



# 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 your copy.

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

Newsletter Editor  
Ginny Hagopian

Next Newsletter:  
April 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  
litalleephd@msn.com

## Happy New Year!!

If you are reading this newsletter, I know you made it through the real millennium! Whew! Now what?

Well, because I am a die-hard optimist, I think that things are going to get better. What things? Every thing! Since we get what we focus on, let's all focus on what we really want! How about: goodwill among friends and neighbors; opportunities for \_\_\_\_\_ (fill in *your* answer); a healthy environment with less air, water and soil pollution; the end to nuclear pollution; easy access to organic foods; optimum health – a result of all of the other improvements; and peace among us, not just our friends and neighbors, but world-wide peace.

All of this is possible, if all of us believe that it is.

Lita



## Saying "No" May Save Your Life

The following article was taken from Dr. Julian Whitaker's newsletter, *Health & Healing*, October 2000. I just couldn't pass this one up. According to *The Journal of the American Medical Association (JAMA)*, July 2000, 225,000 Americans die each year from iatrogenic (doctor-caused) conditions. Of

these numbers, 106,000 are due to the adverse effects of drugs (not mistakes in prescriptions). Says Whitaker, "Other than heart disease and cancer, nothing – not stroke, diabetes, pulmonary disease, AIDS, accidents, murder or illegal drugs – kills more people than the medical industry. And the worst culprit is FDA-approved drugs."

Here is a story that one of Whitaker's patients told him that illustrates this point. This woman was living in a retirement community, separated from her family and was lonely, depressed and anxious. She suf-

fered from many health problems, including heart disease and high blood pressure and was taking several prescription drugs. She felt sick and tired all the time. Her doctor, who had prescribed her drugs, told her that if she ever stopped them, she would die. Believing this, the sick woman dumped her drugs in

an attempt to commit suicide with what she thought was a fail-proof plan. She went to bed, expecting to not awaken to another sad day. But each day, she awakened feeling a bit better. After about 3 weeks, she felt so much better that she began to enjoy her life and became happy and active. Says Whitaker, "I am not suggesting that you throw away all of your medications. I recognize that in some cases drugs are absolutely essential. However, the JAMA study cited above clearly demonstrates that we have a very serious problem with prescription drugs."

## "Sound Bites"

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An excerpt from Sound Health's "Vision of the Future"

BioAcoustics: the results speak for themselves even though the definitive underlying theories are not clearly understood. Further research is mandated based on the fact that considerable relief of symptoms is now available by the proper application of this technology. Diagnostic pre-management is a reality that will be a major focus in the near future.

Millions of people take vitamins - guessing every day as to the exact vitamin need and dosage. BioAcoustics can supply the information needed for definitive nutritional needs. Already, BioAcoustics has added information to the interaction of nutritional and biochemical reactions within the body by analysis of the frequencies in the vocal spectrum. The ability to efficiently and independently assist in the movement and strength of muscles has eluded medical science. BioAcoustics offers a non-intrusive methodology to interact with the brain and muscles to help create movement and control.

Advancements are moving toward using this technology to monitor and affect physiology from a distance. In the very near future, a person will be able to pick up a telephone and have his/her physical status checked wherever they may be located.

The ability to affect the disease process is a reality. Fur-

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## Dealing With Stress... Naturally

Many people don't appreciate the profound inhibiting effect of stress on the thyroid gland and what can arise from low thyroid function. Stress can be physical (illness or accidents), mental, emotional or even the stress of winter darkness and holiday seasons. I am giving you this list of enzymes and natural foods to let you know that there are non-toxic ways of dealing with stress. Note that TRMA, SvG, thyroid and pregnenolone are also pro-immune system formulas.

**Appropriate multiple digestive enzyme** - usually PAN (sugar intolerance) is indicated, 2 caps with each meal 3x/d. Sometimes additional formulas are required. The Loomis 24-hour urine test will determine the exact formulas needed. If your anxiety or depression is severe, seek medical advice.

**SvG** - to quiet the racing mind, relax, become serene or meditate. Take 4 caps 3-5 X/d between meals as needed including before bed if your mind is keeping you awake.

**Adr** - digests sucrose and puts glucose into the brain which helps relieve stress, panic and waking up during the night. Take 2 caps with meals to digest sugar AND take 4 caps between meals 3-5X/d to relieve stress, panic or anxiety.

**CLM** - for nervousness and emotional upsets. Take 2, 3 or 4 caps as needed anytime, 3-5 X/d. This is for people who suffer severe emotional, mental or physical stress.

**TRMA** - for anxiety, sighing a lot, plus immune system prob-

lems due to protease deficiency (protein intolerance). Take 4 caps between meals 3 -5 x/d. Dosage is dependent upon symptoms.

**Pregnenolone** - anti-anxiety formula. Stops chemical cascade in the brain that leads to panic attack. Take 2 -3 tabs (25 mg) per meal 3x/d until well, then decrease to maintenance dose of 1 tab per meal 3x/d. During extreme stress, you can take 2 tabs as often as needed if the pregnenolone is pure. It will give you energy while providing a sense of calmness during stressful periods.

**Thyroid** - a major anti-stress glandular. Take as directed. The need for thyroid will increase with stress (any kind), winter (darkness) and sickness.

**Progesterone in vitamin E oil** - for women. Take 3 drops 3-5x/d. Rub the 3% cream on the wrists to relieve anxiety.

**Diet:** follow thyroid stimulating and blood sugar stabilizing diet. Must be high in organic animal protein, sea salt, fresh organic fruits and fruit juices. This program will not work on a vegan. In addition, carbonated water is very important to relieve anxiety, put oxygen in the brain and also prevent strokes.

**Bach and other Flower Essences:** many formulas will help relieve stress - Rescue Remedy (shock, crisis), Mimulus (known fears), Forget Me Not (bereavement), Cherry Plum (self-destructive thoughts), Star of Bethlehem (helps neutralize the trauma of receiving bad news) and so on. These can be taken along with enzymes and homeopathics.

## Where Have I Heard *That* Before??

I have heard this record so many times that I thought of playing it for you. Many clients have called me and said something like the following:

Client: "I felt so good when I took your enzymes but then I slacked off and all of my symptoms came back. I don't know why I did it."

Lita: "When did you slack off?"

Client: "Oh, about \_\_\_\_\_ (fill I your number here) months (or years) ago."

Lita: "Hnnnnnnnnnn. Perhaps you should do another urine test. It's been so long ago that I don't know what you need now."

Client: "Send me a kit ASAP."

The good thing about being a slacker is that it's a sure fire way to tell if enzymes work and are helping you.

## Make That Flu Fly Away

Here is my handy dandy checklist to remind you about nutritional support when you have, or are getting, a cold or the flu.

If you need more information, please call my office.

**TRMA** (trauma), nourishes body when suffering from bacteria or viruses 4 caps 3-5x/d until well.

**Rsp** (respiratory), indications: bronchitis, infection, asthma, etc. 3-4 caps as needed until relieved.

**Kdy** (kidney), for the lymphatic system (glands). 3 caps between meals 3-5x/d until relieved.

**SvG** (salivary gland), indications: irri-

tated or sore throat. 4 caps 3-5 x/d until relieved.

**Nsl** (nasal), nourish mucous membranes in those who have a stuffy or congested nose. 2-4 caps 3-5 x/d until relieved.

**Opt** (optical), nourishes mucous membranes in those who have a runny nose. 2-4 caps 3-5 x/d until relieved.

**Lagundi** (herbal lung and flu formula) - nourishing herb for those suffering from fever, sore throat, aches and pains, lung congestion, bronchitis, pneumonia, wheezing, etc. 2-3 caps 3x/d until relieved. Maintain on 2 caps 1-2x/d.

**Lagundi Spray** - excellent for clearing the throat and relieving irritation or mu-



Your





## Notes To Lita...



I love receiving these notes and emails from my wonderful clients. They remind me of the incredible difference this important advice on natural enzymes and foods can make for people who have been suffering needlessly for so long.

*"I just wanted to tell you how excited I am over my progress since I started taking your remedies in mid-September. I haven't had any more explosive BMs, my neck pain is nearly gone, I sleep like a baby and miracles of miracles... I've*

*lost 12 pounds!! I feel like a new person. I have found a way to use the coconut oil that I think is good. I take equal amounts of good butter and the coconut oil and mix them together, adding the good sea salt to taste. It's a little hard to spread, but works well on hot toast and tastes terrific!"*

N.F. from Lakeland, Florida

*"Dear Dr. Lee, I'm doing better and better. I read your book, 'The Enzyme Cure' again and again. Thanks for the*

*wonderful teaching and enzymes, etc.*  
M.C. from Torrence, CA

*"Hi Lita, I got more information talking to you in just one hour than in the 12 years going to all the medical doctors for my conditions, but, I am not surprised. ...I pray that God keeps you in good health, so you can continue to help people like me. Keep up the good work and we'll keep in touch. God bless you. Love, B.P. from Methuen, MA.*

## "Popular" Doesn't Always Mean "Healthy"

If you don't like controversy, don't read this article. You may get upset! In it, I review certain popular substances that are touted as excellent for your health; substances that may not be as healthy as you think. The list includes: HGH (human growth hormone), testosterone, Melatonin, 5-HTP and tryptophan, chelated colloidal minerals and certain isolated amino acids such as L-glutamine and aspartic acid.

HGH is a very popular "anti-aging" substance; but is it really? This information is from *Ray Peat's Newsletter*, April 2000, "Growth Hormone: Hormone of Stress, Aging & Death?". In his newsletter, Dr. Peat gives references to show that growth hormone is a stress hormone. Here is a summary of his conclusions on the effects of GH (without the technical information provided in his newsletter):

Estrogen causes increased secretion of GH.

Estrogen induces a pro-aging free radical, nitric oxide, which releases GH. All three (estrogen, nitric oxide, GH) produced edema (increased fluid retention).

GH is very high during heart failure and edema contributes to

this problem.

GH treatments have produced carpal tunnel syndrome, myalgia, tumor growth, gynecomastia and many other problems.

GH, like adrenalin, mobilizes fatty acids from storage and increased free fatty acids block the oxidation of glucose. This is one reason why GH is known to antagonize insulin.

Heat (but not cold), hypoglycemia, running and some kinds of shock are known to stimulate GH – sometimes to levels 10 or 20 times higher than normal.

GH causes edema and the increased muscle weight following GH treatments is due to edema, not "growth."

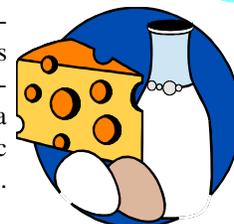
GH increases during sleep as do other stress hormones, adrenalin, cortisol and prolactin whereas thyroid and progesterone function decrease at night.

Dr. Peat also told me that "people who buy their "growth hormone" over the internet probably don't have to worry – the ones I looked at contain about one small dose per bottle, making each dose about 100 times smaller than would be either "effective" or harmful."

## Whey Not?

Looking for a soy substitute? If this is the first newsletter you have read and you wonder why I'm asking you this, it is because soy is not the healthy food you've been told it is. To summarize an earlier article, soy protein contains the following toxins: three potent estrogens (isoflavones); proteolytic enzyme (trypsin) inhibitors, hemagglutinin (a clot promoting substance); and phytic acid which blocks absorption of essential minerals (calcium, magnesium, iron and zinc). Forget the protein. Soy is so highly processed that the protein isn't viable plus contains toxins from the chemical processing. Call my office if you want more information on soy toxicity.

So, why not use something a bit less toxic, such as whey protein in your smoothies? There are many whey protein formulas out there and, sad to say, many of them contain not so healthy additives such as L-glutamine (can cause seizures) as well as other unnecessary ingredients. One of the whey products I recommend is Unipro's Perfect (Whey) Protein. It contains micro-filtered whey protein plus fructose, apple pectin, guar gum and natural flavor. Now, mind you, it is better to eat organic proteins such as eggs, dairy, chicken, fish, meat and so on, but drinking a whey shake is better than a zero protein meal. Here is my recipe for my whey shake: ½ cup of organic milk, ½ cup of organic orange juice, one scoop of whey powder and whatever else appeals to you (fruits, for example). Blend in the blender. We now carry this product.



# To Your Health

Lita Lee, Inc.  
P.O. Box 516  
Lowell, OR 97452

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## To Your Health

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ther data and information is essential to move BioAcoustics into the public. Sharry Edwards has demonstrated that through computer technology and her guidance, the technology has the potential to become fully standardized and available for use by all practitioners as a standard procedure.

Millions of dollars are spent mediating diseases that can now be affected by Signature Sound Techniques. Organized support, training and education is essential to bring this dynamic technique to the attention of any person or facility invested in the promotion of health and the prevention of disease. As we read reports indicating bacteria, germs and viruses are becoming immune to current medical remedies, we find the laws relating to BioAcoustics are immutable. Attempts to control viral and bacterial infections through low frequency show promising indicators. The laws of BioAcoustics can be discerned, studied and understood by students through careful observation, experimentation, research training and education.

*Case History - Bioacoustics is Predictive:*

Michael was on his way to a secluded research facility to demonstrate a new product. He was intrigued, wondering if this new technique he had heard about, BioAcoustics, could really reveal the physical condition of the body. Michael was given a tour of the facility and quickly accepted the offer to have his voice analyzed. His vocal print revealed that he might have a serious thyroid problem. To be sure, it was suggested that Michael visit his medical practitioner. The lab results taken a few days later indicated nothing abnormal. Both Michael and his doctor were pleased that nothing was wrong. They had a good laugh about this new technique and went back to business as usual. Several days later, Michael collapsed with a set of mysterious symptoms that stumped the local doctors. His heart was erratic, he was sweating profusely, anx-

ious and disoriented. The doctors were puzzled, but Michael remembered the vocal test. As it turned out, a serious thyroid condition was indeed the problem. The vocal print had revealed, nine days prior to any physical symptoms or lab results, that his thyroid was in stress.

**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](http://www.soundhealthinc.com).