



To Your Health

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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

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

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We want to hear from you.

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

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Sum, Sum, Summertime!

Greetings health seekers. I hope that your upcoming summer days bring you sunshine, happiness and that wonderful, organic, summertime produce. Yum.

In this issue of *To Your Health*, you will find out how to nourish your mucous membranes simply and naturally. You will also read some scary information about a popular herbicide (2,4-D) used to make your lawn look like a golf course. I have included more information on the toxicity of tryptophan and on the tryptophan-serotonin myth. Yet more exciting, I will introduce research on a new weight loss program. Read *Sound Bites* for more info.



Best wishes for a long and beautiful summer,
Lita

Our Gateways To The Outside World

Mucous membranes are the protective membranes lining all body passages that communicate with the exterior (nasal passage, eyes, lungs, stomach and gastrointestinal tract, urinary tract, and the colon). These linings have cells that secrete mucus. When they are irritated nasty things can happen - your nose bleeds, your eyes hurt, your stomach burns, your urine burns, you cough up nasty things (e.g. mucous of various colors) or you have colon problems. Drugs are available for these problems. So is nutrition. Naturally, I will tell you about nutritional options (pun intended!).

Nsl (nasal): This is a vitamin C formula (without ascorbic acid or ascorbates) and it nourishes the mucous membranes of the sinuses. So if you have a dry, stuffy or congested nose, are a mouth breather or have frequent nosebleeds, try this formula. Dosage: 2-4 caps 3x/d, depending upon the severity of symptoms.

Opt (optical): This vitamin C

formula (without ascorbic acid or ascorbates) nourishes the eyes for those of you who have eye problems, including eye pain, eyestrain headaches, floaters and poor vision. This formula is also indicated for those who bruise easily or who have a frequent runny or drippy nose, common in head colds. Dosage: 2-4 caps 3 times daily or as needed. During an acute episode, the higher doses are helpful.

Stm (stomach): This protease-free multiple digestive enzyme nourishes the lining of the mucus cells of the gastrointestinal tract in people who have any kind of gastric distress, such as hiatal hernia, gastritis (irritated gastric lining, not flatulence), indigestion or heartburn and/or nausea, esophageal reflux and gastric ulcers. Dosage: 2 caps with each meal and 4 caps anytime needed in case of acute gastric distress. Why no protease? If your gastric problems bother you, you will not be able to tolerate high doses of protease with your meals because increasing protein digestion will increase acidity and the

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"Sound Bites"

Exciting Research

I just returned from Sound Health Inc. (brushing up on my BioAcoustics techniques). New research is in the works regarding one of the most common complaints I hear - weight loss. Sharry Edwards, the pioneer in BioAcoustics and my teacher, has been researching notes (frequencies in the voiceprint) that are stressed in people who have difficulty losing weight. Through her research to determine WHY a person can't lose weight, she has been compiling an extensive database of "WHY's". There are too many reasons (translated to frequencies that we can determine in a voiceprint) why a person has difficulty losing weight to be mentioned in this short message. I just wanted you to know that there is great hope ahead for those of you who have difficulty losing weight. I know that some people gain weight because they eat too much. But, why do they eat too much? Is there a reason? Let me give you just one example from Sharry's research files. Sharry did a vocal analysis on a 10-year old girl who weighed 180 pounds. This girl was ridiculed by her peers and was punished by her parent and her teachers because she kept stealing food. Sharry determined that this girl's most important BioAcoustic issue lay in stressed frequencies visible in her voiceprint that were related to a hormone (parathyroid) and to a mineral

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Tryptophan Toxicity

This is the third part of newsletter articles on tryptophan. The other 2 parts are in the August 2001 and April 2002 issues of *To Your Health* (see the articles on isolated vitamins, minerals and amino acids).

Of all the free amino acids, tryptophan (and its derivatives, such as 5HTP) is the only amino acid that is carcinogenic, produces a variety of toxic metabolites, is very sensitive to radiation and converts to serotonin.

People who use tryptophan or who eat a high tryptophan diet can develop an inflammatory disease called eosinophilomyalgia syndrome.

Isolated tryptophan is a thyroid inhibitor. Animals given very big doses of tryptophan got the same eosinophilomyalgia syndrome, and a very similar syndrome develops naturally in stress and malnutrition, because stress releases our own tryptophan and directs it mainly to serotonin synthesis. Tryptophan is an amino acid that's important for growth, and when there is too much after the growth phase is finished, it turns on stress and degeneration.

The over-training of athletes produces fatigue, which is associated with muscle catabolism (breaking down) that releases large amounts of free amino acids including cysteine, cystine, methionine and tryptophan.

The Tryptophan-Serotonin Myth

The August 2001 issue has a summary of the devastating side effects of the Prozac line of drugs, called SSRI's. Since tryptophan converts to serotonin, a high tryptophan diet can lead to serious serotonin side effects. Summary of health effects of a high tryptophan/serotonin diet or SSRI drugs: cancer,

inflammation, fibrosis, neurological damage, shock, bronchoconstriction, hypertension and impaired learning. *From Dr. Ray Peat's newsletter:*

- "Tryptophan is a major factor in the development of fibromyalgia via interfering with muscle mitochondria. Yet tryptophan is advocated to increase serotonin as a treatment for fibromyalgia.
- Hans Selye (1965) produced muscular dystrophy by injecting serotonin. Later research suggested that both muscular and nervous dystrophy or degeneration involve serotonin excess.
- Protein deficiency (and malnutrition in general) produces inflammation and extreme serotonin dominance.
- Increased serotonin (and tryptophan) impairs learning.
- Decreasing serotonin (with a drug) was found to increase libido.
- In the aging brain, serotonin increases, and is related to the relative inability to turn off cortisol production that is characteristic of old age.
- Hypothyroidism and excess cortisol increase serotonin formation.
- The hair loss that occurs in hypothyroidism, postpartum syndrome and with the use of SSRI's and other drugs such as St. John's Wort could be yet another effect of excess serotonin.
- Serotonin stimulates cell division and increases the formation of connective tissue. So, once full growth is achieved, excess serotonin can contribute to the age- or stress-related thickening of blood vessels and other processes that impair organ function.
- The ability to oxidize sugar is impaired by serotonin. Several anti-serotonin drugs are now being used to treat diabetes and its complications, such as hyper-

tension, obesity and foot ulcers.

▪ Serotonin is well known to contribute to high blood pressure through complicated hormonal pathways, which also promote estrogen production."

How to decrease tryptophan (and serotonin) in your diet:

Glycine, the simplest, nonessential amino acid protects against all of the toxic effects of tryptophan/serotonin: carcinogenesis, inflammation, fibrosis, nerve damage, shock, asthma and hypertension. It also improves learning. Collagen, besides being free of tryptophan, contains a large amount of glycine (32% of its amino acid units).

Gelatin (good source of glycine) also contains lots of proline, which has similar effects to glycine.

Carbon dioxide (carbonated water), thyroid therapy, progesterone, coffee (caffeinated), and decreased tryptophan consumption protect against serotonin.

Restricted sodium (salt) intake increases serotonin. This accounts for some of the anti-inflammatory and diuretic effects of increased sodium consumption. Increasing sodium lowers both serotonin and adrenalin. Sea salt rather than commercial sodium chloride is recommended.

Eat saturated fats, such as coconut oil. Saturated fats don't liberate serotonin. Cheese contains less tryptophan than milk, which contains less than whey, so it's better to make your own shakes and smoothies from milk or yogurt, eggs and fruit rather than whey powder. Beef, turkey and chicken have similar amounts of tryptophan but, if you eat the skin of the chicken or turkey, which is rich in gelatin and poor in tryptophan, you will decrease the tryptophan in your diet.

Pain In The Neck??

If your neck bothers you, there is a wonderful enzyme formula created by Dr. Loomis that will help you, called Thera-zyme C1-C3 Sym. By neck problems I mean a misalignment in the upper cervical vertebrae, specifically C1 (atlas), C2 and C3. When one or more of these is misaligned, your neck can become sore and stiff, and you can experience: headaches, migraines, dizziness, a sinking feeling when you stand up, hypertension, indigestion and constipation. According to Dr. Loomis, Sym can help turn on digestion even though it's not a digestive enzyme. Some people experience only dizziness; others severe headaches. Neck problems can be the result of a head injury or whiplash but I have observed them in people who have never been injured. Neck problems require good

chiropractic therapy. Sym will help you hold your adjustments. Dosage range: 4 caps 3x/d to relieve an acute condition and 2 caps 3x/d to hold your adjustments.

Case History: Mary, a 22 year-old woman experiences migraines (sometimes vomiting), especially when she neglects her chiropractic adjustments. Stress is a trigger factor here. She can also experience severe constipation. At the onset of a migraine, she takes 4 Sym and has her neck massaged. Sometimes she also takes 4 VSCLR, another migraine enzyme formula. If she takes her enzymes when the first symptoms arise and rests, the symptoms subside. The pain reminds her to go to her chiropractor, Dr. Greg Kahn of Eugene Oregon, and to keep taking Sym to hold her adjustments.



Notes To Lita...



♥ Dear Lita, Thank you for the bottle of Stress Release (homeopathic). It's working well. I have been waking refreshed and suddenly my exercise goals seem attainable... I'm out everyday – walking/running and then falling deeply asleep because I'm well exercised. What a great vicious circle! Thank you for your inspiration and support. With your teaching, I've been able to get a pretty clear look at the big health picture that represents me – and I have hope of “recreating” it.

KP, GA

♥ Dr. Lee, Greetings from Wisconsin. I'm thanking God often for the wisdom He has given you. I'm so impressed with

the “good news” contained in your Enzyme Cure. You are helping the world. Bless you. I will be ordering your products. In appreciation,
Dr. M.J., WI

♥ Dr. Lee, I want you to know that your book was staring me in the face at Barnes and Noble the day I purchased it. I was looking for something else but your book was facing me and it was the only one of its kind on the shelf. The cover and title caught my attention and I did not even bother to see who authored it or read any part of it but felt if it talked about enzymes then it had to be good reading. It wasn't until I returned to work 15 min later that I realized the

VALUE OF THE BOOK AND THAT I HAD STUMBLED ONTO SOMETHING THAT COULD CHANGE MY LIFE. I have read your book, The Enzyme Cure, about 3 times now. I love it and cannot put it down. I find myself using it as a reference for so many things relating to my health and diseases of my family. As soon as I received the package I opened it and read the directions on the VSCLR product and popped a few before I had my dinner. I BELIEVE I BELIEVE.

I convinced a co-worker to buy your book and read it while she is in the hospital for hip surgery.

W.D., FL

Dandelions or Cancer - Your Choice

Sources: Los Angeles Times article reported in The Register Guard, Sunday, June 2, 2002, p. 5A; Pesticide - Herbicide Legacy - Chemical Soils (free article with references from www.litalee.com).

Here is a timely warning as we rush to our gardens to zap our dandelions and other weeds with 2,4-D-containing herbicides. 2,4-D is believed to be the most commonly used herbicide in the world and it is mixed with fertilizer in “weed and feed” treatments and in fertilizers such as Crossbow. It spares your grass while killing broadleaf plants such as dandelions. In 1988, the EPA estimated that up to 67 million pounds of 2,4-D were used in herbicides in the United States. The fall 1991 *Journal of Pesticide Reform* described the acute toxicity of 2,4-D. It is both acutely and chronically toxic. In humans, it is a neurotoxin, a carcinogen and has adverse effects on reproduction. In laboratory animals, it causes organ damage, birth defects, fetal death, and affects growth and behavior. Don't think you are safe if you don't spray 2,4-D, but your neighbor does. It drifts up to 50 miles, contaminating ground and surface water and has been linked to increased diseases in corn and in pine trees.

Summary of acute exposure adverse effects: nausea, vomiting, diarrhea, headache, temporary blindness, weakness, burning in the chest and difficulty forming thoughts. Chronic exposure may cause cancer.

Here is a brief summary of some epidemiological research on 2,4-D:

- Increases risk of non-Hodgkin's lymphoma (National Cancer Institute Report). Risk of cancer increased in proportion to the degree of exposure. For example, the incidence increased 6 times among farmers exposed to 2,4-D for 20 days or more a year.
- In 1979 and 1981, Swedish researchers reported increases in 2 other cancers in addition to non-Hodgkins lymphoma: Hodgkin's disease and soft-tissue sarcoma.
- In 1986, a Journal of the American Medical Association arti-

cle reported an increase in non-Hodgkin's lymphoma among crop workers in Kansas. A later study reported higher than normal levels in lawn service applicators. By the way, homeowners are likely to use 10 times more chemicals per acre on lawns than farmers use on agricultural land.

- In 1991, the EPA reported a 75% increase in non-Hodgkin's lymphoma among farm workers who used 2,4-D in the past 20 years.

- In 1996, University of Minnesota pathologist Vincent Gary published a study in *Environmental Health Perspectives* indicating almost twice the number of birth defects among children of herbicide applicators who were conceived in the spraying season in a Minnesota potato and beet-farming region.

- In 2000, an EPA statistician linked many cancers – of the esophagus, stomach, rectum, throat, pancreas, larynx, prostate, kidney and brain – to heavy wheat growing regions notable for 2,4-D use.

- In 1999, Extoxnet, a pesticide Web site managed by five universities, listed 2,4-D as highly toxic to honeybees and fish and slightly to moderately toxic to wildfowl and birds.

Some concerned communities and cities are now requiring lawn care companies to post warning signs on chemically treated lawns. In New York, 5 counties have passed ordinances requiring prior notice of spraying to neighbors and 8 municipalities have passed ordinances that phase out the use of pesticides on government property. In Seattle, 2,4-D is no longer used on park lawns. “We just accept dandelions and English daisies,” says Phil Renfrow, the chemical reduction official for parks there. Renfrow's department even buys a new “Eco-Turf” seed mix that comes mixed with weed seeds. The worst possible places for herbicides and pesticides are residential streets, schools and parks. Where there is a lawn, there is usually a sidewalk and a gutter and a drainage basin within several feet of each other. What goes on the lawn goes right into the gutter, drainage basin and our water table.

To Your Health

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increased acidity will irritate the already compromised mucus cells.

A warning from Dr. Howard Loomis regarding antacids (alkalizing supplements and supplements that reduce gastric acidity). These create an abnormal alkaline pH that is a fertile environment for helicobacter pylori, a nasty stomach bacterium that is associated with stomach cancer. Normal healthy gastric cells can tolerate the required acidity from the digestion of proteins with proteolytic enzymes. Cutting off the acidity may reduce gastric irritation, but it does not heal the lining of the stomach. Why not nourish these cells with the Stm formula so that, when properly nourished, normal acidity and normal digestion can be resumed?

UrT (urinary tract): This urinary tract formula nourishes the lining of the urinary tract just as the Stm formula nourishes the lining of the stomach. Unnourished urinary tract cells are common in people who have painful or burning urination (cystitis), which is not necessarily accompanied by a urinary tract infection. Irritated urinary tract cells can also

cause bleeding which can be measured in the urine test (hematuria). Regardless of whether the cause is inflammation, irritation due to kidney stones or something else, UrT is indicated. UrT is also indicated in cases of urgency, or incontinence (which has a structural component - a misaligned pelvis).

Rsp (respiration): This is an enzyme that nourishes the lungs and is indicated in people who have respiratory problems, such as coughing, wheezing, lung irritation (e.g. bronchitis) and so on. Dosage range: 2-4 caps anytime, depending upon the severity of the condition. NOTE: Lagundi, a lung herb, is also available.

IrB (irritable bowel): This enzyme nourishes the large intestine. Indications include: abdominal pain (especially in the lower left quadrant), blood or mucous in the stool, frequent or painful bowel movements and loose stools or diarrhea.

Dosage: 2-4 caps 3x/d, dependent upon severity of symptoms. NOTE: other colon formulas are available for constipation and for constipation alternating with diarrhea.



(Sound Bites, Continued from page 1)

(calcium). Balancing these stressed frequencies led to a 20 pound weight loss. Happy Days!

I promise you more to come. Meanwhile, please just keep this under your bonnet (or helmet or whatever). Please don't bug my office with phone calls. When I am ready to launch this research program, you, my friends and clients, will be the first to know, just as you are the first to know about my exciting new research. Keep watching for updates!

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.