

To Your Health

January 1999

Volume 4, Issue 1

Healthy Reading

Dr. Lee's latest book,

The Enzyme Cure, is available from her office. Call 541-937-1123 to order your copy.

This newsletter is provided courtesy of Lita Lee, Ph.D.

Newsletter Editor
Ginny Hagopian

Next Issue:
March 1999

We want to hear from you.

Please send your comments, recipe ideas, and suggestions to:

Lita Lee Ph.D.
P.O. Box 516
Lowell, OR
97452

Office
(541) 937-1123

FAX
(541) 937-1132

Order/Messages
(541) 746-7621

Happy New Year!!

Another holiday season has come and gone. I hope yours was blessed with joy and peace. If you partied a little too hearty and are now having trouble zipping your clothes, read on. There is hope. Now is the perfect time to check your diet, your enzymes and your goals for better health in 1999. May this new year bring you good health and fulfillment.

Lita



Thyroid Myths and Truths

There are many myths about thyroid function that still pass for truth. These myths have been reported to me over the last 11 years by hundreds of clients world-wide.

Myth #1 Blood tests for thyroid function are valid & determine thyroid function accurately.

The Truth The numbers in the thyroid blood panel may be accurate but they do not tell you what the body is doing with the thyroid hormone, so they are a waste of money. This was proven over 50 years ago by the late Dr. Broda Barnes, M.D. who wrote "Hypothyroidism, The Unsuspected Illness". The only way to determine thyroid function is proper monitoring of oral temperature and pulse rate (read my article for details).

Myth #2 Synthroid™ (synthetic thyroid or T4) works.

The Truth Synthetic thyroid doesn't work, suppresses the pituitary and rarely improves symptoms (except in very healthy people).

Myth #3 Synthroid™ is better than thyroid glandular because the dose is scientifically determined.

The Truth The glandular works because it contains a balanced ratio of T4 (the inactive form of thyroid hormone) and T3 (the active form). Both are necessary.

Myth #4 Don't take thyroid glandular. It causes bone loss.

The Truth Synthetic T4 causes bone loss. Thyroid glandular prevents bone loss because it promotes both new bone formation and the dissolution of old bones. Both are required for healthy bones.

Myth #5 I can't take thyroid glandular - I'm underweight.

The Truth Thyroid glandular will normalize weight, so that an underweight person will gain and an overweight person will lose weight providing a whole foods, pro-thyroid diet (devoid of thyroid inhibitors) is followed.

Myth #6 Taking thyroid glandular will make my thyroid gland lazy.

The Truth Studies in which

(Continued on page 2)

"Sound Bites"

Missing Frequencies

According to Sharry Edwards of Sound Health, balancing high and low notes and restoring missing frequencies is essential in sound healing. I am fascinated by missing frequencies (sounds) because if the frequency of an important substance (vitamin, mineral, hormone or enzyme) is missing, the body cannot recognize that substance even if it is given orally. What happens to that unrecognized substance?

According to Sharry, the body either stores, secretes or reacts to it. Is this one of the secrets to allergic reactions?

Sharry has observed that supplying a missing frequency combined with giving the corresponding substance produces much better results than just providing the missing frequency. As always, we must be careful of overdosing.

Here are 2 simple examples: Sharry Edwards' client with multiple myeloma (bone cancer) had a very high level (frequency / sound) of an immunoglobulin or antibody called IgG. Additionally, the frequency of the enzyme papain was missing in his voice. Sharry discovered that papain "digests" the IgG antibody into important smaller fragments. No wonder this client had such a high level of IgG. To lower the IgG level he must be given the missing frequency of papain (giving supplements will not

(Continued on page 3)

(Thyroid Myths, Continued from page 1)

the thyroid gland was totally suppressed with an overdose of thyroid glandular showed the natural return of thyroid activity when the glandular was withdrawn.

Myth #7 Taking thyroid glandular causes a dependency.

The Truth The need for thyroid glandular varies and, in fact, increases with darkness (winter), stress and illness. Keeping track of your oral temp and resting pulse will indicate your correct dosage.

Myth #8 Thyroid glandular causes heart problems.

The Truth Thyroid is cardio protective because of its ability to keep adrenalin at safe levels. For a detailed article, call the office.

Myth #9 Taking excess thyroid glandular has dangerous side effects.

The Truth The only side effect of being slightly (say, 25%) hyperthyroid is longevity. The longest-lived people on earth are about 25% hypermetabolic. These people live on thyroid stimulating foods (natural animal protein, adequate salt, fruits and coconut oil) and had *none* of the common diseases observed in our junk food, hypothyroid society (cancer, heart disease, gallbladder disease, bone disease, senility, etc.).

So check your temperature and pulse, take your thyroid glandular and live long and prosper!

Who Needs Enzymes? Every - Body!!

Proper digestion (absorption and assimilation of food) is the key to good health. If you eat organic, whole, unprocessed foods and take the proper multiple digestive enzyme, you may never develop other enzyme deficiencies.

Here is a digestive enzyme checklist... in case you've forgotten and are too busy to read up on the subject. In general, the dosage is 2 capsules at the start of each meal (3 times daily).

Remember, a food intolerance means you cannot digest it or eat too much of it.

Bil (Biliary) For fat intolerance and gallbladder problems (burps after meals, nausea after meals, can't tolerate spicy or fatty foods).

PAN (Pancreas) For sugar / wheat intolerance (environmentally sensitive, asthma and many other conditions).

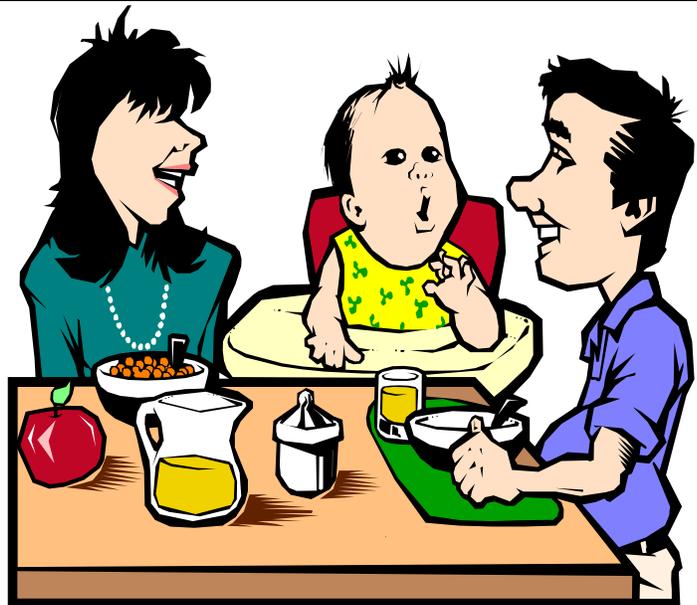
SvG (Salivary Gland) For sore, irritated throat, speech problems, crave carbohydrates, also common in sugar intolerant people.

Adr (Adrenal) For mood swings, irritable or angry behavior, ADD - Attention Deficit Hyperactivity Disorder, panic attacks, common in many sugar

Signs of Hypothyroidism

Weight Gain/Loss,
All Female Problems,
Osteoporosis, Arthritis,
High/Low Bloodpressure,
Asthma, Heart Disease, Cancer,
Depression, Fatigue, Insomnia,
Skin Problems, Vision Problems,
Hypoglycemia, Cold Hands/Feet,
Immune system problems (chronic infections),
Colon Problems, Digestive Problems, Allergies,
Hair Loss (head), Abnormal Facial Hair (women),
ADD (Attention Deficit Hyperactivity Disorder),
Moody/Irritable Behavior, Mental Problems

Sound Familiar?



intolerant people.

HCL (contains no hydrochloric acid) For sugar, fat and protein intolerance.

VSCLR (Vascular) A high lipase digestive formula for people who may have hypertension, high blood fats, diabetes, varicose veins, difficulty losing weight.

Stm (stomach) For gastric problems (hiatal hernia, gastritis or ulcers) due to *long term* fat intolerance / gallbladder problems.

DGST (Digest) For colicky babies.

The Enzyme Cure is here!!

Dr. Lee's long awaited new book, The Enzyme Cure, is now available. This book discusses: enzymes - what they are and how they work, how to find healthy foods, environmental toxins, successful treatment of over 36 health conditions and much more. Available for \$21.95 (including S&H) from Dr. Lee's office... soon to be found in book & health stores.

To Your Health

Lita Lee, Ph.D.
P.O. Box 516
Lowell, OR 97452

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. These statements and the formulations listed are not intended to diagnose, prescribe for, treat or claim to prevent, mitigate or cure any human disease. They are intended for nutritional support only. The third party information referred to herein is neither adopted nor endorsed by this web site but is provided for general informational purposes. Any person suspecting disease conditions should seek the advise of a licensed physician.

To Your Health

(Sound Bites, Continued from page 1)

work as long as the frequency is missing).

The second example is from my research on psoriasis, the third most common skin condition for which no cause has been found. I used myself as a subject as I have psoriasis despite enzyme and thyroid therapy. I discovered that 3 substances important to preventing/curing psoriasis were *missing* at genetic (low) frequency levels in my voice print: cyclic AMP (required to make cells mature), progesterone (the anti-tumor hormone) and fumaric acid (important in the Krebs or Citric acid cycle - the major energy producing cycle in the body). Fumaric acid metabolism is known to be disrupted in people with psoriasis.

After listening to these missing sounds for several days, they appeared in my voice print and my psoriasis improved.

This is one tiny step in a long road of discoveries in sound therapy. For more information on Sound Therapy, call Sound Health at 740-698-9119.

Disclaimer: The FTC requires that we tell



you that the results in these case notes and testimonials published here are not typical, however they do show what some people have been able to achieve. One of the main lessons that Natural Healing teaches us is that no one is *typical*. Indi-

Going Out Of Town...

Dr. Lee and her family will travel to Puerto Vallarta, Mexico from Friday Feb. 19th through Sunday Feb. 27th for an Enzyme Conference at which Dr. Lee is a speaker. The lovely and talented staff will keep the office running smoothly, so you may send urine samples and place orders. Dr. Lee will, of course, not be available for consultations.

Going Coconuts... Organically!

Spectrum Naturals™ now carries organic coconut oil. It is so much better than their conventional brand. If you can't find it in your health food store, you can order it from Dr. Lee's office.

viduals vary, which is why we must always consider the whole person when recommending a course of action. These results are what some people have achieved with our methods.

Important Note

To find a certified sound therapist in your area, please call Sharry Edwards at Sound Health 740-698-9119.

Be sure that your sound therapist has been certified by Ms. Edwards. There are many unqualified therapists who claim to be certified but are not.

You can learn more about Ms. Edwards at www.soundhealthinc.com.