



# 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: October 2001

We want to hear from you.

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

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## Hurray For Summer!!

I hope you are enjoying this marvelous time of year. I certainly am. In this issue the severe health effects of the Prozac drugs are covered along with nutritional alternatives for stress, depression, panic attacks and anxiety. For those of you who have discovered "Splenda" (the latest synthetic sweetener), you will find that Splenda may not be so splendid. On the enzyme frontier, Dr. Howard Loomis has developed a nutritional program for bedwetters, which is much more common than believed among both children and adults. Finally, a wonderful success story on Sound Therapy is presented.



Lita

## The Anti-Depression Nightmare

If you or someone you know are taking Prozac or one of its many mimics, please read this article and share it. The following information is from an article I found on [www.sightings.com](http://www.sightings.com), written by Dr. Ann Black Tracy, Executive Director, International Coalition for Drugs Awareness ([www.drugawareness.org](http://www.drugawareness.org)), 5/6/00.

Serotonergic drugs are called serotonin reuptake inhibitors (SSRI's). That means that they block serotonin in the brain, thus increasing brain levels of serotonin (a neurotransmitter). The first SSRI was Prozac, followed by Zoloft, Luvox, Celexa and others. All of these drugs have similar side effects and Dr. Tracy says that each new SSRI seems to be a bit stronger (more serotonin) than the prior one, thus magnifying the harmful effects of these drugs.

Says Tracy: "it is crucial to learn that... the theory behind this group of drugs is invalid." Elevated serotonin is found in (a partial list): "psychosis or schizophrenia, mood disorders, organic brain disease, mental

retardation, autism, and Alzheimer's..." High serotonin levels are found in people with depression, anxiety, suicide, violence, arson, substance abuse, insomnia, violent nightmares, impulsive behavior, reckless driving, exhibitionism, hostility, argumentative behavior and other types of abnormal behavior.

While TV infomercials bring in over \$7 million daily, Prozac suicide cases are being settled for huge amounts of money in exchange for silence from the victim's families. Has suicide decreased since the advent of Prozac and its mimics? No. On the contrary, there have been increases in the following (a partial list): "murder/suicide, suicide, domestic violence, manic-depression, bankruptcies, divorce, mothers (parents) killing children, road rage, school shootings..." Tracy documents many suicides and murders among people taking SSRI's. As of this writing, Prozac alone has 44,000 adverse reports filed with the FDA, including about 2,500

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## "Sound Bites"

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A Case History

Sharry Edwards of Sound Health developed Sound Therapy over a 25-year period. A voiceprint reveals notes (frequencies) that are out of balance. This can include notes that are too high, too low, missing or slices (a note that falls suddenly to a different octave). The voiceprint also reveals pathogens, which look like humps or rainbows (upside down cups) as well as missing frequencies. When the client listens to the needed frequencies magical things happen, as described in the following success story by Kaj Nagy, a certified Sound Therapist. This case illustrates that it is important for all frequencies (notes) of your body to be balanced, including the frequencies of muscles and bones. Sound therapy can balance these frequencies by raising notes that are too low and lowering notes that are too high. The needed frequencies are programmed into a "tone box" that the client listens to until the sounds are no longer needed.

Case Study submitted by Kaj Nagy 3/9/01, Worcester, MA 508-791-7307

Ringin In the Ears (Tinnitus) and Arthritis

A 69-year old female had ringing in her ears for 30 years and arthritis in her hands that made it impossible to bend her fingers to make a fist and difficult to pick up anything.

The first voiceprint revealed issues with a jaw muscle on a

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## Serotonin Sorrows

The following information comes from Dr. Ray Peat's Newsletter of November 2000. Copies of that complete and references may be obtained from Peat, P.O. Box 5764, Eugene, OR 97405 (\$4).

Peat says: "serotonin research is relatively new but it rivals estrogen research for the level of incompetence and fraudulent intent that can be found in professional publications." Serotonin's other names include thrombotonin, thrombocytin, enteramine and 5-HT (5-hydroxytryptamine).

He cites the Boston Globe: "Three years before Prozac received approval by the FDA in late 1987, the German BGA (that country's FDA equivalent) had such serious reservations about Prozac's safety that it refused to approve the antidepressant based on Lilly's studies showing that previously nonsuicidal patients who took the drug had a five-fold higher rate of suicides and suicide attempts than those on older antidepressants and a threefold higher rate than those taking placebos."

Another quote: Using figures on Prozac both from Lilly and independent research, however, Dr. David Healy, an expert on the brain's serotonin system and director of the north Wales Department of Psychological Medicine at the University of Wales, estimated that "probably 50,000 people have committed suicide on Prozac since its launch, over and above the number who would have done so if left untreated." (Ref.

The Boston Globe, 2000).

Here is a summary of Dr. Peat's article on Serotonin:

Injecting serotonin or increasing its activity can cause sedation, helplessness or apathy.

Serotonin and histamine are increased by estrogen and their activation mimics the effects of estrogen.

Serotonin is involved not only in mood disorders, but also a great variety of other problems that affect women more frequently than men.

Serotonin may contribute to the nerve damage seen in multiple sclerosis and Alzheimer's disease.

Serotonin is high in the blood serum and platelets of autistic children and their relatives.

Serotonin and its derivative, melatonin, are both involved in the biology of torpor and hibernation. Serotonin inhibits mitochondrial respiration. Excitotoxic death of nerve cells involves both the limitation of energy production and increased cellular activation. Serotonin has both of these actions.

Serotonin lowers temperature by decreasing the metabolic rate. Tryptophan and melatonin are also hypothermic. In the winter, more thyroid is needed to maintain a normal metabolism.

Increased serotonin interferes with learning.

Edema, bronchoconstriction, immunosuppression and joint swelling are produced by the release of serotonin from

platelets or other cells. Serotonin and histamine are directly involved in asthma, hives, gastrointestinal damage from alcohol, nerve cell damage, edema and shock.

Many experiments have shown that estrogen, which promotes serotonin's actions, is very important for aggressive behavior in animals. Research shows that increased serotonin is associated with certain types of increased aggressiveness, but the clearest research has to do with the crucial role of serotonin in learned helplessness. Learned helplessness is a biological condition that is created by inescapable stress. In learned helplessness, the level of serotonin is high and an excess of serotonin helps to create the state of learned helplessness.

Serotonin tends to cause hypoglycemia and this inhibits the conversion of T4 to T3.

Overdose with the serotonin reuptake inhibitors or with 5-HTP (5-hydroxytryptophan), which has similar effects to serotonin can cause the sometimes-fatal serotonin syndrome. Symptoms can include tremors, altered consciousness, poor coordination, cardiovascular disturbances and seizures.

An SSRI drug was recently found to increase the risk of breast cancer by 7.2 times (Cotterchio, et al., 2000).

Related articles: Mental Problems; Hypothyroidism; Thyroid Resistance; Thyroid Myths.

## Nutritional Anti-Stress Program

Here are nutritional substances that can nourish people that may have mild panic attacks, depression, anxiety and nervousness.

**An appropriate multiple digestive enzyme** is always needed, usually PAN though others may also be necessary. If your anxiety or depression is severe, seek medical advice.

**SvG** - take with meals (2 caps) to digest carbohydrates. Take 4 caps 3-5 x/d between meals to relieve the following: racing mind, can't stop thinking, can't relax, can't become serene or meditate.

**Adr** - digests sucrose and puts glucose

into the brain. Take 2 caps with meals to digest sugar AND take 4 caps between meals 3-5x/d to relieve stress, panic or anxiety and interrupted sleep.

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

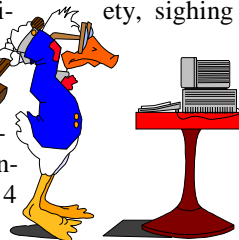
**TRMA** - for anxiety, sighing a lot, plus immune system problems due to protease deficiency (protein intolerance). Take 4

caps between meals 3 -5 x/d. Dosage is dependent upon severity.

**Pregnenolone** - anti-panic formula. Stops chemical cascade in the brain that leads to panic attack. If a pure brand of pregnenolone is used, large doses can be taken with no side effects. This is a great formula for the "pre-performance jitters".

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

**Oral Progesterone in vitamin E oil** - for women.





## Notes To Lita...



Dear Dr. Lee, Bless you, bless you, bless you. You have turned this skeptic into a believer. I have not had lipid levels this low for 20 years and eight pounds ago. I will send you a more formal testimonial letter later, but I wanted to get these lab results to you right away. Keep those Thera-zymes coming. Love and Light, L.S. from California

Dear Lita, Hi, I came to see you with my husband on April 4th. Since then, I have been reading all this information that you provided. I have been following your program. I have blown up my microwave, smashed my fluoride toothpaste on my MD's nose and burned down the pesticide-ridden grocery store. I am surprised you have not seen me on

the news. Well, maybe not that drastic, but I have been a great patient. I am de-programming what I have been taught and reprogramming what you are teaching. I do feel and look better and I realize it will take time for recovery as I have been sick a long time. Thank you, Lita. M.C. from Vancouver, WA

## Not What I Would Call Splendid!

All of us have been warned about the dangers of NutraSweet (Aspartame) and Saccharin. Now there is Splenda. Let's face it, there is no such thing as a safe, zero calorie sugar.

Splenda contains sucralose which is chlorinated sugar (sucrose), which has pesticide properties. Animal research has shown that sucralose can cause many problems, such as:

Thymus gland atrophy (up to 40% shrinkage); Enlarged liver and kidneys; Atrophy of lymph follicles in the spleen and thymus; Increased cecal weight; Reduced growth rate; Decreased red blood cell count; Hyperplasia of the pelvis; Extension of the pregnancy period; Aborted pregnancy; Decreased fetal body and placental weights; Diarrhea;

Diabetic patients who used Splenda showed a statistically significant increase in glycosylated hemoglobin (HbA1C) which, according to the FDA, simply decreased control of diabetes.

Sucralose is about 98% pure. What's in the other 2%? Small amounts of lead,

arsenic, triphenylphosphine oxide, methanol (wood alcohol), chlorinated disaccharides and chlorinated monosaccharide.

A portion of sucralose is metabolized into chemicals of untested or questionable safety. What will the effect be of these chemicals on our environment when Splenda byproducts hit our water supply? I doubt that we will know the answer soon. Why? The FDA did not require an Environmental Impact Statement for sucralose because, "the action will not have a significant impact on the human environment." What about animals, birds and fish?

Have artificial sweeteners decreased sugar consumption? Nope. According to Consumers' Research Magazine, as of 1990 Americans were consuming an average of 20 pounds / year (in sugar sweetness equivalency) of artificial sweeteners and as this consumption has risen, there has been a parallel rise in sugar (sucrose, etc.) consumption.

There is no clear-cut evidence that fake sugars help you lose weight. There is,

however, some evidence that these chemical sugars may stimulate your appetite. Oops.

Splenda (sucralose) can be found in 15 food and beverage categories: Baked goods and baking mixes; chewing gum; confections and frostings; salad dressings; fruit and water ices; jams and jellies; processed fruits and fruit juices; sweet sauces, toppings and syrups; beverages and beverage bases; coffee and tea drinks; fake dairy products; frozen dairy desserts and mixes; gelatins; puddings and fillings; milk products and sugar substitutes.

Dr. Mercola, who provided the above information on his website ([www.mercola.com/2000/dec/3/sucralose\\_dangers.htm](http://www.mercola.com/2000/dec/3/sucralose_dangers.htm)) says, "AVOID Sucralose. I have a number of patients in our Wellness Center who have had some severe migraines and even seizures possibly from consuming this product."

One of my clients reported that following consumption of a cake containing Splenda: "It tasted horrible and caused stomach cramps and vomiting."

## A New Program For Bedwetting

Bedwetting is much more common than is generally believed, not just in children but also in adults. There are many factors associated with bedwetting, both physiological and structural. The following is a brief summary of these factors. Related articles: Childhood Conditions. Call my office for more information. This information is from the research of Dr. Howard Loomis.

### **Major Nutritional and Structural Causes of Bedwetting:**

**Iron anemia.** Caution: do not give the bed wetter inorganic iron supplements. Instead give whole foods that naturally contain organic iron. Loomis' new formula called N-UR contains raisin powder as a whole food source of iron.

**Poor Sugar Digestion or Excessive Sugar Consumption:**

Loomis showed that bedwetting is always related to sugar intolerance, which requires PAN (a multiple digestive enzyme).

**Immune System Problems:** Loomis found that many had a spleen reflex, showing the need for Thera-zyme Spl.

**Structural Problems:** Many showed a need for the Sym formula for upper cervical problems.

### **Summary of enzyme formulas for bedwetting:**

PAN and N-UR are always needed. The need for Spl and Sym must be determined by the Loomis palpation test.

PAN - for sugar intolerance, 2 caps just before or with meals.

N-UR - new bedwetting formula, 2 caps in the am and the pm.

Sym - upper cervical formula, 2 caps with or after meals 3/d.

Spl - spleen formula, 2 caps with or after meals 3/d.

# 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.

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slice in the “now” (present time) range. Also in the “now” range was a high note which correlated to an esophagus muscle. Two other slices in the muscle range were pharynx and infraspinatus (shoulder) muscle. Another high frequency (note) was hippuric acid which, when unbalanced, can be a trigger for arthritis. The Genesis software’s primary answer was the sternohyoid muscle (neck) as the root cause.

After listening to these tones for 2 hours a day for a week, the ringing in her ears was diminished and she was able to pick up the soap in the shower, which made her very happy.

The second voiceprint revealed long term issues with both masseter ( jaw) muscles. In the “now” range were slices at the pterygoid medial and pterygoid lateral (bone(s) in jaw or roof of mouth). A low note in the biomagnetic range corresponded to C-2 (second cervical vertebra). I programmed these into her tone box along with the frequencies of C-1 and C-3 to support C-2 and kept the opposite of the frequency of hippuric acid to bal-

ance this high note.

By the end of the 2<sup>nd</sup> week the ringing in her ears was gone and her arthritis continued to improve in her hands.

We did one more voiceprint a week later to work on some hip/thigh/knee issues and she turned her tone box back in a very happy person. The ringing in her ears was completely gone and though there was a very slight “ocean” sound in her ears, she was happy that the ringing was gone.

**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.

deaths (mostly linked to suicide or murder). Virtually all of the young people who participated in high school shootings were taking Prozac or a related drug. Tracy lists many toxic side effects including suicide, increased aggression, violent or bizarre behavior, horrible nightmares, severe sleep disturbance, a craving for alcohol (even in people who had never had alcohol prior to Prozac), increased blood clotting, hypertension and hemorrhage, just to mention a few.

### Another Good Deal

If you order a case (12 bottles) of an enzyme or supplement, you will receive a 10% case discount.

### 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).