

To Your Health

April 1999

Volume 4, Issue 2

Healthy Reading

Dr. Lee's latest book, *The Enzyme Cure*, is now in it's second printing! Order your copy from Dr. Lee's office. Call 541-937-1123

Dr. Lee will attend a book signing at East West Book Store in Mtn View on Friday July 9 at 7:30 p.m.

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

Newsletter Editor
Ginny Hagopian

Next Newsletter:
July 1999

We want to hear from you.

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

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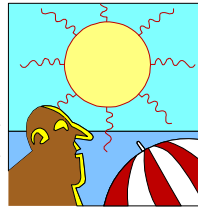
**Office
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**Order/Messages
(541) 746-7621**

Spring! Are We There Yet??

The Puerto Vallarta conference was a beautiful, enlightening experience. I met 50 doctors and attended some great lectures. Paradise Village (aptly named) is an enchanting resort right on the beach. After basking in the sun and eating outdoors in summer clothes, returning to cold, wet, dark Oregon was a letdown! But Spring is just around the corner and I am impatiently awaiting the warm summer days.



In this issue we present a detective story. How does Lita determine what enzymes you need? Read on to find out!

What A Difference A Day Makes...

Or...

How Lita uses the Loomis 24-hour urine test to determine enzyme and nutritional deficiencies.

This handy dandy test is not a diagnostic test, but rather a prognostic one - it *predicts* the disease you will get if you don't clean up your diet and nutrition act. This urine test shows enzyme and nutrient deficiencies long before they show up in the blood. Why? The blood will keep what it needs and dump what it doesn't. By examining the urine we can see what the blood is doing. For example, if the urine shows low calcium this means the blood cannot spare the threshold (normal) amount of calcium. The same is true for all nutrients found in the urine. Cells will sacrifice themselves to the blood so it can maintain its homeostasis - a very narrow range of values. First, the Loomis urinalysis tells what you cannot digest, absorb or assimilate. If it's protein, you are protease deficient. If it's fat, you are lipase deficient. If

it's carbohydrates, you are amylase deficient. If it's sugar (cane, milk or grain sugar), you are (respectively) sucrase, lactase or maltase deficient. Second, this test reveals nutrient deficiencies, such as chlorides, calcium, vitamin C and salt. Yes folks, many of you are salt deficient because you have been told not to eat salt. Read about how important salt is in the section on high blood pressure. Third, this test determines acid - alkaline (pH) balance. This is very important for mineral absorption. For example, overly alkaline people can't absorb calcium, develop calcium-deficiency problems (e.g. arthritis, osteoporosis) and may be very anxious. Fourth, this test shows if you have an allergy pattern. Most people have this pattern even if
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"Sound Bites"

The Sound Of Infection

Did you know that an infection shows up in your voice? In the computer voice print, the infection looks like an upside-down bowl, or, as my husband John says, a "hump".

Recently my daughter, Veronica, had a serious flu with an array of indications (high fever, headache, nausea, vomiting, sore throat, cough and sinus congestion). She got sick on a Tuesday and couldn't eat or take her enzymes. On Thursday I did a voice print and, wow, I saw her infection... a big hump in her vocal range (one octave below middle C). From the note at the peak of the hump I calculated 3 possible sounds. She liked 2 of them and I told her to use them as often as she wished.

Before the sound therapy her oxygenation was poor and her pulse was rapid and erratic. The sounds immediately started raising her oxygenation and lowering her pulse. She listened to her sounds 4 times that day for several minutes each time. After the first session she was hungry and this was the end of her fever, vomiting and sore throat. After her 4th session her oxygenation and pulse had returned to normal.

On Friday, I rechecked her voice. The infection (hump) was gone!! On Saturday she went out for dinner and was

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Hypertension

High Blood Pressure

What causes high blood pressure?

The most common nutritional cause of high blood pressure is hypothyroidism (low thyroid function), which produces excess adrenaline. Excess adrenaline is a leading cause of heart disease. Of course, thyroid glandular therapy is indicated.

Stress is also a cause, because severe stress also produces high adrenaline. There are many remedies for severe stress (e.g. CLM for nervousness, ADR for stress, depression, panic attacks and insomnia, TRMA for anxiety). The anti-aging steroid, pregnenolone, is also excellent for relieving depression, panic

attacks and anxiety.

Inadequate intake of sea salt is another major cause of hypertension. Sea salt is a natural diuretic and, by raising blood sugar to normal, lowers adrenalin and thus prevents heart disease. Hypothyroid people are candidates for hypertension not only from excess adrenaline, but also because they cannot hold sodium (which is why they get edema). Don't confuse sea salt with table salt. Sea salt contains 48 minerals; table salt contains only sodium chloride. BIG difference!

There is a structural problem that causes hypertension - a vertebral subluxation within the first 3 upper cervical vertebrae (C1, C2 and C3). The enzyme formula for this problem is Sym. Sym can help relieve

hypertension caused by this structural problem as well as help hold the chiropractic adjustment.

The enzyme connection to hypertension is lipase (fat intolerance). The enzyme formulation containing the most lipase is VSCLR. HCL contains the next highest amount, however, all of the multiple digestive enzymes contain lipase.

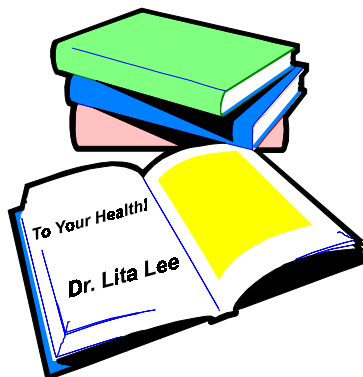
There are also herbs for high blood pressure. My favorite one is coleus forskohlii, which is indicated in cardiovascular and blood pressure problems.

So, support your thyroid, eat organic salt (to taste), manage your stress and take a multiple digestive enzyme. For a more detailed paper on hypertension, call the office.

Thyroid Notes

Many of my patients have been told that thyroid glandulars are useless as they contain no free forms of the thyroid hormones. While this is true, it is only half the story. The glandular contains the protein precursors of the thyroid hormones (thyroglobulins) digestion of which releases the free units of the thyroid hormones (T4&T3).

Beware, however! Very few glandulars are authentic. The bogus ones are nothing but iodinated casein (milk protein) and some contain amphetamines (speed) as well. There is no easy way to find out which glandulars are real and which are not... except by seeing the healing effects. When you take a natural thyroid glandular, you will see improvements in your health: goiters shrink, basal temperature rises, pulse normalizes, immune system starts working, female problems disappear, etc..



Thank you for your support!!

Dr. Lee's new book, "The Enzyme Cure", is already in its second printing!!

Since the initial publication of her new book, Lita has done countless radio shows! She is also doing TV programs, book signings and lectures.

Keep an eye on your cable guide!!

Fun in the sun... and after, too!



Here are some tips for traveling without turista (traveler's diarrhea) and without sunburn! Don't leave home without them (as well as your usual enzymes).

Citricidal tablets: 2 / meal to protect from food poisoning and diarrhea;

Urt: 4 caps 3 times/day or as needed to ease the queasy!

IrB: 2-4 caps will help relieve diarrhea. For constipation, it's LgI - 2 caps 1 to 3 times/day until relieved. Suffering from both?? Use Sml - one tbs. in water, once in the morning and once at night;

Rbs: 2-4 caps 3 times/day for sun sensitive people. This formula also heals sun poisoning, a pimply rash that occurs when exposed to lots of sunshine;

Coconut oil: The best sun screen you can use. It is not carcinogenic as are most commercial products. You can add a few drops of iodine and use for the first few days, then switch to plain coconut oil to avoid the thyroid suppression caused by excess iodine.

Progesterone Cream: Great for sun-damaged skin should you goof. Men may use Colostrum cream if they prefer. If neither is available, use aloe vera juice.

Speaking of Sun!

Dr. Lee's next visit to the Bay Area is scheduled for

July 9 - 10 - 11

Mark your calendar!

And it would be a good idea to see your chiropractor prior to seeing Dr. Lee

Did You Notice Anything Different?

Did you notice? The newsletter is longer and it arrived in your mailbox in April instead of March.

What's up with that??

In order to bring you more valuable insights and information, the newsletter will have a new format: 4 pages instead of the previous 2.

To accommodate Dr. Lee's incredibly busy schedule, the newsletter will be published quarterly instead of bi-monthly.

We would like to know what you think of this newsletter. Does it help you be healthier? Does it help you understand what makes your body work... and not work? Does it encourage you to eat better food, take supplements that support your body, enjoy life?

Let us know.

We value your ideas and comments.

Sending Those Kits!

When sending your urine kits to Dr. Lee, please send overnight by Federal Express, UPS or Airborne.

Do NOT pay extra for a morning delivery, as we receive ALL of our deliveries in the afternoon.

Do NOT send by express or priority mail - that takes 2 or more days.

(What A Difference A Day Makes, Continued from page 1)
they are unaware of the cause.

Fifth, this test reveals how toxic your colon is. Did you know there is a poison that comes from undigested food that is excreted in the urine? It's called indican and there are over 100 conditions that are associated with high urinary indican levels.

How can the urine test *predict* disease? Each enzyme deficiency can lead to several health conditions. Let me briefly illustrate (this is only a partial list):

Protease deficiency: anxiety, immune system problems, frequent infections and edema (anywhere);

Lipase deficiency: gallbladder problems, cardiovascular problems, hypertension, obesity, diabetes, stomach problems;

Amylase deficiency: skin problems such as hives, rashes, herpes, allergies to bee stings/bug bites/poison oak/ivy;

Sucrase/lactase/maltase deficiency: **physical:** asthma, environmental illness, seizures, diarrhea; **emotional/mental:** mood swings, angry/irritable behavior, attention deficit hyperactivity disorder (ADD), panic attacks, insomnia and depression.

Speaking of Different . . .

The office is entering the Age of the Internet. Yes! Dr. Lita Lee's office is, at last, "on-line".

Well, we're getting on-line. Lita and her wonderful staff have many plans, including a home page, ordering products through email or the home page, accessing the newsletter on-line and much, much more.

As part of this project, we need your help. We would like to know if you would use these on-line services and we would like your email address.

Soooo... please drop us an email so we can add your address to our list. And please include any comments you have regarding these plans.

litalephd@msn.com



We want your email address!!

Now you will understand why I wrote the following joke in 1987.

A very sick man came to visit Dr. Loomis. He said "Dr. Loomis, I am told that you take rejects from all the other doctors, so here I am. I have been to all of them and I am still sick. Can you help me?"

Dr. Loomis said "I don't know but I will try." With that, Loomis handed the patient a large jug and said "Bring me a refrigerated 24-hour urine in this jug. I will analyze it and put you on an enzyme program."

The man was taken aback. He took the jug and muttered to himself all the way home! "This guy must be nuts to tell me what I need from my urine!"

That day, Joe Patient went home and collected urine from his wife, his daughter and his dog. The next day he presented his collection to Loomis, who, after analyzing it, came back to Joe and said:

"I have very bad news for you. Your dog is pregnant, your daughter is no longer a virgin and your wife is sleeping with the next door neighbor."

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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)

ready to catch up on her homework.

On my recent 5-day trip to the Bay Area (just 7 days after returning from Puerto Vallarta), I had a major schedule: 2 TV shows, a book-signing / lecture, a radio show and 23 patients.

I got sick the night I arrived, but didn't realize it until 2 days later when I awoke with a sinus infection, scratchy throat and deep bronchial congestion. In addition to my usual enzymes, I started hourly doses of the following regime: SvG (sore throat), Nsl (stuffy nose), Kdy (swollen glands), TRMA (infection), Rsp (coughing), and Citricidal (my favorite natural antibiotic)... and lots of herbal teas.

Although I made it through the hectic trip, when I got off the plane in Eugene, I could hardly breathe. I got home and John immediately took a voice print. We saw 2 humps in the vocal range and a third in the middle C range. "No problem!", I said. "Zap them all".

In the beginning, my pulse raged between 75 and 130 bpm. My oxygenation was poor (85-91%). The

first day I listened to the middle C range. I felt better, but not well enough. My pulse was still erratic and my oxygenation still low. The second day I listened to the sounds derived from the vocal range humps. The humps (in my voice print) disappeared in 1 day! Again, I felt better, but needed more.

On the third day, we looked at my voice print and saw... *the mother hump*. This hump was so large we had not been able to see it earlier. We were amazed and excited. We programmed 4 more sounds into my tone box and I listened. After 15 minutes, my oxygenation had increased to 95% - a very good sign. From then on, my healing progressed rapidly. I breathed more deeply, coughed less and was able to continue my 12 hour/day work schedule.

Because of enzyme therapy and sound therapy, I got well in 7 days without

missing a single day of work.

RESEARCH PROJECTS:

Can sound therapy eliminate infections that cannot be reached by antibiotics? This opens up an exciting new field for me. What about infections that result from root canals? And what about difficult to treat infections, such as Lyme disease and hidden viruses? What about the bacteria that cause "gum disease", that doctors say is incurable?

Stay "tuned in" for more "Sound Bites".

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*. Individuals 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.