



To Your Health

April 2001

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Coming up in the next issue:

From Dr. Howard Loomis—a new enzyme program for bedwetting, a common problem in children and even some adults.

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

Newsletter Editor Ginny Hagopian

Next Newsletter: July 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**

When It Rains, It Pours!!

What a challenging year it has been already! Rain, snow, rain, earthquakes and more rain. Love and blessings to all those around the world who have been affected by calamities. During this cold and dreary time of the year, I am assured that spring is not far behind. So bundle up, put another log on the fire and think warm thoughts! Of course, this doesn't apply to you lucky people already basking in the southern sun!!

Lita



Have You Hugged Your Latte Today?

Now, at last, you can drink your coffee without guilt!

This information is extracted from Dr. Ray Peat's Newsletter, "Caffeine: A vitamin-like nutrient or adaptogen," Dec. 2000.*

Peat asks an interesting question: Why do nutrition books describe caffeine as a drug, not a nutrient, implying that nutrients can't be drugs? He says that "any of the essential nutrients, if used in isolation, can be used as a drug for a specific effect on the organism that it wouldn't normally have when eaten as a component of ordinary food."

Many people have commented to me that coffee gives them the "jitters." According to Peat, this is because they drink coffee without milk or cream and food. Women who complain that even the smallest amount of coffee makes them anxious and shaky should try drinking about 2 ounces of coffee with cream or milk along with a meal. Peat says that it's common for them to find that this reduces their hypoglycemic symptoms and allows them to be symptom-free between meals.

The "bad effects" of coffee are usually due to giving large doses in a short period of time. Drinking coffee on an empty stomach increases the metabolic rate and temperature and thus increases the cellular consumption of glucose and causes increased adrenaline. This kind of experiment "confuses the issue of caffeine's intrinsic beneficial effects."

Although caffeine is said to raise blood pressure, Peat says that this effect is slight and may not occur during the normal use of coffee. "Drinking plain water can cause an extreme rise in blood pressure, especially in old people, and eating a meal (containing carbohydrate) lowers blood pressure."

Peat says that caffeine is remarkably parallel to thyroid and progesterone and drinking coffee or tea can help to maintain their production, or compensate for their deficiency. Women wisely and spontaneously drink more coffee premenstrually. Why? Caffeine increases the concentration of progesterone in the blood and in the brain. Yet medical editors blame the coffee drinking

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"Sound Bites"

A Case History From Sharry Edwards at Sound Health Inc.

Using low frequency sound to relieve muscle pain, strengthen muscles and exercise muscles without movement has been the subject of experimentation for several years by the BioAcoustic Research Center in Ohio. Projects have included pilot studies on tennis knee, back pain, joint pain and muscle integrity. In several cases, the studies have helped those who have had strokes regain the use of muscles more quickly and more efficiently. One of the ways that BioAcoustic techniques can be used in our everyday lives can be demonstrated by a quick vocal print.

A woman came in with a sore shoulder. She said that she was lifting a heavy suitcase and hurt her shoulder. She thought she might have torn a muscle in front, directly below her clavicle near the shoulder. A quick vocal print showed that her C-6 (cervical) was in stress three times. The only shoulder muscle that was in stress was the Pectoralis. During my usual logic trip, I tried the frequency for the Pectoralis, but it didn't work. I went back to the computer program and paid attention to what it was telling me. I played the C-6 frequency. On the whole brain formula for C6*, the pain totally subsided. I asked if she had recently had any pain in the neck region. She said that yesterday, she was

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Things Aren't Always What They Seem...

Candidiasis, the overgrowth of a pathogenic species of yeast, is an outcome of our sugar-laden diets and the use of antibiotics, birth control pills, estrogen therapy and corticosteroids. It is also the outcome of a suppressed immune system and the resulting illnesses such as diabetes and AIDS. Many clients believe that they have candidiasis and that it is the cause of all of their health problems. This isn't always true. The signs of candidiasis overlap with many other conditions, especially poor digestion (enzyme deficiencies). The books and websites describing candidiasis list so many symptoms that it is easy to (sometimes mistakenly) conclude that you have candidiasis. Many of the signs listed for candidiasis are identical with poor digestion (bloating, food and environmental allergies, colon problems such as diarrhea or constipation, skin problems, low blood sugar, mood swings, etc.).

Many people believe that pathogenic yeast can enter into the blood stream. I disagree. I believe that pathogenic yeast can only live outside the body, such as in the mouth, gastrointestinal tract, vagina, lungs and skin. No matter who is right, there is a natural, non-toxic enzyme therapy program that nourishes the body in those who have yeast overgrowth and provides a digestive enzyme (cellulase) that digests yeast without the harmful effects of the common yeast drugs.

There are two ways that I can determine the need for SmI and other enzymes: the Loomis 24-hour urine test and the Loomis palpation test (for those who come to see me in person). The palpation test is for nutritional purposes only.

And if the problem is poor digestion instead of yeast, there are digestive enzymes that are specifically formulated

Lita On-Line??

Yes folks, someday soon litalee.com will be a reality. At Lita's web site you will find all of her articles on enzymes, hormonal balance, environmental health and more. And, of course, this wonderful newsletter will be there too! No more email attachments!! Yeah!!

So make a note: litalee.com. You'll be the first to know when it's launched.

for the different digestive issues.

Nutritional Program for yeast overgrowth and other parasites:

Thera-zyme SmI (small intestine) contains cellulase, which loves to digest yeast and other parasites. When testing indicates the need for SmI, it is impossible for me to ascertain if it is due to candidiasis or other parasites. Indications include: toxic colon, constipation with a hard dry stool, diarrhea or loose stools alternating with constipation or hard stools, yeast overgrowth and parasites. Dosage: one tsp to one tbsp in water (or even juice or a smoothie) twice daily in the a.m. and the p.m., away from meals.

Thera-zyme TRMA is a high protease formula that nourishes those who have infections and need antibiotics. Indications include: anxiety, worry, immune system problems, bacterial or viral infections, edema (anywhere including ear fluid), pain, soft tissue trauma (surgical or accidental), gum problems, kidney problems, parasites and blood clots. In addition, the kelp in the TRMA formula is a good source of minerals and will relieve both arm/leg tingling and motion sickness.

Note: TRMA may not be tolerated in people with gastric problems. Dosage: 4 caps between meals 3x/d (about 30 minutes before or about 2 hours after meals).

Citricidal (grapefruit seed extract) provides general nutritional support for normal function when recovering from fungal, bacterial or parasitical conditions. Dosage: 1-2 tabs with meals 3x/d.

Lita says...



Enzymes Formulas for poor digestion

Every body needs digestive enzymes, including colicky babies. The Loomis 24-hour urinalysis reveals what the person can't digest, absorb or assimilate. In addition, I use an extensive health history to determine enzyme needs that aren't revealed by the urine test. Here is a list of the multiple digestive enzymes available. The dosage of each is usually 2 caps right before meals. By food intolerance I mean poor digestion.

PAN (pancreas) for sugar, grain and fruit intolerance. Indications: environmentally sensitive (to any substance, chemical or pollutant as well as animals), may have asthma or other lung problems.

Bil (biliary) for fat and protein intolerance. Indications: gallbladder problems, gallstones or gallbladder surgery, frequent sour taste in mouth or burping after meals, nausea and/or pain under the right rib cage after eating, loss of appetite (especially for meat), intolerance of fats or spicy foods, and frequent constipation with light colored stools.

HCL (contains *no* hydrochloric acid). Indications: sluggish digestion and poor digestion of sugar, protein and fat. Indications include those of sugar, protein and fat intolerance.

VSCLR (Vascular) is high in lipase. Indications: blood sugar problems, hypertension, high cholesterol, difficulty losing weight, varicosities, hidden viruses, headaches around the temples, dizziness worse upon movement and hidden viruses.

Stm (stomach) contains no protease. This formula is for people with gastric problems (burning or gastric reflux, ulcer, gastritis or hiatal hernia).

DGST (digest) maintenance or pediatric formula. Good for colicky babies or adults with mild digestive problems.

Contraindication: People with gastric problems cannot use high protease formulas (such as Bil and HCL) with food and should use the Stm formula instead.

Support organic farming



It tastes great!!



Notes To Lita...



Please Note:

The FTC requires that we tell you that the results in these case notes and testimonials published here are not typical. 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. Your results may vary.

Lita, I don't know how to thank you because of a recent blood test I had which showed normal levels of pancreas amylase and very good levels (decreased) of cholesterol. I wonder what I would have done had I not known about you! The pregnenolone brought back the youthful look that I had, or maybe it was a combination of everything. My mouth is cleared almost completely to my surprise, just by itself! I thank you again with all my heart. God bless you.
AD, Ontario, Canada

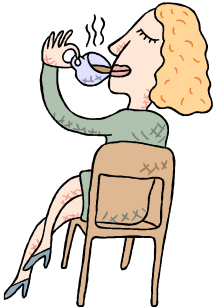
Dearest Lita, May you know how deeply grateful I shall always be for your profound gifts of love, healing and transformation. I have become so much more because of you in my life. Thank you. I am living today because of you! With blessings of love, heartfelt gratitude and all.
LL, California
Hi! I am feeling wonderful. My BMs have been fine since Monday...just following your program. Love,
MG. Oregon.

News Flash!

Something Actually Costs LESS!!

How often do you see prices actually going *down*?? Well, Lita has managed to obtain better pricing for the Lagundi capsules and spray and she is passing the savings along to her clients. Effective immediately, the price of Lagundi (120 capsules) has dropped from \$40 to \$27. The price of the Lagundi Spray has dropped from \$30 to \$22.

Enjoy!



(Have You Hugged..., Continued from page 1)
for the symptoms it is actually alleviating!
Caffeine stimulates the uptake (inactivation or storage) of serotonin, increases metabolic energy and tends to improve mood, which is why coffee drinkers have a lower incidence of suicide than non-drinkers. Serotonin excess causes several features of depression, such as learned helplessness and reduced metabolic rate. The newer antidepressants called "serotonin reuptake inhibitors" such as Prozac, Zoloft, Paxil, etc. have caused a large increase in suicide among users.
Experiments with caffeine over the last 30 years have shown profoundly beneficial physiological effects. In this brief article, I will summarize what Peat says are the beneficial effects of caffeine.
Beneficial Effects of Caffeine
Highly protective against all kinds of cancer, including estrogen-induced breast cancer. There are substances in the coffee berry besides caffeine that protect against mutations and cancer.

Protects against cancer caused by radiation, chemical carcinogens, viruses and estrogens.
Protects against fibrocystic breast disease.
Now being used along with some of the standard cancer treatments to improve their effects or to reduce their side effects.
Coffee drinkers have a lower incidence of thyroid disease, including cancer, than non-drinkers.
Coffee drinkers have a lower incidence of suicide than non-drinkers.
Protects the liver from alcohol, acetaminophen (Tylenol) and other toxins. This is indicated by fewer indications of liver damage, such as elevated serum liver enzymes, in coffee drinkers compared to non-drinkers.
Provides very significant quantities of magnesium and other nutrients including vitamin B1.
Improves athlete's endurance and endurance in ordinary activities. Lowers serum potassium following exercise.
Synergistic with progesterone and in-

creases its concentration in blood and tissues.
Inhibits blood platelet aggregation. Stabilizes platelets, reducing thromboxane production.
Coffee drinkers have lower tissue cadmium levels; coffee making removes heavy metals from water.
Inhibits iron absorption if taken with food, helping to prevent iron overload.
Protects against stress-induced cell death, without interfering with normal cell turnover.
Can prevent nerve cell death.
Prevents Parkinson's Disease (Ross, 2000).
The prenatal growth retardation that can be caused by drinking large amounts of coffee can be prevented by supplementing the diet with whole foods containing sugar such as orange juice or milk.
Stops free radical production by inhibiting xanthine oxidase, an important factor in tissue stress.
* Reprints including references: \$4 from Dr. Ray Peat, P.O. Box 5764, Eugene, OR 97405.

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

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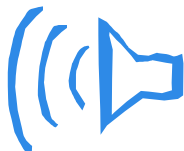
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(Sound Bites, Continued from page 1)

lifting a box into the car. The door moved and she ran the box into the side of her face so hard that she heard her neck crack. When I showed her the report, she was amazed that the program could show the root cause even when she hadn't reported it to us.

As I looked at the chart, I quickly saw that the two highest notes were the C-6. This just goes to support what Sharry teaches us in class. When someone is in pain, go to the highest note and that is generally the cause of the pain.

* A whole-brain formula is the highest frequency (of C6 in this case), plus its mathematical reciprocal, played simultaneously. Sometimes left-brain formulas (highest frequency) work better and sometimes right-brain formulas (reciprocal of the highest peak) work better. That is why all frequencies must be tested to get the most important one(s).



Coffee Treats

Organic Kahlua

1.5 cups STRONG hot, organic coffee of your choice
2 cups Sucanat (organic sugar cane)
4 cups pure water
1 fifth Vodka (3.5 cups or 750 ml)
2 tbsp real vanilla extract
1-1.5 vanilla bean (optional)

Add the sugar to the hot coffee and 2 cups of hot water. Swirl until the sugar is dissolved. Cool a bit, then add the remaining 2 cups of water, the Vodka, vanilla extract and the vanilla bean. Drink plain, over ice or with half and half or milk.

How about a Kahlua Sunday?

Café Mocha

2 rounded tbsp organic instant coffee (adjust to your taste)
2 rounded tbsp sweetened chocolate/cocoa* (adjust to your taste)
1 cup milk
ice

Blend the coffee, chocolate and milk. Add ice slowly to the blender until it's just the right consistency. Tastes like a milkshake! Makes two large or three small servings.

*I use Ghirardelli sweet ground chocolate and cocoa.

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.