



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 2002

We want to hear from you. Please send your comments, recipe ideas, email address and suggestions to:

Lita Lee Ph.D.
P.O. Box 516
Lowell, OR
97452

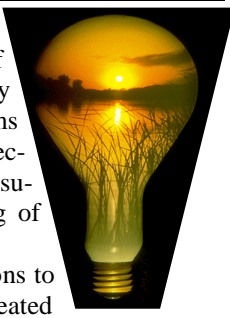
Office
541-937-1123

Fax
541-937-1132

Email
litalleephd@msn.com

A Changed World

During this deeply tragic and frightening time, my heart and prayers go out to the thousands of victims and to their loved ones. I know that my life will never be the same. Everything seems different now. Things are more clearly in perspective and my prior mundane worries have been superseded by a new world focus and a feeling of great vulnerability.



In this issue, you will find nutritional suggestions to help you during these difficult times. I have repeated my summary of anti-stress nutrition and have listed some important Bach flower and other flower essence formulas that will help you to cope with stress.

Lita

"Sound Bites"

A Case History

For new readers, here is a brief introduction to sound therapy as taught by Sharry Edwards of Sound Health, Inc. During the last 25 years, Sharry has developed sophisticated techniques for voice analysis to detect sounds or notes that are in stress. Stressed notes in your voice may be too high, too low, missing or too thin. By too thin, I mean that the voice suddenly falls from a high level to a low level. We look at the voiceprint from zero to 1000 cps (cycles per second) to find these stressed notes (also called "hits"). A certain note may be stressed at more than one octave. For example, assume the note of C is stressed at 5 different octaves. That means we have 5 hits of the note of C. The more hits we get, the more important that stressed note becomes.

Next we develop a sound program to balance the stressed notes. This may sound easy but there are about 1,700 notes in a voiceprint and we can give a maximum of 15 notes. The needed notes are entered into a "tone box" which delivers the sounds (analog, not digital) to the listener via earphones or a speaker. Listening to these notes causes the brain to start making the needed notes itself. When the brain starts making the needed sound(s), the client no longer needs to listen to them.

Here is a case history from Sharry Edwards to illustrate

The Hazards of Fluoride

Fluoride is one of the most toxic chemicals we have. Why are we being forced to medicate ourselves with a poison that causes thyroid dysfunction, poisons over 100 enzymes in the body, causes seizures, premature aging, bone loss and cancer? Not to mention that it does not prevent cavities and this has been proven epidemiologically. Regarding thyroid problems, in the last 14 years I have found hypothyroidism to be a worldwide phenomena and fluoride is a major cause. There are only three methods to remove fluoride from water: distillation, reverse osmosis and ion exchange resin. Fine, however, there is no shower filter that can remove fluoride and taking a shower causes the body to absorb 100 times more fluoride than drinking tap water. As a result, I have hundreds of clients who cannot reverse their hypothyroidism because they have to shower in fluoridated water.

My daughter developed dental fluorosis before the age of one year. Her beautiful teeth are mottled permanently and she suffers from hypothyroidism and its many symptoms. How did this happen? I never used tap water, bought only bottled water and mostly organic food, so, it must have been in the bottled water I thought was pure. This proves to me that we cannot avoid fluoride poisoning because it's ubiquitous.

The toxicity of fluoride has been known for at least 30 years and its toxicity has been documented by dozens of chemists, medical doctors and scientists. Fluoride reaches past humans into the environment, affecting animals and fish in the same way as people. Currently 70% of our cities are fluoridated and the people in these cities are all candidates for hypothyroidism. Is it fair to endanger the lives of the people and the animals in our cities?

Articles: Fluoride - A Modern Toxic Waste. Also, check out www.fluoridealert.org.

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It's Reflected In The Water

The photographs and information in this article show the work of Masaru Emoto, a visionary Japanese researcher who published his work in a book, "The Message from Water". This is one of the most important articles I have ever read and I hope that you check into the website listed here because you will see how beautiful the structure of pure water is and how its structure is destroyed by pollution, distillation, microwaving, etc. It also shows the profound effects of our thoughts, prayers and emotions, both negative and positive, on the structure of

water. I thought that this website would be apropos in light of the 9/11 tragedy, as it is a beautiful reminder of the power of our prayers.

Prayer can have an instantaneous effect. To illustrate this, in a Sound Health seminar, Sharry Edwards of Sound Health, Inc. took a sample of tap water and delivered low frequencies to this water, causing the water to vibrate. Then she used a laser light to cast a reflection of the water on a white wall. This created a "water dance" on the wall as the water vibrated with the frequencies.

Next, she asked the class to pray. Instantaneously the water images changed. They became less jagged and more gently rounded. It was a profound experience to realize that we, by our prayers, could transform water from a shapeless blob into a beautiful structure, much like a snowflake as the Emoto photos show. Think how profound are the effects of worldwide prayer on our terrible Sept. 11th tragedy. http://www.wellnessgoods.com/art_wat_messages.html. Also visit: www.hado.net & www.nationalwatercenter.org

Newsletter News!!

Due to rising costs and an ever-larger number of avid readers, I am no longer able to provide this newsletter by mail for free. Beginning with the January issue, the annual subscription cost is \$12. Please complete and mail the enclosed order form. Better yet, sign up to get it for free at the website!!



Holiday Schedule

Dr. Lee's office will be closed on:
November 22nd and 23rd,
December 24th and 25th
December 31st and January 1st (2002!)

Wishing you a thoughtful and loving holiday season

Nutritional Anti-Stress Program

I have had many clients call me who have had health setbacks since Sept. 11th. Our weaknesses can easily re-surface during a traumatic event that deeply touches us all. Stomach problems, asthma, panic attacks, insomnia, nervousness, depression, etc., reappear. Since stress has a profound effect on thyroid function, many clients have reported to me that their temperatures have dropped. One anxious client asked for a case of TRMA to support his immune system in case Anthrax was let loose. Another called and asked for two cases each of PAN and Bil, as if enzymes would somehow be hard to get in the future.

I feel very lucky and honored to have nutritional ways of helping my body cope with stress and to be able to share them with you. I pray for those who do not have coping skills and who turn to their doctors for drugs that will numb their emotions. For those of you who are less familiar with these formulas, I am putting in my summary again of "Anti-Stress Nutrition."

Many people don't appreciate the profound inhibiting effect of stress on the

thyroid gland and the resulting many symptoms that 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.

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, irritable or angry behavior. Also for when you wake up at night or have nightmares. Take 2 caps with meals to digest sugar OR 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 problems due to protease deficiency (protein intolerance). Take 4 caps between meals 3 -5 x/d.

Pregnenolone - anti-panic attack formula. Stops chemical cascade in the brain that leads to panic attack. Provides major nutrition in people who have severe stress.

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

Progesterone (oral) in vitamin E oil - for women.

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.



Notes To Lita...



Dear Lita, I am so amazed at how many people are struggling with their health, and how much enzyme therapy can help. I've been telling everyone about you. Thank you, thank you, thank you! D.C.

Bless you for all the good work you are doing. I await each newsletter, knowing I will be sprinkled with your wonderful energy!!

Love – J.G., CO

I could go on and on, as you are the only

person in the last 4 years (the period of my health struggles) who has really listened & offered effective, sensible advice & care.

R.B., Edmonton, Alberta, Canada

Since I started this program in February, 4 months ago, I have felt good. I have some energy although about 1.5 hours after I eat I feel sleepy. I have more stamina now and can do more things. I do not have the fuzzy head anymore nor do I have the headaches. My memory is

better. I have changed quite a few things and may even get close to perfect! I have lost about 10 pounds (about 1-1/2 pound a week) since February. The osteoarthritis in my index finger is shrinking. My skin color is good. I am not craving sugar now. Headaches are not presently bothering me. All good stuff. At first I thought that I would stop this program but then I thought to myself, why would I ever want to feel the way I did before? M.D., Seattle, WA

Let The Flowers Bring Comfort

There are many Bach and other flower essence formulas for stress. These essences work directly on the emotional body. Here is just a small list of the formulas that I thought would be most helpful to you. There are *many* more. I can put up to seven remedies into one formula (same price as one), so don't worry if you have more than one need. Please call my office if you wish to order any of these formulas.

Related *To Your Health* issues: October 1999 and April 2000

Bach Flower Remedies

Rock Rose: for sheer terror in the atmosphere

Mimulus: for known fears and your anxiety about them

Crab Apple: cleanses the mind of negative thoughts, despondency and despair

Gorse: hopeless and in despair over a condition, physical or emotional

Red Chestnut: excessive fear and worry, especially over loved ones, even when it's unwarranted

Star of Bethlehem: help for the aftermath of a shocking experience or sudden sad news

Walnut: help during a transition period

Rescue Remedy: for severe shock from any terrible experience, such as the 9/11 tragedy

Other Flower Essences

Forget Me Not: for bereavement

Self Heal: for those who face great healing challenges - physical, emotional or spiritual

Birth Announcement!!

Dr. Lee is proud to announce the arrival of her website, www.litalee.com. Though it's not quite complete, soon you will be able to download free articles on environmental health as well as past issues of *To Your Health*. You will also be able to order products, articles and books. **To access this**

newsletter at the website, you must sign up directly at the website, even if we already have your address. If you change your email address, be sure to enter your new one. We will email you when each issue is available. We will no longer email the actual newsletter.



Flu Season Is Just Around The Corner

Here is my handy dandy annual list of enzymes and botanicals to provide nutritional support during the flu season. It will be very easy for you to tell which formula you need. In 2000, influenza killed over 60,000 people. I heard on NPR that a very serious flu virus is expected this year. Whether it's serious or not, why not support your immune system nutritionally? It will be easy for you to determine which enzymes you need. If you have questions, call the office.

TRMA (trauma): for nutritional support in people who are recovering from flu or infection of any kind. 4 caps 3-5x/d between meals until well. Contraindication: gastric problems.

Rsp (respiratory): if lungs involved (bronchitis, infection, asthma, etc.) 3-4 caps as needed (anytime) until relieved.

Kdy (kidney): for swollen glands, frontal headaches. 3 caps between meals 3x/d.

SvG (salivary gland): for sore/irritated throat. 4 caps 3-5 x/d

until relieved.

Nsl (nasal): for a stuffy or congested nose. 2-4 caps 3-5 x/d until relieved.

Opt (optical): to relieve runny, drippy nose. 2-4 caps 3-5 x/d until relieved.

Lagundi Caps (herbal lung and flu support formula): excellent for nutritional support when suffering from flu (fever, sore throat, aches and pains, lung congestion bronchitis, pneumonia, asthma, etc.). 2-3 caps 3x/d until relieved. Maintain on 2 caps 1-2x/d. You can make a tea of this.

Lagundi Spray: a homeopathic spray for clearing the throat and improving breathing. Excellent for children. You can use both the caps and the spray.

Citricidal tabs: nourishes the immune system when recovering from infection. 2 tabs per meal 3x/d. During active infection, take 1 tab every hour until you feel better.

To Your Health

Lita Lee, Inc.
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

(Sound Bites, Continued from page 1)

the profound effects of sound therapy in a man who had severe structural problems, which caused difficulty walking. The client had extremely weak lower limb strength and slow mobility of the left leg and no mobility of the right leg. The right leg dropped to a 45-degree angle when supine. Leg movements were mostly accomplished by manually moving his legs, especially the right leg. He could not stand, could not fully urinate without catheterization and could not lift his right leg.

Sound evaluation revealed unbalanced iliac and psoas muscle frequencies with and underlying L-2 (2nd lumbar) frequency involvement. The needed frequencies (notes) were presented and after a few minutes, the client fell asleep. He was allowed to sleep for 1.5 hours as sound was being presented. After awakening, he was able to perform a bicycling motion from a supine position with both legs. Both legs were able to perform rotations. He was now able to sit up from his supine position using only his feet and shoulders for support. He was able to un-

cross his legs with the left leg on top, which was not possible before the sound presentation. He was also able to urinate without catheterization. Since his vocal print indicated several issues connected to the iliac and psoas muscles, a series of frequencies were set on a tone box. This client is still in therapy and his sound presentations are updated according to his needs. This case history illustrates how frequency can have a measurable effect in less than two hours.

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.

(Hazards of Fluoride, Continued from page 1)

SEMINAR: Dr. Lee will give a seminar on fluoride and its many toxic effects. Location: Capitola, California at the Way of Life Hall from 7:30 – 9 pm on Thursday, November 15th.

Bay Area Visit

Dr. Lee's next Bay Area visit will be Friday, Nov. 16th through Sunday, Nov. 18th. Call her office to schedule your appointment. We send out invitations. If you want to be added to our list, please call.

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.