

To Your Health

July 1999

Volume 4, Issue 3

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:
October 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

Sum, Sum, Summertime... Yeah!

It *looks* like it, it *feels* like it... Yup! It's summer, at last!! And I hope your summer is filled with warm, happy days and good health. In this issue, I have written about skin problems, progesterone, thyroid and, of course, the latest installment of "Sound Bites".

I'll be visiting the Bay Area 7/9 - 7/11. I hope to see you at my book signing on Friday, 7/9 (see details on page 2).

Lita



The Straight Skinny... on your skin, that is

Do you have things on your skin that you'd rather not have? There are many causes of skin manifestations, from herpes and hives to acne and psoriasis.

Optimum thyroid function, a healthy colon and liver combined with optimal digestion of whole organic food is essential for beautiful skin. Having attended to these important factors, you can add any one of the formulas listed below for any remaining skin problems.

Skn: a formula that nourishes the liver, kidneys and colon in people with acne, psoriasis and eczema. **Dosage:** 3-4 caps with or between meals, 3 times daily. **NOTE:** These are difficult problems for which a whole body program must be followed. Taking this formula alone is not enough.

Rbs: nourishes skin of people who are sensitive to the sun or get sun-triggered cold sores. **Dosage:** 2 caps / meal 3 times daily for prevention and 4 caps 3-5 times daily for a severe attack.

DERM or MSCLR: Both are high in amylase, which has antihistamine properties. Indications: all skin manifestations (hives, rashes, herpes, bee sting or bug bite allergies and poison oak / ivy. In addition, MSCLR relieves stiff or sore muscles, worse after exercise, rest, driving and writer's cramp) **Dosage:** 3-4 caps 3 to 5 times daily or as often as every hour, if needed.

TRMA: A high protease formula for soft tissue trauma (accidental or surgical). It helps speed the healing process and relieves pain. **Dosage:** It is best taken between meals - 4 caps, 3 times daily. Caution: If you have gastric problems (hiatal hernia, ulcers or gastritis), you must take this formula on an empty stomach with water only.

Sml (small intestine): Contains cellulase and probiotics. Cellulase digests pathogenic yeast. It relieves constipation, diarrhea from antibiotics, alternating constipation / diarrhea and is

(Continued on page 3)

"Sound Bites"

Veronica's Headache

My daughter, Veronica, was complaining of headaches. I asked her when they occurred, and she replied "Well, the one I have now came after I ate." Aha! Knowing my daughter's history of gallbladder problems (fat intolerance symptoms) with frequent burping during and after meals along with occasional nausea after eating certain foods, I recognized these headaches as gallbladder headaches. Though Veronica takes enzymes for fat intolerance (HCL or Bil), she still has problems.

Sharry Edwards, my Sound Therapy teacher, had just told me how she used the note of F to help relieve gallbladder symptoms. I took Veronica into the sound room and gave her this sound while monitoring her pulse rate and oxygenation (to be certain this was a good sound for her). After I turned on the sound, I asked "How is your headache?". Amazed, she replied "It's totally gone!". Not more than 2 or 3 minutes had passed!

After she had listened to this sound for a few more minutes, I asked if she had any pain. She said the back of her neck was stiff. This is atlas pain and the enzyme formula is Sym (plus a good chiropractic adjustment). The pain-relief notes that Sharry had given to me flashed before my eyes -

(Continued on page 4)

More Thyroid Notes

Synthetic vs. Natural

Many people ask me why I prefer natural thyroid glandular over the prescription synthetic thyroid, Synthroid™. Natural thyroid glandular is a *whole food* containing protein precursors of *both* thyroxine (T4), the *inactive form* of the thyroid hormone, and triiodothyronine (T3), the *active form* of the thyroid hormone. The synthetic thyroids contain *only* T4.

T4 (Synthroid™, Levoxyl™, Levothyroid™, etc.) has *anti-thyroid effects when not combined with T3*, as nature intended. Only a very healthy person can convert T4 (inactive) to T3

(active) in the liver. T4, when not balanced with T3, shrinks the thyroid gland, inhibits the pituitary gland and thus suppresses the thyroid stimulating hormone (TSH), making the hypothyroid condition almost impossible to heal. Taken in high enough doses, T4 causes coma. It is the cardiotoxic portion of the T4/T3 complex, especially when used alone.

A good thyroid glandular is more helpful than Synthroid. Since all good thyroid glandulars contain about 3 parts of T4 precursors to about 1 part of T3 precursors, taking additional T4 is counter-productive. Even those whose thyroid has been removed can use natural thyroid instead of synthetic.

When switching from Synthroid™ to natural thyroid glandular, some patients

initially report feeling worse. They may need a higher initial dose than generally recommended (2 grains or 120 mg).

Example: A patient of mine switched to a natural thyroid glandular after being on a low dose of Synthroid™ for 30 years. She took 2 grains in divided doses and became very fatigued. She doubled the dose to 4 grains and her temperature rapidly increased to nearly normal for the first time in her life. (Basal temperature is one indication of thyroid function. Contact the office for more information).

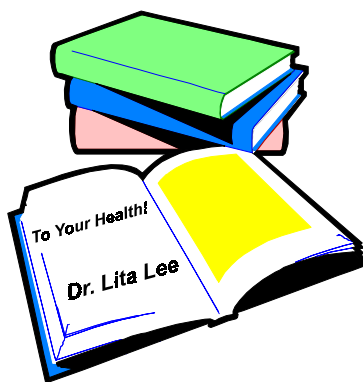
If you have recently switched from a synthetic thyroid to the natural glandular and you feel worse, perhaps you, too, need to take a bit more of the glandular as well.

How Do I Know?

Everyone wants to know how long to continue their enzymes. Enzyme needs vary with changes in your diet, lifestyle, etc. Additionally, I sometimes change a patient's enzyme program because of the effects of the initial enzyme program.

Here is my procedure for maintaining the correct program for you. After the first urine test, follow my nutritional program for 4 to 6 weeks and then repeat the urine test so I can reevaluate your program. Thereafter, I request a urine test twice yearly for those who have stabilized.

The only ways for a patient to know how long to stay on an enzyme are 1) repeat the urine test, 2) stop taking the enzyme to see if the condition returns, 3) have a palpation test (according to Dr. Loomis) to accurately determine enzyme needs, 4) consult with me.



Another Book Signing!

Mark your calendars

Dr. Lee will attend a book signing

Friday, July 9th
at 7:30 p.m.

East West Bookshop
324 Castro Street
Mountain View, California

650-988-9800 or 800-909-6161

Mother Nature Or Chemistry?



"There is no way a chemist in a laboratory can compete with Mother Nature." (Lita's Pearls)

I prefer what I call "concentrated foods" instead of synthetic vitamins and minerals. Minerals are often chelated with either toxic or ineffective chelating agents, such as: aspartates & glutamates (can cause seizures); orotates (can cause liver cancer); oxides (insoluble) and carbonates such as calcium carbonate (TUMS) which can cause osteoporosis.

Why not simply consume organic fruits and vegetables and other whole foods, all of which contain minerals? And don't forget to eat organic, non-iodized sea salt. Contrary to what you may have been told, adequate salt is ESSENTIAL to prevent hypertension and hardening of the arteries.

The Thera-zyme line of enzymes has a formula called ELXR. It contains enzymes plus Sun chlorella, yerba mate, astragalus, echinacea, American ginseng, hawthorne, licorice root, sarsaparilla and ginger root. Dosage: 2 caps after meals, 3 times daily. In addition, there is an excellent herbal tonic call Bio-strath Herbal Tonic (available in health food stores). I like these formulas because they are whole foods and contain no isolated vitamins or minerals.

Progesterone Oil Tidbits (Progest E Oil)

Did you know that progesterone rises to 100 times its normal level during pregnancy!! If you took any other hormone at 100 times its normal level, it would kill you. However, high doses of progesterone during pregnancy will keep the baby in the uterus and increase the baby's intelligence by 35 points (Katrina Dalton, M.D.).

Your body can make progesterone from cholesterol IF you eat enough organic animal protein, have enough cholesterol and have good thyroid function. **THREE BIG IF'S!**

Citricidal - Nature's Antiseptic

Citricidal (tablets or liquid) is a natural botanical from grapefruit seeds and pulp that provides general nutritional support for normal function when recovering from fungal, bacterial or parasitical conditions. Indications: bacterial pathogens such as Staphylococcus, Streptococcus, Salmonella, Cholera, E. coli; Helicobacter pylori; pathogens that cause travelers diarrhea; yeast pathogens such as Candida albicans; and other parasites including Entamoeba histolytica and Giardia lamblia.

Dosage: 1-2 tabs/meal, 3 times daily. During acute conditions, take one tablet every hour or two.

Here are a few more uses for Citricidal:

A spray made of 40 drops in 1 cup water is excellent for athlete's foot and nail fungus.

Treating raw ground meat - Use 4 drops in 6 ounces of water for EACH pound of ground meat. Pour the liquid onto the meat and mix until the liquid is completely absorbed. Great for those with pets on a raw food diet.



(The Straight Skinny, Continued from page 1)

an excellent parasite formula. I have seen skin clear up like magic in patients whose tests indicate a need for this formula. **Dosage:** Up to 1 tbsp. in water in the morning and again in the evening.

Skin Creams: My favorite is Dr. Ray Peat's 3% natural progesterone cream. Used daily, it keeps the skin looking young and prevents those nasty age spots from forming. It is also excellent for damaged skin. Another favorite of mine is Colostrum cream. It relieves skin rashes and infections, reduces cysts and is helpful for acne.

What about sun screens? Mounting evidence indicates that many of them contain carcinogens and that the rise of skin cancers parallels the increase in sun screen usage. The only sun screen I recommend is coconut oil, although believe me, you **cannot** slather this oil on your skin and bake in the sun all day. Adding a little iodine to the coconut oil for the first week of summer gives added protection, however, do not use the iodine for more than a week as continued use will inhibit your thyroid function. In my opinion, the only other safe (non-carcinogenic) sun screen would be one containing Titanium Dioxide.

Another Way to Conserve

With this issue of the newsletter, Dr. Lee enters the world of the Internet. We are now able to send the newsletter to you by electronic mail. By so doing, we will reduce the amount of paper used, reduce the volume of copier toner & electricity used and reduce the volume of mail driven / flown around the world.

If you would like to participate and receive the newsletter by email, please send us an email to let us know. We will add your address to the "Newsletters by Email" list. We will treat your address with complete confidentiality and will not give or sell it to any other agency or business.

litaleephd@aol.com



We want your email address!!



PLEASE MAKE A NOTE

**Because of the high volume
of orders,
we can no longer promise to ship
your order the same day it is placed.**

**Please order early, BEFORE
you run out.**

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)

frequencies derived from calcium and magnesium that not only help heal broken bones, but also relieve pain and create a nerve regeneration sound that is very relaxing.

I popped these sounds onto the sound instrument. She loved it! I loved it,too!! She did not want me to turn it off. Our dog, Sky, who moments before had wagged into the room looking for strokes, was now snoring. When I called him, he was so relaxed he could hardly muster a tail wag!

Several minutes later, Veronica reported "My neck isn't stiff and doesn't hurt any more.". Wow! What a great way to eliminate a headache and stiff neck!! The headache did not return the next day and Veronica was "burp-free" after dinner.

When I see results like these, I am in awe of Sound Therapy. I have tremendous hope for the future. I do not believe suffering is necessary and now I have yet another tool to relieve pain and suffering.

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.



Remember...

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

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

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

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.