



DRAGONFLY NEWS

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

MARCH 2013



MOUNTAIN SUN

Now available

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.

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

Dr. Letitia Dick, N.D., 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.

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

Check out your [Goods and Services section](#) at Song of Health.com.

Those interested in advertising at Song of Health.com, please go to <http://www.songofhealth.com/advertising.html> or email us at advertise@songofhealth.com.

WEBSITE CHANGES AND NOTICES

✈ Coming soon...a  FAQs page. Read more in the Soap Corner.



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


Stay notified of any new posts in The Forum and emails sent to us regarding all of your family's personal food intolerances.

To be on the list contact us at manager@songofhealth.com.

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

✈ Give and you shall receive!

Honor your friends and family with a subscription to . For your generosity **YOU** will be honored with **an additional 10% off your next subscription or 2 free bars of  soap!** (Shipping will also be free.)

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

To receive your discount coupon, email manager@songoofhealth.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@songoofhealth.com

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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* and we will do our best to accommodate you. We also invite you to share other suggestions, comments and favorite recipes with us. **Please contact us at: [newsletter@songoofhealth.com](mailto:newsletter@songoofhealth.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



, 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@songoofhealth.com](mailto:manager@songoofhealth.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 "Subscriber".

From Laurie, Feb. 8th: Thank you Sandra for all of the ideas...I can't wait to put them to use! You have my permission to use our question/answer correspondence, anything to help. I am interested in trying the soap shavings that you suggested for laundry soap. I think I will order some of the bars from you first to decide if I want to go unscented or not.

Lastly, I am curious seeing things like Costco plastic wrap and Culligan water testing positive for things. Is this for ultra sensitive sufferers? How would someone know if that is bothering them, or need to be concerned?

Thank you for your guidance...you will be seeing my soap order soon! Sincerely, *Laurie*

Reply from Sandra: Re plastic containers, bags, etc. That is a good question...how sensitive does a person have to be to be affected? Ingredients in the bags can permeate into the food. How much is too much? The body is very sensitive and the immune system is triggered by undesirables. How strong the immune system is at the time will determine how effective it is in protecting the body. Also, you may or may not feel an immediate reaction, yet it may still be something the body has to deal with. When the defenses go on alert and go after something unacceptable, it will tax the immune system. So, the stronger your health and immune system, the better your body can quickly recover. Water is a major issue, in my experience. Just think how fast it absorbs into the digestive system.

Bottom line, we do the best we can with all that inundates our food these days. If you can avoid contaminating containers, do so. When you can eat local foods that are organic and fresh, do so. The more we can put the odds in our favor, the healthier we'll feel.

Laurie (In a discussion about *coco-sha* soaps): I am surprised the oils of clove and lemongrass don't count as fruit intolerant. Interesting! Thanks again.

Sandra: Lemongrass is a grass. It just smells like citrus. That's why we can use it. Wish I could find an herb/grass that smells like orange too! Luckily, we have a few herbal options.

Whole cloves are not fruit. For some reason, when they grind cloves and sell it in that form, it analyzes positive for fruit. We don't know why, as yet. Fortunately, the clove bud essential oil is clean, save the grain carrier. Note...the oil is from the bud, not the hard clove.

From Jill, Feb. 16th: I have a potato starch intolerance. I am a bit overwhelmed because it seems to be in everything!

I just used the list of "tested" foods to create a shopping list. However, I am confused about one thing. If Chobani plain yogurt tested not to have potato, can I assume all Chobani yogurt is safe? Same with the Dannon yogurt that was tested. Could you please clarify this for me? Thanks!

Reply from Sandra: We cannot assume that the flavored products are ok unless our doctors have verified that through analysis. Compare the other ingredients listed on the label with your Food Category List at

Song of Health to see if anything is obvious. Quite often the salt used can be an issue, especially if it is mine salt, as potato starch is often added to keep dry.

Agreed, it is a challenge to avoid potato in packaged foods. I'm here to help as best I can. Potato is my main intolerance, so I am quite familiar with what we can have or not. Feel free to ask for assistance any time! In health, *Sandra*

Jill: Thanks for getting back to me. I will definitely take advantage of your potato knowledge since I am lost!

I will see if there is any difference in the flavored Chobani that I like, with the one that was tested - and compare it to the Food Category List. The only difference really is the flavor and [I] can't imagine that blood orange added would contain potato, same as the apple cinnamon one. My fingers are crossed!

I was told that my vitamin B complex, fish oil and acidophilus contain potato. I couldn't find replacements on the website. Any advice?

Sandra: Try flavoring the yogurt with fresh fruit and cinnamon. It's easy and you'll enjoy it! You can use maple syrup to sweeten. I recommend organic pure with no sugar; or raw honey, or pure agave.

Both my doctors are potato intol also and all of us stopped taking multiple vitamins and other supplements with potato. Most of the vitamin B is derived from potato. You should be able to get all the nutrients you need from organic foods, especially local whenever possible, for general purposes. Your doctor can determine whether you require supplemental help for a specific condition.

Do you have a food combination intol also?

Does that help you? Sounds like you are getting the hang of identifying ingredients to stay clear of pretty fast. Good for you! That is great.

Jill: Thank you very much for all of your time and help. I really appreciate it. You can share my questions with fellow subscribers.

I will try to add fruit and cinnamon to yogurt. That is probably safer than chancing the other flavors that haven't been "tested".

I had a vitamin B12 deficiency a while back - so I will talk to my doctor to make sure I am getting enough vitamin B from food.

I have two food combination intolerances:
Separate grain from sugar by 8 hours;
Separate fruit from sugar by 8 hours.

Although maybe not the right approach, I decided to focus on the potato intolerance first since it was my main intolerance. Originally, I was going to do all at once, but the potato limitations were so much larger than I would have imagined. Once I can navigate it, I plan to then focus on the combinations. Is that realistic?

Sandra: They all create toxic poison in your system. May I suggest refraining from any refined sugars? That is the easiest way to avoid your combos (I have fruit/sugar also) and that is easiest for me. Once in a great while I will have sugar and avoid fruit. So, the cleaner you keep your system the healthier you will feel and be.

We can do it together! Glad I can help. It's part of the service!

Jill: Are all of the "S" labels on the food categories refined sugars? I generally watch my sugar intake but don't really know about the differences in types of sugar. I was told to watch cane sugar.

Sandra: Cane sugar is just one of the refined sugars. So is beet sugar and any other that is refined; includes some date sugars too. And yes: "S" equals refined sugar in the category.


Jill: Is modified starch ok for potato intolerance?

Sandra: Most of the time, I would say no. It is often potato starch. I avoid it.

Jill: Had a feeling that was the answer :(Thanks!

From Tara, February 19th: I want to submit some foods to be evaluated but I was wondering how I would ship the frozen or refrigerated foods? Are you still able to "test" them and get an accurate reading if I ship them in a jar and they cool down to room temperature? Also I wanted to see if I was able to get a discount on the testing cost if I ship a lot of times at once (about 20). I live in Arizona so I wanted to send a bunch in one box. Thank you!

Reply from Sandra: Hello Tara, you can place a small sample of refrigerated or frozen food into a clean glass jar, per instructions

found at ; if you're logged in, click on this link and it will take you to the Subscriber page: "[Send a Sample For Evaluation](#)". It doesn't matter if the food thaws or warms up for the evaluation to be made. You can download the form to fill out and include with your package. Be sure to read and follow the instructions carefully, and include product labels if possible.

You are welcome to call Windrose Clinic at: 509-327-5143 and get a direct quote from them for your multiple samples. It takes Dr. Tish a lot of time to analyze each sample and, honestly, she really isn't getting paid for the time it takes her to do this service; it is a very time consuming and complicated process. So, I wouldn't expect the price to drop, but you are welcome to ask. I am not able to give you a discount, as it costs me the same also, whether it's for 1 or 100. In health, Sandra

NOTE: Dr. Tish informed me that the defrosted samples did smell awful, but she was still able to analyze them! If the samples are being sent from out of the area,

there isn't much we can do about it, and she understands.

From Courtney, March 20th: Hey Sandra, I am so excited about finding this site! I just found out about my potato intolerance through Dr. J. Green. I would love to be included on the Food Alert List. I am hoping that finding out this information will finally help me to live my life to the fullest.

Thank you so much for the work you have done through this site. *Courtney*

From Laurie, March 23rd: Sandra I absolutely LOVE my new soaps!!! They are so yummy and conditioning. It feels like I am treating myself every time I wash my hands. The laundry soap turned out amazing as well. I am so grateful, and will be placing plenty of future orders. Thank you!

By the way, my daughter just got her Carroll "Test" results...her main is potato; her combo is fruit/sugar. Needless to say, she is devastated. Where is the best place on your site you recommend a young adult start, and are there any desserts she can create with this combo? I am still so new at this; I am trying to read up on my own intolerances. Many thanks. *Laurie*

Reply from Sandra: Good morning Laurie, Thank you for the feedback. I'm thrilled the soap is all working out well for you. You'll enjoy the soap on your face and body, as well. My skin is very sensitive and my facial skin does great with the soap. I confess, my favorite on my face is the Carrot Ripple, although all of them work great.

Congrats to your daughter for being conscientious and brave enough to find out what her food intolerances are. Most teenagers seem to prefer to eat every junk food available, then slap tons of acne cream on their face, which obviously doesn't work well! As I have the exact same intolerances as your daughter, I can assure her that she does not need to cut out sweets - we just substitute other ingredients for the sugar when combined with fruit. BTW, rhubarb is not a fruit, so she can have rhubarb pie with refined sugar (provided the flour used in the crust is safe).

I recommend your daughter first go to the Food Category Lists, just as you did for your intolerances, to discern what she can/cannot

have. This is a great start, and it will allow her to get familiar, then comfortable with what is safe for her and what will cause her problems. Then, go to the Food Substitutions List. Here is where she can easily scroll down and find what foods can be substituted for something on the list. For example, honey, maple syrup or agave can be substituted for sugar. The table also gives the ratio for substitution; i.e., 1/2 cup honey for 1 cup sugar.

The Food Resource List is an invaluable shopping tool, as you can identify hidden ingredients in many products. This may be a bit more complicated for her at this point. I would suggest you help her with the shopping list.

If she is used to eating junk food out much, such as McDonald's, that may be her most difficult challenge - how to refrain from eating the foods her friends are eating. Remind her just to do her best. There will be times when she will "fall off the wagon." The cleaner her body is from the toxins, the more she'll recognize the symptomatic results from consuming her intolerances. Pain and suffering is generally the best deterrent for us humans!

Please tell her she is welcome to personally email me and I will be happy to help her.

What a great topic...how and what the kids can do. Sounds like a future topic for "Sharing Experiences!" Thanks, Laurie. Keep me posted on how you both are doing.

Forwarded from Dr. Tish, March 20th:

MRSA in milk supply....

I am sharing this link with you. As you'll see in "Sharing Experiences" this month, this can become a serious issue. Sandra

New MRSA superbug strain found in UK milk supply - Health News - Health & Families - The Independent

<http://www.independent.co.uk/life-style/health-and-families/health-news/new-mrsa-superbug-strain-found-in-uk-milk-supply-8431187.html>

THE FORUM:

The following thread(s) have been posted since our previous newsletter:

CATEGORY: [Miscellaneous](#)

THREAD: [Toothpaste](#)

Posted by Lisa, 28th February 2013: I am dairy intolerant and fruit/sugar intolerant. Is there a toothpaste that I can use that is healthy? I prefer to leave the sugar alone and just eat fruit.

Posted by Sandra, CEO of SOH: Hello Lisa, the question of fruit free products comes up often, as it can be a real challenge. If you will scroll up to the following thread: "What do fruit people do for shampoo and toothpaste?" you will see that Dr. Zeff replied, his wife uses Sensodyne toothpaste. Also, it has been recommended to use baking soda. I use it and it works great. 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 03/13:

INGREDIENTS: Hemp nut base (filtered water, whole hemp nut [shelled hemp seed]), Brown rice syrup, Disodium phosphate, Xanthan gum, Calcium phosphate, Vitamin A palmitate, Vitamin D2, Riboflavin, Vitamin B12.

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. ~~~



## THE SOAP CORNER

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



are excellent used as SHAMPOO BARS too!

~ Now Available ~

NEW:

**MOUNTAIN SUN**

**Woodsey Scent**

Essential Oils of Juniper Berry, Clary  
Sage, Fir Needle, & Lemongrass

*Lavender*


*Premium Essential Oil*




*Coming Soon:*

< Inspired by the beautiful rays of the evening sun, this soap is colored with natural eco-friendly Amazonian clays of yellow, red, and light red; and turmeric powder. They are beautiful and wonderful for the skin. The scents of the mountains are an earthy, wonderfully pleasing blend of essential oils.

< By request, a popular scent throughout the ages now available.


Only the highest quality Premium Lavender is used in . Lavender oil is used in aromatherapy to help soothe and relax. It is believed to aid and soothe the skin from such ailments as insect bites. And it smells divine!

The natural powders of indigo and alkanet root are used to color *Lavender*.

< Due to questions received about , and the differences between them and other commercial products, a FAQs page will be available on the website soon. You will be notified by email and on the Subscriber home page when it is launched.

**REMEMBER TO USE YOUR SUBSCRIBER PROMO CODE  
TO RECEIVE 14% OFF ALL ORDERS: **yummy soap****



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

### ARTICLE:

*Dr. Tish shares the following articles she received from Institute for Responsible Technology [info@responsibletechnology.org](mailto:info@responsibletechnology.org). We have shared several articles on the GMO topic before; we cannot stress the importance of avoiding GMO and chemically sprayed food products.*

**Subject: Farmers Say No to GMOs**

**Date:** February 13, 2013

**Issue #01 February/2013**

## Spilling the Beans

News and Action Alerts for the non-GMO movement

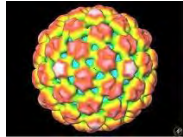


**US farmers may stop planting GMOs after poor yields**



Some US farmers are considering returning to conventional seed after increased pest resistance and crop failures meant GM crops saw smaller yields globally than their non-GM counterparts. Farmers in the USA pay about an extra \$100 per acre for GM seed, and many are questioning whether they will continue to see benefits from using GMs.

[Read more.](#)



### **Viral Gene in Genetically Modified Foods Might Promote Diseases**

Whenever critics of genetically modified (GM) plants warn that GM crops are inserted with dangerous parts of a virus, biotech advocates rush in to correct their "misunderstanding." We don't have to worry, they tell us. Only a small portion of a plant virus is used in order to "turn on" the accompanying gene. Called the promoter, it's like an on-switch. They say it's completely harmless.

[Read more](#)



### **Roundup Harms Beneficial Gut Bacteria**

A study by scientists at Leipzig University found that Roundup herbicide negatively impacted the gastrointestinal bacteria of poultry tested in vitro. The researchers found that highly pathogenic bacteria resisted Roundup, whereas beneficial bacteria were moderately to highly susceptible to it. The study provides a scientific basis to farmer reports of increased gastrointestinal disease in animals fed GM Roundup Ready soy, which is tolerant to Roundup.

[Read more and watch the video.](#)



### **The GMO Seed Cartel**

The introduction of GM crops has corresponded with increasing monopolization of seed by biotechnology companies and higher seed costs that have led to tragedies in some countries, while pushing out conventional, non-GM seeds, and reducing farmer seed choices.

These impacts are being seen in the United States, Brazil, India, the Philippines, and South Africa, and even Europe, says Ken Roseboro in an article, "The GMO seed cartel".

[Read more and view full report](#)

## **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*.**

### **DON'T CUT ON ME!**

*By Sandra Strom, CEO of Song of Health*

I spent a week with my parents at their home in sunny Southern California. This special occasion was my dad's 90th birthday. Dad is doing pretty darn good for his age; albeit, he walks slow with a cane, his hearing is shot and it's like living

in a Marx Brothers movie when the hearing aid batteries (often) die, and his memory ain't what it used to be. Otherwise, the old man still has his hilarious dry wit and humor, exceptionally saintly good nature, and he still bets on

the horses and loves the casino! It wasn't his well-being that turned out to be an issue on this visit.

My mother, an 87 year old OCD clean freak, climbed up on the kitchen counter to clean the garden window several days prior to my arrival. As she attempted to climb back down using her step ladder, she misplaced her footing and down she went, crashing on the floor. No broken bones or sprains, but she really did a number on her leg. For us "younger" folks, that would probably entail a nasty bruise and possibly a good scrape from the tile floor. At 87 however, the skin, flesh and bone don't adhere together very well, so such head over tea kettles can result in a nasty wound. In her case, the thin skin "pulled away", as she put it, and by the time I got there she had one angry infected flesh wound on the front, halfway from the knee to the ankle.

My first action was to call Dr. Tish and see what she recommended. A picture of the wound I sent her was not a preferred photo first thing on a Sunday morning --- it was ugly! An open flesh wound the size of a silver dollar was surrounded by a large area of dark redness and much swelling that traveled down her leg. There was already black (dead flesh) at the wound. She took one look at the picture and immediately texted, "Oh my. It is infected and you need to get at it right away before it gets any more serious." She further warned that MRSA could set in if the infection wasn't immediately arrested. She shared that if my mother chose to go to an MD, their medicine would include prescribing antibiotics, cutting and scraping away flesh, and possibly skin grafting! Her advice was:

- Clean wound with hydrogen peroxide once a day – this will get at the infection.
- See if I can find Black Salve; if not, Calendula ointment – to promote healing and new tissue; apply the

salve/ointment after peroxide cleanse and at bedtime.

- Leave uncovered whenever possible.
- Have her sit with the owie in the sun for a short while, as the sun will also help dry out the infection and promote healing; and give her leg lots of rest.
- Once the ointment is reapplied at night, cover with gauze to protect.

I rushed to the local store that carries homeopathic meds and found a black salve. Back home, I applied it and we followed Dr. Tish's instructions. Unlike her first nature, my mother was a willing patient, as she was suffering. That evening, Dr. Tish called to follow up. It turns out the black salve I found contained blood root extract, which addresses skin cancer in a very powerful way. Instructed to discontinue and use Calendula ointment instead and until she could send me her own salve to treat the wound, I rushed back to the store and found just what we needed.

The next morning I was amazed at how quickly the treatment was working. We had a long ways to go, but the dark color of the redness was way reduced, as was much of the swelling. I felt relieved and that my mother's pain should now begin to recede. Life doesn't just go by my terms, however, and my mother chose to go see her medical doctor, an internist. I conceded, as it wasn't my leg and my mother is a force to be reckoned with in an argument of which I find no joy, so off we were to the medical center. If you haven't been to an MD clinic in a while, it is a real culture shock! It's like standing behind the looking glass --- it's all opposite of our Nature Cure methods. I was adamant about sharing with her very congenial doctor what my Naturopath had instructed, how well it was working, and what it looked like just the day before. If you have ever attempted to share with an MD what your Naturopath recommends, then you have also experienced the MD universal phenomenon of their eyes

glazing over at the mention of “natural, naturopathic,” or anything thereof. And there it was --- *the look*. At that point I realized I could continue espousing for my own self-absorption, but it was falling on ears that had gone to that distant planet wherever MDs go to glaze over. Forcing self-restrain, I quieted down for him to tell my mother that her wound is infected (really?), that he was prescribing her antibiotics (bell ring for Dr. Tish who gets the first prediction right), and he was sending her to a “wound specialist” to treat her. I was shocked. How many doctors does it take to treat a wound you can see? Back in the car, my dad and I look at each other and chime, “Scam!” Everyone gets to dip their hand into the insurance and Medicare buckaroos. Wow, are we ever cynical!

The next morning my mother is fit into the wound specialist’s packed schedule. Guess what her treatment was? (Ding ding for Dr. Tish who gets the second prediction correct.) Scrape the top layer off the wound! Now the wound must be completely covered, no matter what, and twice-a-week visits for the next 5 weeks are scheduled. Each time the same treatment is performed – scrape and cover. In the meantime, the antibiotics are making my mother sick; she’s now weak from the pain, stress, and shock. The swelling and redness do begin to go

down, and the report is that the wound is in the process of healing.

Here’s the thing: Once we choose a method of treatment, then we must commit to it. I had to resign myself to the invasive methods my mother felt safer with, and how she opted for the way of antibiotics, when I knew Dr. Tish’s instructions in the way of Nature Cures would have saved my mother from a barrel full of suffering while allowing her body to properly heal itself with help. It’s lucky that Ma is as tough as she is, because I personally know of a case where just such trauma finished off an elderly person. They just gave up; it was too much for them.

Unlike General Hospital on TV, this soap opera doesn’t end in an hour, and it’s for real. I can’t expect my parents to follow the medical methods that I do. I understand the years of propaganda against the Naturopathic world and the powerful convincing ways of the allopathic circles. I’m grateful to still have my folks and, for whatever reasons, they are tough birds who have weathered well through their many years. For me, it gives me peace and comfort knowing I can trust my Naturopathic healers who follow the old Nature Cures and who have not failed me yet. I will always opt for the easier softer way.

*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 Healer*. 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!

**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).

Fresh spring kale is now available in stores. I'm personally not fond of it raw, unless it is chopped fine in a green salad. I find it delicious, though, when just heated through. It can be lightly steamed, sautéed, roasted, served as a wilted salad, or skillet "fried" just to name a few ways to prepare. This method is one of my personal favorites.

### **VEGETABLES:** **SKILLET KALE**

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: Hemp nut base (filtered water, whole hemp nut [shelled hemp seed]), Brown rice syrup, Disodium phosphate, Xanthan gum, Calcium phosphate, Vitamin A palmitate, Vitamin D2, Riboflavin, Vitamin B12.

Potential Hidden Ingredients: F (Vit. A. palmitate), P (Xanthan gum, Vit. B12)

Obvious Ingredients: G (Brown Rice Syrup)

The product was evaluated for: ALL

The results were: F,G,P,Sf,Sy

The product is: Pacific All Natural Hemp Non Dairy Beverage Original



Hidden ingredients resulted in: F,P,Sf,Sy

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:** ~ **MOUNTAIN SUN**  is scented with essential oils of Juniper Berry, Clary Sage, Fir Needle, & a splash of Lemongrass. The colors of sunset/sunrise are created with natural eco-friendly clays, and turmeric powder.



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

|              |                    |             |                        |
|--------------|--------------------|-------------|------------------------|
| <b>ALL =</b> | <b>Bad for All</b> | <b>M =</b>  | <b>Meat</b>            |
| <b>C =</b>   | <b>Cactus</b>      | <b>Ms =</b> | <b>Mine Salt</b>       |
| <b>D =</b>   | <b>Dairy</b>       | <b>N =</b>  | <b>Neutral for All</b> |
| <b>E =</b>   | <b>Egg</b>         | <b>P =</b>  | <b>Potato</b>          |

|            |              |  |             |                |
|------------|--------------|--|-------------|----------------|
| <b>F =</b> | <b>Fruit</b> |  | <b>Sf =</b> | <b>Seafood</b> |
| <b>G =</b> | <b>Grain</b> |  | <b>Sy =</b> | <b>Soy</b>     |
| <b>H =</b> | <b>Honey</b> |  | <b>S =</b>  | <b>Sugar</b>   |

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

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

✿ The items are listed per category.

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

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

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

**If you have any questions, please contact us at:**

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

**We are happy to help!**

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



## THE FOOD RESOURCE LIST

MARCH 2013

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

| <u>FOOD EVALUATED</u>                                   | <u>DATE<br/>EVALUATED</u> | <u>EVALUATED<br/>FOR</u> | <u>RESULTS</u> | <u>OTHER<br/>REGION</u> |
|---------------------------------------------------------|---------------------------|--------------------------|----------------|-------------------------|
| <b>ALCOHOLIC BEVERAGES:</b>                             |                           |                          |                |                         |
| Crown Royal Canadian Whiskey                            | 03/13                     | ALL                      | G,P,S          |                         |
| Stella Artois Beer                                      | 02/13                     | ALL                      | G,S            |                         |
| <b>BAKING SUPPLIES:</b>                                 |                           |                          |                |                         |
| Frontier Alcohol Free Vanilla<br>Flavor                 | 01/13                     | ALL                      | F,G,P          |                         |
| Rapunzel Rize Organic Active<br>Dry Yeast               | 01/13                     | ALL                      | G,P?,S*        |                         |
| Red Star Platinum Superior<br>Baking Yeast              | 01/13                     | ALL                      | G,S,Sy         |                         |
| Rumford Baking Powder<br>(Aluminum Free)                | 03/13                     | ALL                      | G,P,S          |                         |
| Solgar Brewers Yeast                                    | 01/13                     | ALL                      | G,S            |                         |
| <b>BEANS AND LEGUMES:</b>                               |                           |                          |                |                         |
| Delano Cannellini Beans White<br>Kidney Beans           | 01/13                     | ALL                      | F,G,P,Sf       |                         |
| Fig Food Co. Organic Pinto Beans<br>Ready to Eat        | 02/13                     | ALL                      | P              |                         |
| Westbrae Natural Organic<br>Vegetarian Kidney Beans     | 02/13                     | ALL                      | N              |                         |
| <b>BEVERAGES &amp; SUPPLIES:<br/>NON-ALCOHOLIC</b>      |                           |                          |                |                         |
| Eva's Herbuch Traditional With<br>Ginger                | 02/13                     | ALL                      | ALL            |                         |
| Pacific All Natural Hemp Non<br>Dairy Beverage Original | 02/13                     | ALL                      | F,G,P,Sf,Sy    |                         |
| <b>BREAD:</b>                                           |                           |                          |                |                         |
| Dave's Killer Bread Good Seed                           | 03/13                     | ALL                      | F,G,S          |                         |
| Dave's Killer Bread Good Seed<br>Sprouted Wheat         | 03/13                     | ALL                      | F,G,S          |                         |
| Dave's Killer Bread Powerseed                           | 03/13                     | ALL                      | F,G,P,S        |                         |
| Julian Bakery Carb Zero                                 | 02/13                     | ALL                      | E,F,G          |                         |

| <b><u>FOOD EVALUATED</u></b>                                            | <b><u>DATE<br/>EVALUATED</u></b> | <b><u>EVALUATED<br/>FOR</u></b> | <b><u>RESULTS</u></b> | <b><u>OTHER<br/>REGION</u></b> |
|-------------------------------------------------------------------------|----------------------------------|---------------------------------|-----------------------|--------------------------------|
| <b>BUTTER:</b>                                                          |                                  |                                 |                       |                                |
| Horizon Organic Salted                                                  | 02/13                            | ALL                             | D,P,Sf                |                                |
| Horizon Organic Unsalted                                                | 02/13                            | ALL                             | D                     |                                |
| Tillamook Salted                                                        | 02/13                            | ALL                             | D,F,P,Sf              |                                |
| <b>CANDY AND GUM:</b>                                                   |                                  |                                 |                       |                                |
| Xylichew Sugar Free Chewing<br>Gum, Peppermint                          | 02/13                            | ALL                             | F,H,P,Sy              |                                |
| <b>CEREALS – COLD:</b>                                                  |                                  |                                 |                       |                                |
| Cascadian Farm Organic Granola<br>Oats and Honey                        | 03/13                            | ALL                             | G,H,S,Sy              |                                |
| Nature's Path Organic Envirokidz<br>Chocolate Koala Crisp               | 03/13                            | ALL                             | G,P,S                 |                                |
| Erewhon Organic Crispy Brown<br>Rice Original                           | 02/13                            | ALL                             | G                     |                                |
| Kashi® Cinnamon Harvest Whole<br>Wheat Biscuits                         | 03/13                            | ALL                             | F,G,S                 |                                |
| Kashi® Island Vanilla Whole<br>Wheat Biscuits                           | 03/13                            | ALL                             | G,S,Sy                |                                |
| <b>CHEESE:</b>                                                          |                                  |                                 |                       |                                |
| Ballard Family White Cheddar                                            | 02/13                            | ALL                             | D,Sf                  |                                |
| Daiya Pepperjack Style Shreds                                           | 01/13                            | ALL                             | D,F,P                 |                                |
| Mifroma Emmentaler AOC Swiss                                            | 02/13                            | ALL                             | D,M,P,Sf              |                                |
| Organic Valley Organic Lowfat<br>Cottage Cheese Small Curd              | 02/13                            | ALL                             | D,F,P,Sf              |                                |
| <b>CHIPS AND CRACKERS:</b>                                              |                                  |                                 |                       |                                |
| Annie's Homegrown Bunny<br>Grahams Chocolate                            | 03/13                            | ALL                             | F,G,P,S,Sy            |                                |
| Annie's Homegrown Bunny<br>Grahams Honey                                | 03/13                            | ALL                             | G,H,P,S,Sy            |                                |
| Food Should Taste Good All<br>Natural Chips Blue Corn                   | 03/13                            | ALL                             | F,G                   | Midwest                        |
| Food Should Taste Good<br>Jalapeño Tortilla Chips                       | 03/13                            | ALL                             | F,G                   |                                |
| Garden of Eatin' Mini White<br>Rounds Tortilla Chips                    | 02/13                            | ALL                             | G                     |                                |
| Late July Organic Sea Salt By<br>The Seashore Multigrain<br>Snack Chips | 03/13                            | ALL                             | G,S                   |                                |

| <b><u>FOOD EVALUATED</u></b>                                     | <b><u>DATE<br/>EVALUATED</u></b> | <b><u>EVALUATED<br/>FOR</u></b> | <b><u>RESULTS</u></b> | <b><u>OTHER<br/>REGION</u></b> |
|------------------------------------------------------------------|----------------------------------|---------------------------------|-----------------------|--------------------------------|
| <b>CHOCOLOATE AND COCOA:</b>                                     |                                  |                                 |                       |                                |
| Enjoy Life Semi-Sweet<br>Chocolate Mini Chips                    | 01/13                            | ALL                             | F,G,P,S               |                                |
| <b>COFFEE AND ALTERNATIVES:</b>                                  |                                  |                                 |                       |                                |
| 4 Seasons Coffee Company<br>Organic Espresso Blend               | 02/13                            | ALL                             | F                     |                                |
| Walla Walla Roastery Coffee<br>Ethiopian Yirgacheffe             | 01/13                            | ALL                             | F                     |                                |
| <b>COOKIES AND TREATS:</b>                                       |                                  |                                 |                       |                                |
| Enjoy Life Cocoa Loco<br>Chewy Bars                              | 03/13                            | ALL                             | F,G,P,S               | Midwest                        |
| Enjoy Life Sunbutter Crunch<br>Chewy Bars                        | 03/13                            | ALL                             | F,G,P,S               | Midwest                        |
| <b>FROZEN FOODS:</b>                                             |                                  |                                 |                       |                                |
| Amy's Pizza Margherita                                           | 03/13                            | ALL                             | D,F,G,H,M,P,S,(Sy?)   |                                |
| Amy's Pizza Cheese                                               | 03/13                            | ALL                             | D,F,G,H,M,P,S,(Sy?)   |                                |
| <b>FRUIT &amp; BERRIES (INCLUDING<br/>SPREADS &amp; SAUCES):</b> |                                  |                                 |                       |                                |
| Carolyn's Classics Rhubarb Jam                                   | 03/13                            | ALL                             | F,S                   |                                |
| <b>GRAINS:</b>                                                   |                                  |                                 |                       |                                |
| Angie's BOOMCHICKAPOP Sea<br>Salt Popcorn                        | 02/13                            | ALL                             | G                     |                                |
| Azure Standard Organic Yellow<br>Popcorn                         | 02/13                            | ALL                             | G                     |                                |
| Bearitos Lite No Salt No Oil<br>Organic Popcorn                  | 02/13                            | ALL                             | F,P                   |                                |
| Colby's Kettle Corn Butter Salt<br>Craving                       | 03/13                            | ALL                             | G                     | Midwest                        |
| Colby's Kettle Corn No Salt                                      | 03/13                            | ALL                             | F,G,S                 | Midwest                        |
| Natural Value 100% Organic<br>Yellow Popcorn                     | 03/13                            | ALL                             | G                     |                                |
| Trader Joe's Rolled Oats<br>Gluten Free                          | 01/13                            | ALL                             | G                     |                                |
| <b>HONEY:</b>                                                    |                                  |                                 |                       |                                |
| Auguson Farms Honey Powder                                       | 01/13                            | ALL                             | F,H,S                 |                                |

| <u>FOOD EVALUATED</u>                                          | <u>DATE<br/>EVALUATED</u> | <u>EVALUATED<br/>FOR</u> | <u>RESULTS</u> | <u>OTHER<br/>REGION</u> |  |
|----------------------------------------------------------------|---------------------------|--------------------------|----------------|-------------------------|--|
| <b>MAPLE SYRUP AND SUGAR:</b>                                  |                           |                          |                |                         |  |
| Coombs Family Farms 100% Pure Organic Maple Sugar              | 03/13                     | ALL                      | N              | Northeast               |  |
| Whole Foods 365 Organic 100% Pure Grade B Maple Syrup          | 02/13                     | ALL                      | N              |                         |  |
| <b>MEATS AND MEAT BOUILLON:</b>                                |                           |                          |                |                         |  |
| Applegate Farms Natural Sunday Bacon, Uncured, Hardwood Smoked | 03/13                     | ALL                      | M,Ms,P,S       | Midwest                 |  |
| Fiorucci Riserva Prosciutto                                    | 03/13                     | ALL                      | M,Ms           |                         |  |
| Kitchen Basic Original Chicken Cooking Stock                   | 02/13                     | ALL                      | F,G,H,M        |                         |  |
| Niman Ranch Uncured Canadian Bacon                             | 03/13                     | ALL                      | D,G,M,S        |                         |  |
| Shelf Reliance Thrive Chicken Bouillon                         | 01/13                     | ALL                      | ALL            |                         |  |
| Verde Farms 100% Grass Fed Beef Patties                        | 03/13                     | ALL                      | F,M,Ms,P       |                         |  |
| <b>MILK AND CREAM:</b>                                         |                           |                          |                |                         |  |
| Daisy Brand Sour Cream Pure & Natural                          | 03/13                     | ALL                      | D,Sf           |                         |  |
| Horizon Organic Milk DHA Omega-3                               | 03/13                     | ALL                      | D,F,P,Sf       |                         |  |
| Organic Valley Organic Whole Milk Vitamins A & D Pasteurized   | 03/13                     | ALL                      | D,F,M,Sf       |                         |  |
| Organic Valley Organic Whole Omega 3 Milk                      | 03/13                     | ALL                      | D,F,M,Sf       |                         |  |
| Rose Hill Dairy Raw Whole Cow’s Milk                           | 02/13                     | ALL                      | D              |                         |  |
| Tillamook Sour Cream Natural                                   | 02/13                     | ALL                      | D,F,Sf         |                         |  |
| <b>MILK – NON DAIRY:</b>                                       |                           |                          |                |                         |  |
| Organic Valley Organic Soy Creamer                             | 02/13                     | ALL                      | M,Ms,S,Sf,Sy   |                         |  |
| SO Delicious Dairy Free Coconut Milk Creamer Original          | 02/13                     | ALL                      | F,P,S,Sf       |                         |  |
| <b>NUTS:</b>                                                   |                           |                          |                |                         |  |
| Honor Earth Farm Hazelnuts Organic                             | 02/13                     | ALL                      | N              |                         |  |

| <b><u>FOOD EVALUATED</u></b>                                                                  | <b><u>DATE EVALUATED</u></b> | <b><u>EVALUATED FOR</u></b> | <b><u>RESULTS</u></b> | <b><u>OTHER REGION</u></b> |
|-----------------------------------------------------------------------------------------------|------------------------------|-----------------------------|-----------------------|----------------------------|
| <b>NUTS (Cont.):</b>                                                                          |                              |                             |                       |                            |
| Now Healthy Foods Natural Unblanched Almonds                                                  | 01/13                        | ALL                         | N                     |                            |
| <b>PASTA:</b>                                                                                 |                              |                             |                       |                            |
| DeBoles Rice Spaghetti Style Pasta Gluten Free                                                | 02/13                        | ALL                         | F,G                   |                            |
| <b>PREPARED FOODS AND MIXES:</b>                                                              |                              |                             |                       |                            |
| 365 Organic Buttermilk Pancake And Waffle Mix                                                 | 03/13                        | ALL                         | D,G,P,S               |                            |
| Amy's Bowls Pasta Shells                                                                      | 03/13                        | ALL                         | D,F,G,P,(Sy?)         | Southeast                  |
| Amy's Bowls Ravioli Cheese Ravioli With Sauce                                                 | 03/13                        | ALL                         | D,F,G,P,(Sy?)         |                            |
| Amy's Burrito Organic Beans & Rice, Non-Dairy                                                 | 03/13                        | ALL                         | G,P                   |                            |
| Pita Pal Organic Hummus Spicy Red Pepper                                                      | 03/13                        | ALL                         | F,G,P                 | Midwest                    |
| Tucson Tamale Company "Berkeley" Black Beans, Fresh Roasted Corn and Spices in Red Chile Masa | 03/13                        | ALL                         | F,G,P                 | Midwest                    |
| Tucson Tamale Company "Tucson" Cheese in Grilled Jalapeño Masa                                | 03/13                        | ALL                         | D,F,G,P               | Midwest                    |
| <b>SALSA:</b>                                                                                 |                              |                             |                       |                            |
| Guy Fieri Chipotle Salsa                                                                      | 03/13                        | ALL                         | F,P,(Sy?)             |                            |
| <b>SALT:</b>                                                                                  |                              |                             |                       |                            |
| Baleine Fine Crystals Sea Salt                                                                | 03/13                        | ALL                         | N                     |                            |
| <b>SEASONINGS AND SPICES:</b>                                                                 |                              |                             |                       |                            |
| Frontier Organic Cardamom Seed (Whole Pods)                                                   | 02/13                        | ALL                         | N                     |                            |
| Frontier Organic Fennel Seed Whole                                                            | 02/13                        | ALL                         | N                     |                            |
| Frontier Organic Onion Flakes                                                                 | 02/13                        | ALL                         | N                     |                            |
| Frontier Organic Sweet Basil Cut & Sifted                                                     | 02/13                        | ALL                         | N                     |                            |
| Spice Islands Curry Powder                                                                    | 02/13                        | ALL                         | N                     |                            |

| <b><u>FOOD EVALUATED</u></b>                                                      | <b><u>DATE<br/>EVALUATED</u></b> | <b><u>EVALUATED<br/>FOR</u></b> | <b><u>RESULTS</u></b> | <b><u>OTHER<br/>REGION</u></b> |
|-----------------------------------------------------------------------------------|----------------------------------|---------------------------------|-----------------------|--------------------------------|
| <b>SEEDS:</b>                                                                     |                                  |                                 |                       |                                |
| Wildcraft Harvest Wild Lands<br>Fennel Seed (Bulk)                                | 02/13                            | ALL                             | N                     |                                |
| <b>SOUPS:</b>                                                                     |                                  |                                 |                       |                                |
| Amy's Organic Soups Chunky<br>Tomato Bisque                                       | 03/13                            | ALL                             | D,P,S                 |                                |
| <b>SWEETENERS:</b>                                                                |                                  |                                 |                       |                                |
| Azure Standard Old Fashioned<br>Molasses                                          | 01/13                            | ALL                             | S                     |                                |
| Now Healthy Foods Fructose                                                        | 02/13                            | ALL                             | F,G                   |                                |
| SweetLeaf® 100% Natural Stevia<br>Sweetener                                       | 01/13                            | ALL                             | ALL                   |                                |
| Wholesome Sweeteners Organic<br>Blue Agave                                        | 02/13                            | ALL                             | N                     |                                |
| <b>TEAS:</b>                                                                      |                                  |                                 |                       |                                |
| Triple Leaf Green Decaf                                                           | 02/13                            | ALL                             | N                     |                                |
| <b>TOMATO PRODUCTS:</b>                                                           |                                  |                                 |                       |                                |
| Muir Glen Organic Tomato Paste                                                    | 02/13                            | ALL                             | F                     |                                |
| <b>VEGETABLES:</b>                                                                |                                  |                                 |                       |                                |
| Marketside Broccoli Slaw                                                          | 02/13                            | ALL                             | N                     |                                |
| <b>VINEGAR:</b>                                                                   |                                  |                                 |                       |                                |
| Spectrum Naturals Organic<br>Brown Rice Seasoned                                  | 02/13                            | ALL                             | F,G,P                 |                                |
| <b>VITAMINS, HEALTH CARE<br/>PRODUCTS &amp; NUTRITIONAL<br/>SUPPLEMENTS:</b>      |                                  |                                 |                       |                                |
| Royal Brittany Evening Primrose<br>Oil (Gel cap not specified at<br>this time)    | 02/13                            | ALL                             | F                     |                                |
| Wildcraft Forest Wormwood<br>Powder (Bulk @ Truby's Health<br>Mart, Sandpoint ID) | 02/13                            | ALL                             | N                     |                                |





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