> |
|-------------------------------------------------------------------------------|---------------------------|--------------------------|----------------|
| <b>MEATS &amp; MEAT BOUILLON:</b>                                             |                           |                          |                |
| Hempler's Natural Uncured Ham                                                 | 10/14                     | ALL                      | H,M            |
| <b>MILK AND CREAM:</b>                                                        |                           |                          |                |
| Tillamook Natural Sour Cream                                                  | 10/14                     | ALL                      | D              |
| Twin Brook Creamery Whole Milk                                                | 10/14                     | ALL                      | D              |
| <b>MILK AND CREAM (NON-DAIRY):</b>                                            |                           |                          |                |
| Luna and Larry's Organic Coconut<br>Bliss Mint Galactica                      | 10/14                     | ALL                      | F,S (E?,Sy?)   |
| <b>NUT BUTTERS:</b>                                                           |                           |                          |                |
| Kirkland Signature (Costco)<br>Almond Butter, Creamy                          | 10/14                     | ALL                      | F              |
| Kirkland Signature (Costco)<br>Organic Peanut Butter, Creamy                  | 10/14                     | ALL                      | F              |
| <b>NUTS:</b>                                                                  |                           |                          |                |
| Bremner Farms Roadside Stand<br>Almonds Unpasteurized Raw<br>Organic          | 10/14                     | ALL                      | F              |
| Bremner Farms Roadside Stand<br>Walnuts Unpasteurized Raw                     | 10/14                     | ALL                      | F              |
| <b>OILS:</b>                                                                  |                           |                          |                |
| Nutiva Coconut Oil Organic Extra<br>Virgin                                    | 10/14                     | ALL                      | F              |
| <b>SEAFOOD:</b>                                                               |                           |                          |                |
| Bear & Wolf Pink Salmon Wild<br>Alaskan Salmon Premium<br>Skinless & Boneless | 10/14                     | ALL                      | P,Sf           |
| <b>SEASONINGS AND SPICES:</b>                                                 |                           |                          |                |
| McCormick Grill Mates Montreal<br>Steak Seasoning                             | 10/14                     | ALL                      | F,G,Ms,P,Sf    |
| Mountain Rose Herbs Garlic<br>Granules, Organic                               | 10/14                     | ALL                      | N              |
| Simply Organic Cayenne                                                        | 10/14                     | ALL                      | F              |
| <b>TORTILLAS:</b>                                                             |                           |                          |                |
| Alvarado St. Bakery Sprouted<br>Wheat, Burrito Size                           | 10/14                     | ALL                      | G              |
| <b>YOGURT AND KEFIR:</b>                                                      |                           |                          |                |
| Dreaming Cow Yogurt Vanilla<br>Agave                                          | 09/14                     | ALL                      | C,D,F,P        |



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

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