



To Your Health

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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

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

Newsletter Editor Ginny Hagopian

Next Newsletter: January 2001

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

E-mail
litaleephd@msn.com

A Site For Sore Eyes!

Web site, that is. I'm so excited! In just a few months my web site will be launched!! (Should I break a bottle of champagne on my monitor??). Keep your eyes open for further announcements!! And make a note that my 2 domain names will be: litalee.com and enzymecure.com.

This issue is quite a mix of very different topics. I hope you enjoy it. Have a great last quarter of the year 2000. See you on the web!

Lita



"Excuse Me, Your **LIFE** is Waiting"

One day, a client and friend sent me this book, by Lynn Grabhorn. She said that it would change my life. It did – overnight. There are many books out there about the power of positive thinking and I have read most of them. This is the first book I've read that clearly gives a blow-by-blow description of how to change your life by recognizing the astonishing power of your feelings coupled with vivid imagination. In an entertaining and autobiographical fashion, Lynn illustrates her methods with many incredible experiences that she had when she changed her thoughts and her feelings. She tells you how to recognize when you are in a negative mode. By this I mean, when you are focusing on a "not want" as she terms this mode. A not want is simply something you don't want. She says to treasure them, because you won't know what you want until you know what you don't want. Then comes the fun. Say you yearn for health. It's not good enough to say, "I want to be healthy," because this implies that you aren't. Instead, when you hear yourself saying, "I want to be healthy," turn it

around and visualize yourself exactly as you want to be – healthy skin, thinner or heavier, healthy teeth, healthy colon, etc. Next, it is important to "get excited" about your images. Visualize however you want yourself to be and then feel how happy you are at achieving this. Sound simple? Ha! It's not. But, in time, you will have fun with this. I thought I was the world's most positive person! Wrong! I was so surprised at first. Let me give you some examples. I have many clients who are very sick. I use to stew and worry about them. Not positive. Now, when I think of a client, I visualize him or her being healthy, getting a good job, or whatever I know they want. I used to get up in the morning and moan, "I have so much work to do, and I'll never get it done." Now, I hop out of bed and say, "I have plenty of time to do all the work I need to do plus I have time to relax!" It has come true.

This stuff works! Lynn tells us to go into our closet of hidden wishes, take them out and visualize them coming true. She says not to worry about how your wish will come true. Just put it

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"Sound Bites"

The Man Who Survived Severe Zinc Poisoning, Thanks to Sharry Edwards

This is a true story and has aired on national television.

A young welder got severe zinc poisoning when his mask developed a leak. He went home and could not get up the next morning. He went into a coma and was placed in intensive care in a hospital. X-rays showed his lungs filled with zinc. In the hospital, he suffered five strokes, kidney failure and several clots in his brain. Doctors did not expect him to survive and claimed that if he did live, he would be incapacitated for life.

At this point, his father called Sharry Edwards to the hospital. After 15 minute's exposure to sound therapy, the young man's vital signs stabilized and, less than 12 hours later, he was listed in stable condition. The doctors were very skeptical about sound therapy and turned off the sound. Within minutes, the patient's condition reverted to critical.

The doctors quickly allowed continuation of the sound therapy and the zinc left the patient's body. Where had the zinc gone? It became obvious when the man's hair turned red and wiry that it had gone into his hair! After one month of additional sound therapy, the young man went home and was back to work one year later.

See page 4 for important Sound Health information.



MORE Happy Animal Stories...



In the summer newsletter, we featured happy animal stories. After many calls from pet owners and veterinarians, I decided to share some more!

A case of leaky bladder

My border collie-husky mix, Sheba, was spayed when she was a little over 6 months old and, shortly thereafter, developed a leaky bladder. I didn't know how common this was until a veterinarian client told me. Sheba's vet suggested that this was due to an estrogen deficiency. I declined the estrogen and put Sheba on Urt (urinary tract) and oral progesterone. I was also giving her thyroid. Every few days, I would stop the Urt and the progesterone but the incontinence would return. After several months I stopped the therapy (except for thyroid glandular) and the problem never returned. That was 2 years ago.

Kodiak, the Lucky Orphan

I have to tell you this story so you won't think I favor cats over dogs!! A woman called for advice on her young German shepherd, whom she had just gotten from the Humane Society. The dog, who should weigh 100 pounds, weighed only 78 pounds and drooled, coughed, had an upper respiratory infection and yellow diarrhea. The vet tested him for parasites and heart worms but found neither. He did, however, give the dog 2 rounds of Metronidazole anyway. It didn't work. The dog was still sick and the vet was afraid to try a third trial. I recommended protease (Vet-zime #4 or Thera-zyme TRMA), Biostrath herbal granules and acidophilus. In only one week, Kodiak's diarrhea disappeared, he gained over six pounds, his cough disappeared, his drool disappeared and he became peppy and more playful!

A case of dog colitis

Sky and Sheba are my border collie - husky mixes who love to run, romp and wrestle. One day my husband, John, decided to take them for a ride in the back of his truck. A big bird flew over the truck and Sky jumped out, unnoticed by John. When he returned I yelled, "Where is Sky?". John tore back down the driveway to find Sky shaking and trembling at the end of the driveway as he tried to drag himself back to

our house. We strapped him to a board and rushed him to an emergency vet. Sky had to be anesthetized as he had pulled his hipbone out of its socket. The vet taped up the leg and we called Sky the three-legged dog who did the \$160 jump. He was not allowed to run, romp or wrestle for 10 days. It was a nightmare because Sky would relentlessly chew at the bandage. After several days, both Sky and Sheba developed severe colitis and stopped eating. Back to the vet we went with stool samples. The vet reported no parasites, just colitis. Don't tell me that dogs don't have emotional problems! I started giving both of them IrB (irritable bowel), which I stuck in cream cheese balls. In just a few days, the colitis went away. Sky kept chewing off the bandage and finally the vet gave up and said, just keep it off and make sure he doesn't run. Sky and Sheba took off the moment the opportunity came and I saw 2 bushy tails flying as they ran into the woods. Sky seems fine, but I have both dogs on thyroid and will not hesitate to use Loomis' OSTEO formula if I notice any signs of arthritis.

Pooh Bear, the diabetic cat

My beautiful, 14-year old black Bombay cat developed diabetes. Her constant drinking of water led to a visit with 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 drug but cautioned me that it was only about 45% effective. He also gave me a food 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. I have 4 other cats and it was impossible for me to restrict her diet. So, I gave her the food she loved but laced it with VSCLR (a high lipase multiple digestive enzyme especially for diabetics, all of whom are fat intolerant), a pinch of ground up thyroid glandular, a pinch of pregnenolone plus about 1/4th teaspoon of coconut oil. After 2 months, Pooh Bear's blood sugar, cholesterol and triglycerides were normal and the vet said I was wise not to use the diabetic drug.



Critters You DON'T Want To Meet!



If you like having worms, don't read this article! Common symptoms of parasites (any kind): rectal itch or severe irritation, nocturnal grinding of teeth not caused by TMJ, pimply rashes that come and go, severe total body itching, diarrhea and weight loss. Signs of parasites are very similar to allergies. Parasites are so common that I thought I would address this unpleasant condition. There are many toxic drugs and some toxic herbs (such as wormwood and black walnut). I will simply list the formulas that I have used with success. Sometimes I use only one formula and sometimes several.

Challenge Food Powder or Caps: Great

for small parasites - the pinworms that cause rectal or groin itch. Dosage: one tbs in water twice daily away from food. *Case history:* A six-year old girl presented with severe rectal itching. I gave the child the Challenge Food Powder and by the time she finished the bottle, her itch was gone.

Sml (small intestine with cellulase and probiotics): Dr. Howard Loomis formulated Sml for pathogenic yeast, such as candidiasis, but I have found that it can chase away larger worms. Dosage: one tbs in water twice daily in the am and the pm. *Case history - The seven-inch worm:* A young woman showed a need for Stm (for stomach problems) and Sml

(she had only vague symptoms). After 3 days on the Sml formula, she passed a seven-inch worm.

TRMA (trauma, containing protease, catalase and minerals): This is for nutritional support of the immune system and it's also great for parasites because they hate protease and this is a high protease formula. Dosage: 4 caps between meals 3x/d.

Case history: A male client's only complaint was severe rectal irritation and a pimply rash on his wrists, arms and legs, which would come and go, depending upon his diet. These are obvious symptoms of parasites. From his urine test

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And, Yes, MORE Happy People Too!!



Happy Stories From Three Beautiful Women

(It's not that I am prejudiced against men, it's just that men don't usually write these wonderful notes. They do, sometimes, send me flowers!.)

Sheila Minx

Here is a story from my beautiful and talented accountant. "I have suffered from severe, debilitating migraine headaches since childhood. I had to take drugs to relieve my headaches and, although they took away the pain, I would be bedridden and would lose a day of my life. Also, I took birth control pills for 29 years and then, after becoming menopausal, took ERT for 11 years. I did not know why I had these headaches or how toxic estrogen was until I came to work for Dr. Lita Lee on January 19th, 2000. I heard her talking about how bad estrogen was and that it could cause migraine headaches, seizures, heart disease, cancer and tumors and other serious health problems. I dumped my estrogen and started thyroid glandular, progesterone and pregnenolone therapy. The only side effect I had from stopping the estrogen was hot flashes, which subsided after about four months with Lita's hormonal balancing therapy. Then Lita did the Loomis palpation test on me and found that I had neck problems – another cause of headaches. She gave me the Sym formula and sent me to Dr. Greg Kahn, a chiropractor in Eugene. His therapy was magic and not only did he adjust my neck, but other parts of my body that needed attention. Chiropractic, enzymes and hormonal balancing took away the headaches that I had suffered from since childhood. This is truly a miracle. I have not had a migraine headache since this therapy, even though I have had severe stress in my life during this time."

Judith Coppinger

A beautiful 57-year old woman presented with a history of cancer, chronic constipation (she told me she was born constipated), edema, dry skin, high cholesterol and increased adrenalin, both due to hypothyroidism. Her urine test indicated a very toxic colon (Challenge Food Powder), poor digestion of sugar,

protein and fat (requiring the HCL formula), low calcium (Para) and the allergy pattern (Kdy). In addition, I gave her LgI for her constipation and TRMA, the immune system support formula. I gave her thyroid glandular and oral natural progesterone. In one week, she reported that she was doing well and had a wonderful feeling about this program. Her cholesterol fell from 225 to 199. She continues to improve. Several months later, she wrote me a note: "Well, I think of you everyday... as I pop my enzymes. They are working and I feel happy and healthy. I feel so well, I can't tell you how good I feel. Everyday I wake up feeling 35 years old. In fact, I feel better now than I did when I was in my 30's and 40's. It's like now is Wow!"

K. V.

Another beautiful woman, age 57, presented with severe asthma, female problems (had hysterectomy) and a weak bladder. Other problems included: sinusitis, stomach problems requiring antacids, arthritis, environmental sensitivity, edema (hands and ankles), and a weak immune system. Her asthma drugs included ZyFlo (600 mg 2x/d), Albuterol spray as needed, Seravent spray (two daily), and Flovent spray (two daily). In addition, she was taking Lasex (20 mg) and KDur (10 mg) for her edema. Her urine test showed severe sugar intolerance, low calcium and the allergy pattern. I gave her Stm for her gastric problems, PAN for her sugar intolerance, Rsp for her asthma, Kdy for her allergies (including allergic asthma) and TRMA for her immune system. In addition, I gave her thyroid glandular, progesterone oil and pregnenolone. She reported that she responded in 24 hours and that the swelling in her ankles disappeared in 48 hours. She said, "I have my ankles back. I can't believe it." She said that she had minor breathing problems and only took one inhaler. One month later, in December 1999, during a terrible flu epidemic, she got the flu, which developed into pneumonia and was hospitalized. After her recovery, she re-

turned to her enzyme, herbal and hormonal balancing therapy. By this time, the new lung herb, Lagundi was available and she got a bottle. We went out for dinner later that evening. At the restaurant, she started getting congested. By the time we left the restaurant and got into her car, she said, "I can't breathe". I grabbed the bottle of Lagundi and gave her two caps with water. She started the car and, in less than 15 minutes, exclaimed, "I can breathe!" To date (September 2000), she is off all of her drugs and feels great.

Recently, she wrote me a note: "Dear Lita, thank you for saving my life! In 1999, when they put me in the hospital during the Christmas season, I couldn't be with my family. I knew that this would never happen to me again.

"...This is truly a miracle. I have not had a migraine headache since this therapy..."

Your advice gave me hope and freedom from the drugs the doctor's put me on. Since I have been on your enzymes, I have been free of all drugs. I have my life of quality back and I look forward to new beginnings and a wonderful life. I forgot to mention, not only did I lose my brother in 1998, but I also lost my husband in 1999 and I have a very successful business to run. So again, thank you for giving me back a life filled with new wonders...." K. V.



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 advise of a licensed physician.

To Your Health

(Critters You Don't Want, Continued from page 2)
and patient history, I recommended the Bil formula for fat intolerance and TRMA for the parasites. In 2 weeks, he experienced an unusually loose stool for about one day. Thereafter, all of his symptoms went away.

Citricidal tabs or liquid: General nutritional support for normal function when recovering from fungal, bacterial or parasitical conditions.

Case history: The rash that went away. This client took both Challenge Food Powder and then Sml but still had symptoms: for 15 years, he had a rash on his stomach plus scaly, lumpy pimples on his back. Since taking Citricidal, the rash is almost gone and the skin on his back is smooth and within a day or so, his diarrhea disappeared and his stools became normal.

Lagundi: This lung and flu formula is also for parasites. I don't know which ones it gets rid of because I have only 1 case history so far, but it's a good one.
Bye bye tapeworms: A client with parasites took 3 caps of Lagundi 3 times daily. After a few days, she passed 2 huge worms (3 ft long and 2 ft long!!).

(Excuse Me..., Continued from page 1)

out there and let the universe decide how it will manifest. Intention is very important. "I intend to have a joyful day, help all of my clients and get all of my work done in plenty of time for relaxation!"

I have gotten lots of wonderful feedback from clients who have read this book. Over 10,000 are being sold each month. I recommend you read it too!

Why Eat Organic?

I have always recommended eating organic instead of commercial foods. Here's an article that shows why. In this study, the average % of minerals in organic foods on a fresh weight basis was found to be twice that of commercial foods. The percentage varied with each mineral. For example, organic wheat contains 120% more calcium, 430% more magnesium, 50% more chromium, 240% more potassium and 40% more molybdenum than commercial wheat. In addition, organic wheat contains 20% *less* aluminum, 65% *less* lead and 40% *less* mercury than commercial wheat. No wonder so many people are mineral deficient! The same applies to vitamins, enzymes and other nutrients in organic vs. commercial foods. So, eat organic! Organic food may cost more but your medical bills will go down! (Ref: "Organic Foods vs. Supermarket Foods: Element Levels," *Journal of Applied Nutrition*, Vol. 45, No. 1, 1993.)

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.