



To Your Health

January 2002

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Healthy Reading

Dr. Lee's book, *The Enzyme Cure*, is available from her office or her website

Call 541-937-1123 to order or visit: www.litalee.com

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Next Newsletter:
April 2002

We want to hear from you.

Please send your comments, recipe ideas, email address and suggestions to:

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Another New Year

As we begin another year, I hold in my heart the hope that this will be a year that brings us closer to peace and love. And I pray that the world's leaders will find the grace and wisdom to lead us through these painful and trying times.

In this issue, I present more ways to protect your body from the hazards of the modern world and, back by popular demand, I offer my updated salad dressing recipe!

So, until I see you again... keep eating organic, take your supplements and give yourself a hug.

Lita



A Word About Minerals

Most of us are mineral deficient because we eat commercial foods which contain 200 - 400% less minerals than their organic counterparts. In addition, soy products (soybeans, soy protein, tofu, tempeh, textured vegetable protein, etc.) inhibit the absorption of very important minerals such as calcium, magnesium and zinc. I have done hundreds of the Loomis 24-hour urine tests during the last 14 years on people who are taking high doses of calcium supplements, yet show a severe calcium deficiency, probably due to eating refined or commercial foods low in calcium, poor absorption and/or the ingestion of soy products.

Colloidal Minerals

People frequently ask me about colloidal minerals, often called chelated colloidal minerals. I don't recommend them. Some of them contain as much as 20% aluminum and have non-detectable levels of important minerals, such as calcium and magnesium. Rats fed a diet high in aluminum and low in silicon and calcium accumulated high aluminum levels in the brain.

According to Alexander Schauss, "...when you find a colloidal mineral product that contains over 4,300 ppm of aluminum and only 2 ppm of silicon, one has to speculate as to whether such a product consumed chronically over time would be safe for human consumption..." (Alexander Schauss, Ph.D., "Minerals, Trace Elements and Human Health," Director, Life Sciences Division, American Institute for Biosocial Research, Inc., Tacoma, WA, USA, Life Sciences Press, P.O. Box 1174, Tacoma, WA 98401, 3rd ed., Nov. 1996).

My favorite mineral sources:

1. Whole organic foods, especially organic fruit juices (except for grapefruit juice). These are usually sufficient to prevent or correct mineral deficiencies.
2. Non-iodized sea salt to taste. My favorites are Real Salt and Celtic salt. Sea salt contains 48 minerals and is refined by successive crystallization.
3. Thera-zyme TRMA contains protease, catalase, calcium and kelp as a source of minerals, so this formula has a multitude of uses. In particular, I recommend

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"Sound Bites"

Another Success Story

This story is from sound therapist, Hope Pantazis.

"I wanted to share a Bio-Acoustic success story. I know that I love to hear about them as they keep me motivated.

A friend of mine (a semi-retired gynecologist) brought her friend, Sharon, over to see me. Sharon is 47 years old and had been on chemotherapy drugs for quite some time to combat lupus. Sharon walked in about 6 -7 weeks ago with a cane. She complained of constant joint pain.

I took a vocal print and gave her a rollover with several frequencies for her to listen to at home. I also used the calcium/magnesium formula by itself. The difference between these two numbers is the frequency of Durapatite (Merck). Merck says it constitutes the mineral portion of bone. I muscle-tested Sharon and determined that she should listen to this cal/mag frequency for at least 2 hours a day...more would be better.

Sharon has been listening to her sound religiously. She called me about a week ago. Her joint pain is gone and she no longer uses a cane. She also sleeps much better. She says that she goes to sleep with the earphones on. To try to isolate the impact of sound, I asked Sharon if she had been doing anything else differently in the last several weeks. She said, "No".

Hope Pantazis,
charlesp@home,
Phone: 908-654-7917

The Truth About Those "Rays"

Bone Scans, Dental X-Rays, CT Scans and Mammography. What do these tests have in common? They zap your body with radiation. Are they accurate? Are they necessary? Are they safe? Many respected researchers say, "No, no, no!" There are volumes of information about the effects of x-ray radiation. First are brief comments below by Dr. Ray Peat in his June 2000 newsletter on bone scans and dental x-rays. I recommend buying it for complete details and references. (Dr. Ray Peat, Ray Peat's Newsletter, P.O. Box 5764, Eugene, OR 97405, \$4). Quotations are those of Dr. Peat.

Bone Scans

When a person gets a bone density test (by dual photon x-ray machines), are they aware that "the soft tissues aren't being studied, so they are allowed to be overexposed until they appear black on the film... are they aware that the x-ray dose received at the surface where the radiation enters might be 20 times more intense than the radiation that reaches the film, and that the 90-95% of the missing energy has been absorbed by their cells?" In addition to the area being irradiated, "deflected x-rays affect adjacent areas, and toxins produced by irradiated cells travel in the bloodstream, causing systemic effects."

Even if a bone density test were accurate, diagnosis really makes no difference in what the physician usually recommends for bone loss, which includes toxic drugs such as estrogen and Fosamax. All women (and men) should be on natural, non-toxic remedies and a diet that supports healthy bones regardless of their current bone density.

Peat summarizes why we should avoid bone density tests in addition to its high dose radiation:

1. People who have the bone density test believe that this will determine whether or not they have bone loss. The same bone density instrument can give very different results at different times.
2. Radiologists evaluating the same image often give very different conclusions.
3. The amount of tissue water and the fat content can make large differences in apparent bone density, and estrogen, which affects both, can appear to cause

increased bone density when it is actually causing inflammation with edema.

4. Calcification of soft tissues can create a false impression of increased bone density (around 1%).

These common technical errors in bone density measurements can add up to very large mistakes. See the article below for a nutritional "bone protection" program.

Is there an alternative? Yes!

1. Ultrasound machines do a very good job of evaluating both bone density and strength, not just density alone.

2. Ultrasound stimulates bone repair (whereas x-rays accelerate the rate of bone loss).

3. Ultrasound isn't harmful (whereas X-rays are harmful at any dose).

Dental X-Rays

"Dental x-rays cause thyroid and eye cancers." After many dentists had a finger amputated from cancer, they decided to ask the patient to hold the film, while standing safely back from the radiation. There are some cases where it may be necessary to take a dental x-ray, but getting them every year is unwarranted and dangerous.

CT Scans (full-body x-rays)

Facilities offering CT scans are sprouting nationwide and, as with bone scans, are luring people who think that a CT scan can provide early detection for cancer, heart disease and other diseases. The FDA states that CT scans give healthy customers higher-than-conventional doses of radiation. The CT scans deliver 100 times the radiation of a chest x-ray. Yet the FDA cannot do anything to regulate this industry, since they approved scanning devices for individual areas where illness is suspected and they cannot stop doctors from using them for full-body scans. Says Dr Peat, "Any sensible person should know that the risks from the radiation more than offset the benefits. I don't recommend x-rays even for people with symptoms." Also, a suspicious but ultimately harmless finding can cause unnecessary additional testing and needless anxiety. (www.mercola.com/2001/jun/20/ct_scans.htm).

Mammograms

Mammography, or x-ray of breast tissue, is inaccurate, dangerous and unneces-

sary. Only about 5% of mammograms are positive, of which, about 80% to 90% are false positives. These false positives cause great anxiety and require unnecessary biopsies and even needless mastectomies. Meanwhile, false negatives occur in 10% to 20% of women who actually do have cancer. Many women are unaware that mammography can cause cancer. Dr. John Gofman wrote a compelling book proving this. Based upon 40 years of studying the health effects of ionizing radiation, Dr. Gofman estimates that 75% of breast cancer could be prevented by avoiding or minimizing exposure to mammography's ionizing radiation and other medical sources of x-rays. Says Gofman: "there is no safe threshold for exposure to low level ionizing radiation."

Is there an alternative? Yes!

It is infrared technology called thermography, which allows cancer diagnosis by observing heat from the increased blood supply of the tumor. Breast changes can be observed at least 2-3 years before a malignant tumor can be detected by any other means.

Another name for this diagnostic tool is Thermal Image Processing (TIP) developed by Maurice Bales and manufactured by his company in Walnut Creek, California. TIP is FDA-approved, but this technology is so new that only about 15 TIP systems are available in the United States. In this brief article, I can only give you the name / phone number of the clinics.

* The Challenge Sport & Spine Center, Aurora, CO, 303-363-5655

* Clifford C. Chu, M.D., New Smyrna Beach, FL, 904-427-4752

* DNA Center for Neurology and Rehabilitation, Daytona Beach, FL, 904-274-2090

* Neurological Associates, Vero Beach, FL, 561-231-1300

* Southeastern Neuroscience Institute, Jacksonville, FL, 904-346-0707

* Quad Cities Diagnostic Thermography, Rock Island, IL, 309-788-3636

* Rush-Presbyterian-St. Luke's Medical Center, Chicago, IL, 312-942-6504

* Headache and Pain Control Center, Sioux City, IA, 800-383-7246 or 712-252-4386

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Notes To Lita...



First, I wanted to thank you for your time and for your existence. I am really excited about my regimen and I know I will get better! Thank you for all of the wonderful information you have sent me. I enjoy reading it and learning something new. Also, thank you for all your hard work and research. My husband and I both have read "Excuse Me, Your Life Is Waiting" by Lynn Grabhorn. Great book!

A.A., GA

A testimonial for F. - I'm still writing this article. Won't be anything startling to you, but hopefully insightful for others - as you've worked a true miracle for my 3 - almost 4 - year old. M. can testify to that! She says she's never seen enzymes work so quickly - proof that the younger we start, the better off we are. What was a little, toxic, waif-like child, is now a robust, energetic, non-stop 'til she drops kid with no dark circles under her eyes, no ear infections, and almost

full recovery of her hearing. When her ears do "clog" up a little, I use Citricidal ear drops and up the TRMA - ears start to "itch" and heal immediately. Had I not found you, F would now have ear tubes and would still be on antibiotics, if even still alive after all the drugs and infections. That's how sick her little body was. God bless you Lita. You have more than changed lives, you have made life worth living.

T.S., VA

A Nutritional Program For Healthy Bones

1. Eat an organic, whole foods, pro-thyroid diet high (3x/d) in animal protein, fruits and fruit juices (except grapefruit), coconut oil and sea salt. Optimum thyroid health is essential for bone formation and resorption (making new bones and getting rid of old ones).
2. Avoid thyroid toxins and inhibitors, such as: raw cruciferous vegetables (cabbage, cauliflower, brussel sprouts) soy products, all unsaturated (omega -3 and -6 oils), all estrogens, whether natu-

- ral, synthetic (Premarin), herbal (Remifemin or black cohosh) or xenoestrogens (environmental estrogens such as fluoride, pesticides, radiation, etc.).
3. Eat whole organic foods containing calcium, especially raw or organic dairy and fruit juices. Thera-zyme Para is an excellent calcium formula. In addition, I recommend a multiple digestive enzyme (Bil, PAN, Stm, VSCLR, HCL). A Loomis 24-hour urine will tell you which digestive enzyme(s) you need and

- whether or not you need the calcium formula.
4. If you need thyroid support, take a natural thyroid glandular.
5. Women need 10% oral progesterone, *the* female hormone, which, among dozens of health benefits, stimulates the secretion of thyroid hormone from the thyroid gland and the formation of new bone.
6. Pregnenolone is also a good food because it converts to progesterone.



Another Good Deal

Order a case (12 bottles) of an enzyme or supplement and you will receive a 10% case discount.



Back By Popular Demand...

Coconut Oil Ranch Dressing

First make the mayonnaise:

¾ cup of coconut oil melted then cooled to room temperature
¼ cup of extra virgin olive oil
½ tsp of dry mustard (use regular if you don't have this)
½ tsp of sea salt or to taste
One egg
4 tbsp vinegar (rice, my favorite or other of your choice)

Add all ingredients to blender except the oils. Dribble in the coconut oil and olive oil mixture slowly. The mixture will become very thick.

Add to this thick mixture the following and blend until smooth:

1-1/4 cup buttermilk
3-4 heaping tbsp of sour cream (or yogurt)
Seasonings to taste (I use onion chips, garlic, basil, and dill. Sometimes I add tarragon and thyme).
Juice of one lemon (optional)
Honey to taste (optional - taste before adding)

Upon refrigeration, this dressing will become the consistency of mayonnaise. You can dilute some for salad dressing. You can also combine equal parts of Coconut Oil Ranch Dressing and olive oil & vinegar dressing to make a nice creamy Caesar salad dressing. You can add dill or relish to make a great tartar sauce.

To Your Health

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Disclaimer: These statements have not been evaluated by the Food and Drug Administration. They 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 FTC requires that we tell you that the results in case notes and testimonials published here are not typical, however they do show what some people have been able to achieve. Individuals vary, which is why we must always consider the whole person when recommending a course of action. The third party information referred to herein is neither adopted nor endorsed by this web site but is provided for general information purposes. The listing of specific disease terms is based upon medical literature and is not a substitute for competent medical advice. If you suspect a medical condition, you should consult a physician.

To Your Health

(A Word About Minerals, Continued from page 1)
it for you if you have an infection requiring antibiotics, soft tissue trauma (accidental or surgical) or anxiety (sighing a lot). I discovered that people who are deficient in minerals are helped by this formula as it relieves their signs of mineral deficiency (e.g. motion sickness, white spots on fingernails, tingling of legs or arms, leg cramps and so on).

Colloidal silver

Many people take colloidal silver, thinking it's a safe antibiotic. It's not. Here is what Dr. Ray Peat says about using colloidal silver as an antibiotic. Silver is just slightly less toxic than mercury. Silver would be about as toxic as the organic antibiotics in the short term, and maybe worse if used chronically. Topically, it's probably not as toxic as mercurochrome; permanganate and copper sulfate might be just a little safer. How does silver kill bacteria? It works pretty much by the same mechanism that makes mercury a powerful antiseptic. Heavy metals are relatively indiscriminate oxidants (potent oxidizing agents). All heavy metals - lead, silver, mercury, nickel, cadmium- are

very toxic, potent enzyme poisons and go into the brain, causing diseases like Alzheimer's, ALS, MS, etc.

Safe nutritional support when antibiotics are needed:

1. Thera-zyme TRMA, high in protease, catalase and minerals. For fever, redness, swelling and pain. Indicated when you have an infection requiring an antibiotic. Also great for soft tissue trauma, whether accidental or surgical. A general pain relief formula.
2. Citricidal tabs or liquid. An extract from grapefruit seeds/pulp (not the same as grapefruit). I use this in combination with the TRMA formula in people who need antibiotics.
3. Coconut oil is nourishing for the thyroid gland, so it's a natural and inexpensive way of supporting the immune system.

(Those Rays, Continued from page 2)

- * Central Baptist Hospital, Lexington, KY, 606-260-6115
 - * The Hospital Center at Orange Rehabilitation Medicine Dept., Orange, NJ, 973-266-2042
 - * New York University Medical Center Rehabilitation Medicine, New York, NY, 212-263-8891
 - * Haber Chiropractic Clinic, Monroeville, PA, 412-372-7900
 - * Northside General Hospital, North Sydney, Nova Scotia, Canada, 902-794-8521
 - * Ville Marie Medical Center, Montreal, Quebec, Canada, 514-933-2778
- (From the September 1999 issue of *Alternative Medicine*.)



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.