

To Your Health

January 2000

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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 Newsletter:
April 2000

If I never hear "millennium"

By the time you sit down to read this issue, it will probably be 2000 and aren't we all glad the hype is over! What's really funny is that the 21st century doesn't actually begin until January 1, 2001! I just hope the media doesn't figure that one out. I do hope this January of the year 2000 finds you in good health and good cheer. I am looking forward to another incredible year with exciting, and sometimes overwhelming, changes. I've run out of space in this issue and will have to wait until spring to tell you more about the flower essences. Until then,

From all of us...

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Unsaturated Fats - Essential For Disease

Unsaturated oils include all seed, nut, grain, bean, fish and plant oils, such as soybean, safflower, sesame seed, peanut, canola, corn, flaxseed, cod liver or salmon, Evening Primrose and borage oils. In short, ALL oils that are liquid at room temperature except extra virgin olive oil. They are liquid at room temp because they contain less hydrogen than saturated oils (butter, coconut oil). Hydrogenating the liquid (adding hydrogen) makes it solid (saturated), e.g. margarine.

Here are some important facts about the toxicity of these so-called essential fatty acids. For brevity, I will nickname them PUFAs

(polyunsaturated fatty acids):

1. They are NOT essential. The human body makes its own special kind of unsaturated fatty acids, but ONLY if one avoids consuming the exogenous (outside) unsaturated fatty acids. When exogenous unsaturated fatty acids are consumed, they *poison* the enzymes in your body, which are required to make your own endogenous (inside) unsaturated fatty acids.

2. PUFAs inhibit enzymes essential to metabolic processes required for health and immune protection. They destroy white blood cells (thus causing immune suppression) and inhibit protease enzymes

(Continued on page 3)

"Sound Bites"

Some Basics

For new readers, here is a brief introduction to sound therapy as taught by Sharry Edwards of Sound Health, Inc. During the last 20 years, Sharry has developed sophisticated techniques for voice analysis to detect sounds or notes that are in stress. Stressed notes in your voice may be too high, too low, missing or too thin. By too thin, I mean that the voice suddenly falls from a high level to a low level. We look at the voiceprint from zero to 1000 cps (cycles per second) to find these stressed notes (also called "hits"). A certain note may be stressed at more than one octave. For example, assume the note of C is stressed at 5 different octaves. That means we have 5 hits of the note of C. The more hits we get, the more important that stressed note becomes.

Next we develop a sound program to balance the stressed notes. This may sound easy but there are about 1,700 notes in a voiceprint and we can give a maximum of 15 notes. The needed notes are entered into a "tone box" which delivers the sounds (analog, not digital) to the listener via earphones. Listening to these notes causes the brain to start making the needed notes itself. When the brain starts making the needed sound(s), the client no longer needs to listen to them.

Sound therapy is truly a cutting edge new field of research. We discover new healing sounds every day and share them with the growing group of sound practitioners.

Case history

Bitten by a brown recluse spider

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We want to hear from you.

Please send your comments, recipe ideas, e-mail address and suggestions to:

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Soy Good... Soy Bad?

Due to space limitations, references are not included in this brief summary. Call the office to get them. For the purposes of this article, soy products include soybeans, soy protein, soy protein drinks, soymilk, tofu and tempeh (fermented soy). They do not include soy sauce or Teriyaki as they are not consumed in large amounts.

If you like soy products and don't want to know if they like you, don't read this article. If you wonder if soy is really so good for you, read on. Soy products have been touted as being very healthy, especially for women. The ads encourage mothers to give their babies soymilk as the perfect formula. Is this true? No! Soy products are very toxic.

1. Soy contains very potent phytoestrogens (plant estrogens) called isoflavones: genistein, daidzein and glycitein. Estrogenic substances (whether plant, human or synthetic) inhibit thyroid function. Toxicologists have discovered that soy phytoestrogens produce goiters because of their anti-thyroid effect. All chronic degenerative diseases are associated with hypothyroidism.

2. The effect of soy protein isolate was evaluated on pre- and post-menopausal women. The results showed three precancerous changes in breast fluids of women consuming only 1 oz of soy daily for only 30 days. This study demonstrates the strong estrogenic (and thus carcinogenic) properties of soy protein.

3. Pregnant animals fed soy protein produced offspring with deformed sex or-

gans and a life-long "estrogen syndrome" (e.g. increased incidence of thyroid disease, bone loss, gallbladder disease, cancer, infertility and heart disease). The high estrogen syndrome can be corrected in one generation with a very strict high animal-protein diet and thyroid therapy. This study was done 50 years ago.

4. Soy contains potent protease inhibitors (trypsin and others) that block the enzymes needed for protein digestion. These enzyme inhibitors cannot be refined out of the soy mash or deactivated during cooking. Eating soy can thus produce serious gastric distress from reduced protein digestion and chronic amino acid deficiencies. Diets (test animals) high in trypsin inhibitors caused pancreatic hypertrophy and pathologic conditions of the pancreas, including cancer.

5. Soy protein, especially unfermented soy protein (tofu, soymilk, soy protein, soybeans), contains the highest amount of phytic acid of any known substance. Phytic acid blocks mineral absorption (calcium, magnesium, iron and, especially, zinc). Only a long period of fermentation will significantly reduce the phytate content of soybeans. Soy also causes an increased need for vitamin B-12 and vitamin D.

6. The soybean contains a clot promoting substance called hemagglutinin, that makes red blood cells stick together or 'clump'. Hemagglutinin is deactivated during fermentation. In unfermented soy products (soy milk, soybeans, tofu,

etc.), the hemagglutinin is reduced in quantity but not eliminated.

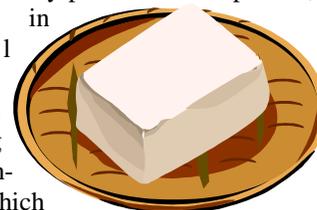
7. Soy protein powder is a highly refined, high temperature produced product that is a very poor source of protein, unbalanced in essential amino acids and containing trypsin inhibitors, which can vary as much as 20%.

9. Use of soymilk in infants produces a severe mineral deficiency because of the high content of phytic acid. In addition, soy formula and soymilk contain 100 times more aluminum than cow milk. Epidemiological studies on infants' and children's use of soy milk links its consumption to the following health problems: delayed or retarded sexual development in boys, the onset of early puberty in girls, increased incidence of thyroid dysfunction and goiters and increased incidence of infantile leukemia.

Recommended reading

Web site: www.soyonlineservice.co.nz/
This web site has shocking information on soy toxicity and includes much more than what I have summarized above, including the isolation of a soy protein isolate called "soyatoxin".

The Ploy of Soy by Sally Fallon & Mary Enig. Order from Soy Alert PMB 106-380, 4200 Wisconsin Avenue N.W., Washington, DC 20016. Call 877-707-1776 to order. \$12.



'Tis The Season To Avoid Colds, Fa La La La La...



This is mainly for you new folks who have just hopped on the enzyme wagon and who didn't get my newsletter describing this a year or so ago.

Now that you have made it through the millennium and are Y2-K compliant, have you considered what to stock in your enzyme cabinet for the winter flu season? Here is a handy dandy list. Put it on the refrigerator, check out your weaknesses and stock up! If you have something not covered here, call the office and ask for help.

Also, it's important to remember that the need for thyroid glandular increases with stress, wintertime and illness. Any one of these can increase your need for thyroid glandular, so don't forget to check your temperatures and your resting pulse



These foods are for nourishing the body when you have a cold or the flu.

Thera-zyme Enzymes:

TRMA - for infections. Take 4 caps between meals 3x/d and up to 5x/d until well.

Kdy - for swollen glands, frontal headaches and allergies. Take 3 caps between meals 3x/d.

SvG - for sore throat. Take 2-4 caps 3-5 x/d until well.

Nsl - for stuffy, congested nose. Take 4 caps 3-5x/d until well.

Opt - for head colds and a runny nose. Take 4 caps 3-5x/d until well.

Rsp - for coughing, wheezing or difficulty breathing. Take 4 caps 3-5x/d until well.

Citricidal (grapefruit extract) tabs - for infections. Take 2 tabs per meal until well. During acute stages, take one or two tabs every hour until you feel better.

(Unsaturated Fats, Continued from page 1)

(which have many important functions). PUFAs are so powerfully immunosuppressive, that I.V. treatment of PUFAs is now advocated as a way to prevent graft rejection.

3. PUFAs block thyroid hormone secretion, its circulation and its tissue response. This leads to increased estrogen levels. Since thyroid hormone is essential for making the anti-aging steroid/hormones, namely pregnenolone, progesterone and DHEA, any substance that blocks this hormone is, in fact, a poison.

4. PUFAs suppress cellular respiration in the mitochondria (the lungs of the cell) - causing cells to have trouble breathing. Stress, disease and hypoxia (oxygen starvation) cause cells to absorb large amounts of PUFAs where they directly damage the mitochondria. Stored PUFAs may present a real danger to the stressed person. This is espe-

cially true for a cancer patient, because cancer cells have a high level of PUFAs.

5. PUFAs have been implicated in either causing or exacerbating diabetes. Increased PUFAs can block the Krebs (Citric Acid) Cycle, a major energy producing cycle, resulting in insulin resistance from prolonged pancreatic stimulation.

6. PUFAs promote aging and disease. Why? Because they are estrogenic even though they don't have the same structure as estrogen. Both inhibit thyroid function, inhibit vitamin E, promote age spots (lipofuscin), promote clot formation, promote seizures, and impair brain development and learning.

7. PUFAs are essential for cancer. Cancer cells cannot live without them. According to research, tumors secrete a factor, which mobilizes PUFAs from storage, thus guaranteeing their supply

in abundance until the fat tissues are depleted and the patient dies.

8. PUFAs are essential for skin aging, age spots and many more health conditions associated with age spots, including heart disease and cancer.

The only three fats I recommend are extra virgin olive oil, butter and coconut oil. Of these three, coconut oil, which contains lauric acid (a major fat in breast milk), stimulates both thyroid function and the immune system. Contact my office to order a paper on coconut oil.

Recommended Reading:

The Enzyme Cure, by Dr. Lita Lee, October 1998, Future Medicine Publishing. Call 1-800-333-HEAL or order from my office.

From PMS to Menopause, by Dr. Raymond Peat. In addition, other books and a newsletter are available. Call for an order sheet. My office has two of his books.

Thyroid Notes

Have you ever wondered why so many humans and animals have thyroid problems? I have written extensively on this topic. Here is a list of thyroid inhibitors and poisons. The most common ones are dietary but environmental toxins play a large role too. Call my office for a more detailed article.

Dietary Thyroid Inhibitors

* A diet low in animal protein. Animal protein (with every meal) is required to make the thyroid hormone and to convert it to the active form in the liver.

* Unsaturated oils (all oils that are liquid at room temperature except, olive oil)

* Soy products (tofu, soybeans, soy protein, tempeh, soymilk)

* Raw cruciferous vegetables (cabbage, cauliflower, broccoli) - must be cooked to destroy the thyroid inhibitors.

Because of the glut of hypnotic marketing hype on soy and unsaturated oils, I have summarized below the serious health problems they cause.

Thyroid Inhibiting Substances

* Synthroid (T4), the inactive form of the thyroid hormone: shrinks the thyroid gland, suppresses the pituitary, suppresses cellular respiration and, in high enough doses, can put a person into a coma when taken alone without the protection of T3, the active form of the thyroid hormone.

* ALL estrogenic substances: natural and synthetic estrogens; herbal (phyto) estrogens such as black cohosh (Remifemin), sage, pennyroyal, licorice, soy products; and estrogen mimics, such as unsaturated oils.

* Excess iodine.

* PABA (para amino benzoic acid) is extremely anti-thyroid by itself.

* Beta-carotene as a supplement or in raw carrot juice (without the fiber). It's better to eat the whole carrot than to remove the protective fiber from the carrot by juicing. Better

Important Changes—Please Read

A few months ago, I approved a plan for the redesign of my client database. I have just received the new system and I am really excited. This is a big step forward on the technology path. One of the major additions is order entry and invoice generation. This feature will not only speed up order processing, but also allow for more efficient billing/accounting and invoice tracking.

When you place an order, it is very important that you provide your current debit/credit card number and expiration date. If you do not, your order will be delayed until we are able to contact you.

Due to an increasing accounts receivable file, all mail orders must be prepaid by debit or credit card. If this is not possible, you can send a money order for your product order (including the correct shipping charges). Once we receive the money order, we will process your product order. We ship by UPS, Federal Express or Airborne. If you don't specify a carrier, we will automatically ship by UPS ground.

yet, instead of vegetables juices drink fruit juices, which are devoid of unsaturated oils.

Environmental Thyroid Poisons

* Pesticides (xenoestrogens) are very estrogenic and all estrogenic substances inhibit thyroid hormone secretion and the conversion of T4 (thyroxine) to T3 (triiodothyronine).

* Fluoride inhibits thyroid function, poisons over 100 enzymes in the body, and causes seizures, cancer, premature aging and bone disease.

* Mercury (in silver amalgam fillings and as environmental contamination) inhibits the conversion of T4 to T3

* Radiation (both ionizing and non-ionizing) causes thyroid disease.

To Your Health

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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

(Continued from page 1)

This case illustrates how I combine enzyme therapy with sound therapy to promote optimum healing.

I received an urgent call from a man who had been suffering for 8 months from a brown recluse spider bite on his ankle. His skin started oozing on a large area at the site of the spider bite. It spread until his whole body was affected, causing terrible itching. I knew the spider bite venom was a protein, so I gave him TRMA, which is high in protease (digests protein) and is for soft tissue trauma. I added the DERM formula, which is high in amylase (a potent enzymatic antihistamine) and is used for allergic skin reactions. His condition improved significantly. I added Kdy, thyroid glandular and a multiple digestive enzyme to his regime. A month after his first appointment with me, he reported that he was quite well, feeling good and strong and playing golf. He reported that the itch was about 95% gone.

I offered him sound therapy and he was delighted to try it. His most unbalanced note (a slice) was C (corresponding to sulfur). This didn't surprise me as sulfur

is very important for immune system and skin problems. Another note of C was way too high. Sharry suggested I check the note of F# and, sure enough, it showed up in his voiceprint as very stressed. His voiceprint showed a lot of pesticides and a toxic level of iron, which he told me had been confirmed by blood tests. I did not treat for the pesticides or the iron but gave him only the notes to balance the stressed C-note of sulfur, the high C note, and F#.

In 5 weeks he returned for a re-evaluation, reporting continued improvement and hardly any itching. The second voiceprint showed that sulfur was still stressed and stressed notes that I had not yet treated still appeared. I adjusted his new program to encompass these changes.

What impressed me the most was that his toxic iron level had disappeared

(confirmed by a blood analysis) even though I had not treated it. This tells me that, as with enzyme therapy, some conditions self-heal without treatment, due to the profound effects of the sound therapy (or enzymes).

This story is not yet complete. I haven't interviewed him since the second voiceprint, but I wanted to give you a glimpse of how sound therapy helps to balance notes in stress when combined with enzyme nutrition.

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.