

To Your Health

July 2000

Volume 5, Issue 3

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:
October 2000

We want to hear from you.

Please send your comments, recipe ideas, e-mail address 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

E-mail
litaleeph@
msn.com

Is Every-Body Happy??

My oh my! Another beautiful summer. I'm smiling! And I've been hearing from so many happy clients, I've decided to devote most of this issue to their "happy stories".

I'm also thrilled to introduce my new staff to you: Sheila Minx, my amazing accountant and Jane Kahn, my new assistant, who has been certified as an enzyme therapist by Dr. Howard Loomis. Hope you're smiling too!!

Lita



Happy Lungs...

In the April issue of To Your Health, we introduced a new "lung" herb called Lagundi. This herb is not only for asthma, bronchitis, pneumonia and other lung problems, it is also excellent for the flu, inflammation, sinusitis and parasites. I asked my Lagundi clients to tell me their experiences and here are some of their stories.

* I had an acute asthma attack. I took 4 caps of Lagundi and within 10 minutes, I was breathing normally. This stuff is great. KN, Worcester, MA

* I have asthma and sinusitis. My results with Lagundi were positive. It saved my life. I do not have to use antibiotics or prednisone anymore. AB, Redwood City, California

* I really think Lagundi has made a major difference in my overall sinusitis, congestion and general shortness of breath. In addition, my therapist's work indicated that Lagundi was supplying me with minerals my body needed, for support of the immune system and for the body generally. I believe the Lagundi also mitigated the effects of a bad cold I got, just as I started using Lagundi. Using

Lagundi twice daily seems to be enough now. If I take too much, I get slightly nauseous. I love the stuff and I hope others have the positive results that I have had. Bless you all and thank you. I am beginning to feel healthy for the first time in many years. PH, Sebastopol, CA

* I have a friend whom I visited. When I arrived, he was flat on his back, feeling very sick, with a high fever and sore throat. I gave him 3 Lagundi. Within 1 hour, the fever was gone and he got up and fixed me dinner. After dinner, I gave him 3 more Lagundi. He continued Lagundi for 2 more days and the flu never took hold. SM, Cottage Grove, OR

* I woke up one morning with a sore throat feeling like I was coming down with the flu. I didn't want to miss school so I took 3 Lagundi plus SVG (for a sore throat) plus my regular enzymes, which include Kdy, TRMA, as well as Citricidal. I also took come Colostrum Caps. I took these supplements 3 times daily. Never once did I have to lie down and I didn't miss any school. VF, Eugene, OR

P.S. Soon we'll have Lagundi in a spray and a tincture form too!

"Sound Bites"

Bioacoustics and Sports Injury

Sports medicine is a billion dollar industry. The loss that team owners and managers are forced to bear when one of their star players is injured is enormous. More than 59,000 clinics have been identified as specifically dealing with sports and sports-related injuries in the USA. The use of BioAcoustic Sound Therapy to balance stressed notes in people with muscular and structural related injuries has led to the mapping of each muscle as it responds to low frequency sounds. Using low frequency sounds, Sharry Edwards has been able to strengthen weak muscles and weaken over-stimulated or blocked muscles as well as reduce pain and recovery time. Combined with physical therapy and sports medicine, BioAcoustic Sound Therapy is the wave of the future to overcome structural injuries. Think what it would mean for millions of people suffering from back injuries, sports injuries and crippling muscular problems to find freedom from pain to the point of returning to a normal life.

Here is just one of the many case stories in the files of Sharry Edwards.

"William is an avid sports fan who continually overplays his body and then is irritated when his joints protest. He enjoys soccer, handball, racquetball, softball, basketball, skiing and tennis - activities

(Continued on page 4)



Happy Critters...

Animal Health - Do animals need enzymes?



Animals that live with us often tend to develop similar health problems. Have you noticed that fat families tend to have fat animals? Is this a genetic connection? I don't think so!!! Just like us, animals suffer from the same problems of poor diet - devitalized, cooked and processed foods - and our toxic environment. They drink tap water laced with toxic chemicals. In addition, commercial animals are treated with wanton cruelty, kept in cramped environments far from their natural habitat - the earth, fed unnatural foods laced with drugs, pesticides, hormones, antibiotics, and given no love whatsoever. As a result, they develop diseases that are passed on to the hu-

mans and animals that eat them. These multiple digestive enzymes were developed especially for animals. In addition to Vet-zimes, the Thera-zyme line developed by Dr. Howard Loomis can be given to animals.

Vet-zime V1 is a digestive formula for dogs. Added to your dog's food, it provides digestive enzymes destroyed during processing.

Vet-zime V2 is a digestive formula for cats. It enhances the digestion of canned cat food, which contains zero enzymes.

Thera-zyme PAN Try this formula if you have a dog with serious flatulence (if Vetzime V1 is not effective).

Thera-zyme VSCLR Try this formula

if your animal has skin problems. **Thera-zyme Stm** is a formula for gastric problems of any kind (such as ulcers or gastritis).

Diet tips

Avoid animal foods containing "by-products" which contain less than desirable and sometimes diseased animal parts to which many toxic chemicals are added to make it taste "good".

Read the label! Avoid foods containing toxic unsaturated oils (are often added to pet foods labeled "for sensitive skin").

Here are some good brands: Nutro, Precise, and Flint River (which can be ordered by UPS from California).

Give your pets pure water, not tap water.

Happy Animal Stories...

Shadow, the dog who didn't bark, run or jump

Shadow is a 10-year old cocker spaniel weighing around 30 lbs. When she gradually stopped barking, running and jumping, her owners passed off the inactivity to her age. One day, a groomer discovered a large mass on Shadow's thyroid gland. The veterinarian said he couldn't operate and recommended chemotherapy and radiation. After 2 months, the tumor hadn't shrunk. The owner, a client of mine, requested help. I gave the dog thyroid glandular, progesterone in vitamin E oil and TRMA (the immune system enzyme formula). In less than 4 months, the tumor went away. Shadow is now barking, running, jumping, and even growling at the new puppy in the house! When my client's husband observed this, he decided to come and see me, much to the delight of his wife, who had never been able to convince him to become a client

The Case of Babaspooktananda, AKA "Spook"

Spook, a stray cat, endeared himself to his new family by refusing to leave the premises and appearing on every window-sill in the house for a month. Now, at 6 years old, Spook earned his name by being very skittish, neurotic and nervous. He would come flying through the open window in the summertime while meowing at a high pitch. His coat was very dry and lackluster. His owner, a client of mine, started grinding up her thyroid glandular and sharing it with Spook, pinch by pinch. Now, "Spook's hair looks like silk", beams his owner and "he is so much calmer that his new nickname is "Spookless"".

Pooh Bear, the diabetic cat

This story illustrates the effects of enzymes and hormonal balancing in a beautiful black bombay cat, 14-years old, who developed diabetes. Her constant drinking of water was what triggered my visit with her to the vet. As I suspected, Pooh Bear's glucose

level was over 400, not good, and her cholesterol and triglycerides were abnormally high. The vet recommended an oral diabetic blood but cautioned me that it was only about 45% effective. In addition, he gave me a food developed for diabetic cats. I went home with Pooh Bear, the prescription and the food, but didn't fill the prescription. Pooh Bear would not touch the food. Since I have four other cats, it was impossible for me to restrict her diet. I gave her the food she loved but laced it with Thera-zyme VSCLR, a pinch of ground up thyroid glandular, a pinch of pregnenolone plus about 1/4th teaspoon of coconut oil. After two months. Pooh Bear's blood sugar, cholesterol and triglycerides were normal and the vet told me that I was wise not to use the oral diabetic drug.

The thank you note from dogs named Tina and Lita

A woman called my office and asked for some thyroid glandular and progesterone for her Cavalier King Charles Spaniel, who was having fertility problems. She had read an article describing how thyroid can increase fertility by increasing production



of progesterone. I sent her the thyroid and progesterone. Several months later, I received a beautiful card with a picture of 2 adorable puppies, who had been named "Tina" (a former employee) and "Lita". The puppies wrote: "We're so grateful that you helped us be here. Love always, Tina and Lita." These puppies are now 2 years old and their mother, Carolyn, now 9 years old, is pregnant again. She is still taking her thyroid and progesterone and enjoys excellent health, says her owner

Keno, the dog who loves protease

Keno is a beautiful, 2-year old Shebaeno, a Japanese dog with a purple tongue. Normally very healthy, her owner discovered that Keno responds to protease (Vetzime #4 or Thera-zyme

(Continued on page 4)



And, Yes, Happy People Too!!



Incontinence with a happy ending

Shirley Leve, age 82, 5'3", 132 lbs
 Initial complaints: primarily incontinence. Others included colitis, macular degeneration and gastric problems. Her urine test indicated sugar intolerance (PAN), toxic colon (SmI), parasites (Challenge Food Powder), and calcium deficiency (Para). Her symptoms plus the urine test indicated the need for Stm for her gastric problems and Urt for her incontinence. She had many other needs and I referred her to a local doctor in her area, Dr. Roberta Mittman. I lost track of her until I received the following note just two months after her first urine test. "Dear Lita, I just want to thank you for your trail-blazing treatment. Within less than one month I have reduced the leakage in my bladder by 80%. I've had this urinary tract problem for about five years, and visited many qualified urologists, but not one was able to help me. Papaya was the first miracle for my colon, and now, enzymes are performing a miracle on my bladder. And thank you for referring me to Roberta Mittman, LAC. As you said, she is a darling person! You may use my testimonial whenever you wish. My very best to you all."

Ill for 8 years, better in 2 months

Janet Pyle, age 51, 5'7", 135 lbs
 Initial complaints: Severe headaches since 11/19/98; Chronic Fatigue Syndrome, tired, jittery, weak, shaky, confused, indecisive, moody, anxious, depressed, exercise intolerance, insomnia, myofascial pain, muscle pain, chronic abdominal wall pain. Taking two pain killers (Celebrex and Propoxy or Darvocet) for headaches.

Results of her health history, the Loomis urinalysis and Loomis palpation test indicated severe sugar intolerance (PAN), calcium deficiency (Para), toxic colon (SmI), and allergies (Kdy). In addition, she needed ADR for her mood swings, panic attacks, depression and insomnia plus TRMA for her anxiety and Sym for her upper cervical problems, which greatly contributed to her headaches. Finally, I added thyroid (she was extremely hypothyroid), progesterone (female problems) and pregnenolone (anxiety and panic).

Positive comments from Janet after her second urine test, about 6 weeks after her treatment began:

1. Warmer - I feel warmer most of the time;
2. Tonsils - they are not swollen for the first time ever;
3. Tongue - it is not coated with a white substance;
4. Lungs - I am not wheezing. This is a minor symptom and I only noticed it when I got up at night and inhaled deeply;
5. Severe chronic abdominal pain is almost gone;
6. Prior to this program, when I took a shower, I felt like I was getting a yeast infection if I didn't use progesterone cream topically. Even then, I could only shower once every couple of days. That discomfort is gone!
7. The skin on my hipbones was coarse and had bumps. Now, my skin is smooth and the bumps are almost gone completely;
8. I have much less dark facial hair;
9. I am sleeping much more deeply and am waking up in the morning an hour or two earlier than before with a much clearer head;
10. The whole 8 years I have been sick, there was a vague feeling of something being "off key" inside, like I was half gone and that my body was confused and didn't know what to do. Something indefinable was just not "right" with me. All of this left. Now, I feel like I am all here and my body is just not quite completely well yet;
11. Yesterday, I noticed that now, when I sit at my table working, my back doesn't hurt. It had been hurting increasingly after a short time of sitting;
12. Yesterday, I was able to talk on the telephone for 2 hours and this did not make me feel tense or cause a headache;
13. Last night I had a bad dream and woke up from it. But, I went right back to sleep afterwards;
14. And this week, my chiropractic adjustments by Dr. Gregory Kahn of Eugene, Oregon, have held all week.

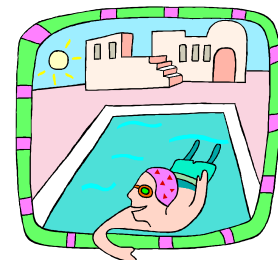
Cool!

All of these are wonderful, thrilling miracles. Thanks to your help and the increased dietary protein, enzymes, progesterone and thyroid. The above list is of the minor symptoms. The major symptoms of headache, anxiety and tension are much, much better, too. The essential ingredient is following Lita's recommendations completely. Thank you is too small a word, Lita. Thank you, thank you, thank you."

Positive comments 7 months after her first appointment:

"I have also been able to begin practicing aikido again - to work towards a black belt - a dream I though I'd have to give up."

"Yesterday, I mowed the front lawn, waxed the truck and took a bike ride, all in one day. I have also been able to begin practicing aikido again - to work towards a black belt - a dream I though I'd have to give up. All this is after many years of being mostly house-bound."



Have a great summer!!

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.

UPS Changes
 The UPS rates have gone up (what else is new?). Just to let you know: if we send your UPS shipments to your office, it is \$1 less expensive.

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 advice of a licensed physician.

To Your Health

(Sound Bites, Continued from page 1)

particularly hard on his knees and shoulders.

In 1988, William was diagnosed with synovitis and prescribed an anti-inflammatory drug. His doctor suggested that he curtail his sports activities temporarily, advice he did not want to accept. In 1991, when his knee problem recurred, the medication became too expensive and the blood tests a nuisance.

William turned to BioAcoustics for help. William's knee took about six weeks to heal, but at that point he could play without pain and restriction. The most appreciated aspect of BioAcoustics for him was that he was not required to slow down or to restrict his movements.

In 1997, William returned to Sharry's clinic with a torn rotator cuff, diagnosed earlier as a chronic injury. Again, a voiceprint was taken and a new sound therapy treatment begun. Within 16 days, his shoulder was pain free with no restriction of motion.

(reprinted with permission from Sharry Edwards.)

(Happy Animal Stories, Continued from page 2)

TRMA) during times of stress and illness. One day, Keno came down with a cold and an eye infection. After taking 3 Vetzime #4 caps for 2 days, the cold and eye infection disappeared. Recently, Keno's owner moved and Keno fell apart with anxiety. He became nervous, got diarrhea and hid in the bedroom. Again, protease in Vetzime #4 rescued the dog and, within days, the anxiety and the diarrhea were gone.

FuFu, the cat who scratched too much
FuFu is a slightly neurotic 10-year old cat who has had chronic skin problems all of her life that I believe are related to a flea allergy. Her skin was covered with bumps. She groomed herself excessively, bit the fur off her tail, hind legs and stomach. The bare spots were inflamed and covered with bumps and I

could feel bumps even under her fur in many places. Before I discovered enzymes for animals, I tried steroids at least 4 times. The drug would work for a few months, then back came the bumps. After the 4th shot, poor FuFu still had the skin problem, but now, she started gaining weight. In addition, she did not use a litter box or the outside dirt to do her business. She growled at the other animals and vomited frequently. I began giving her Vetzime #2 but didn't notice much improvement. Desperate, I finally switched to Thera-zyme VSCLR, as suggested by Loomis. I also sprinkled thyroid glandular and a dash of pregnenolone on her food. FuFu started to slowly improve, stopped biting off her fur, started purring instead of grrring, stopped vomiting and did her business outside properly.

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.