



# 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](http://www.litalee.com)

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

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At the website: Free  
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Next Newsletter:  
January 2003

We want to hear from you.

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

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## Wishing You A Wonderful Autumn

In this issue are some startling facts on the HRT issue. Also, there is a summary of little known facts about soy toxicity. A fascinating story is presented on the use of BioAcoustics in a severe knee injury case and, finally, some tidbits on how to protect yourself from food-borne illness.

To your health!  
Lita



## Where's The Beef?

This article appeared on July 25<sup>th</sup>, 2002 at [http://reuters.com/news\\_article.jhtml;jsessionid](http://reuters.com/news_article.jhtml;jsessionid) Food-borne diseases sicken an estimated 76 million people of which 325,000 are hospitalized and 5,000 die. During 6 weeks this summer, 28 people in 7 states became ill after eating ConAgra Foods Inc ground beef products contaminated with a virulent strain of potentially fatal Eschericia coli (E. coli) bacteria known as O157:H7. E. coli can cause nausea, vomiting, bloody diarrhea, dehydration and, in some cases, life-threatening kidney failure. Although ConAgra recalled nearly 19 million pounds of beef products - the 2nd largest ground beef recall in U.S. history - some ConAgra meat may still be circulating among consumers because ConAgra's products are sold to wholesalers who then grind and redistribute the meat under different labels. Why so much contamination? Not surprising in today's agribusiness market where ground beef is made from carcass remnants left over after prime cuts, often in 1,000 - 2,000 pound lots. It takes the carcass of only one diseased cow to contaminate the entire batch. The government's answer: **not** cleaning up the slaughterhouse

processing, but irradiation of beef with radioactive waste materials. Just irradiate the filth! Here is what I recommend to avoid food-borne illnesses: Buy only organic, hormone-free meat from grass-fed cows. If you like hamburgers, grind your own from whatever cut you like. Try to find lamb from sheep allowed to graze on lush green grass. New Zealand has the best organic beef and lamb I have found and it's available in many large stores, such as Costco. Take a multiple digestive enzyme to ensure digestion of your food. Remember, enzymes digest foods as well as toxins. Dosage: 2 caps of whatever enzyme you choose with meals 3x/d. **PAN** for digestion of sugars, grains and fruit. **VSLCR**, high in lipase and good for people with high blood pressure, difficulty losing weight, high blood fats and immune system issues. **HCL** (contains no hydrochloric acid) for sluggish digestion of sugar, fat and protein. **Bil** for fat intolerance and gallbladder issues. **Stm** a multiple digestive enzyme without protease for people with gastric problems. **DGST** pediatric multiple digestive enzyme.

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## "Sound Bites"

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Knee Blowout Injury

Abstract of a paper presented by Liz Lonergan, RN, CMT at the 2002 BioAcoustics Conference, Parkersburg, WV. Liz is at *The Center for Body & Soul*, 12530 S. Harlem Ave., Palos Heights, IL 60463, 708-448-2221; Fax 708-448-3371; [Lizz1@aol.com](mailto:Lizz1@aol.com) James came to this clinic on September 22, 2001, two weeks after a severe sports injury resulting in: a full tear of the medial and lateral collateral ligaments; torn posterior cruciate ligament; torn medial meniscus; and fractured medial femoral condyle of the left knee. His doctor said that surgery was necessary and that his knee would be non-weight bearing and up to one year of physical therapy would be required post-op. The most important stressed frequencies included the following muscles: adductor longus, soleus, vastus lateralis, and as many as 7 other hip and knee muscles. Other important stressed frequencies included 2 anti-inflammatory substances, calcium phosphate and bone support frequencies of zinc, magnesium, phosphorus, calcium and oxygen. Before starting the tone (frequency) trials, I unlocked James' knee brace to make him more comfortable. While testing the sounds, noting that he said he felt no difference, his girlfriend and I were amazed as we watched him fully flex his knees and rest his elbows on them - he was

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## Estrogen - The HRT Hoax

Source: Medscape Women's Health eJournal, 7/12/2002, <http://www.medscape.com/viewarticle/438357>

This is a summary of a more detailed (free) article at [www.litalee.com](http://www.litalee.com) also entitled *Estrogen - The HRT Hoax*.

I am sure that you have heard about this large-scale clinical trial by the Women's Health Initiative (WHI) on 16,506 menopausal women 50-79 years of age with an intact uterus who received either a placebo or HRT in the form of .625 mg of Premarin (synthetic estrogen) and 2.5 mg of Provera (synthetic progesterone also called a progestin). Participants were randomized to receive either the HRT or a placebo. This study was halted after 5.2 years because researchers found that the HRT therapy's risks outweighed its benefits. The study of the risks and benefits of unopposed estrogen (0.625 mg Premarin) is ongoing, with results expected in 2005.

Compared with the placebo users, the combination HRT users experienced:

- More strokes
- More heart attacks
- More blood clots
- Increased risk of breast cancer

**Why are women being given estrogen; a substance that, by 1947, was reported to be carcinogenic in over 200 journal articles?**

Below are some brief questions and comments on the misleading and incorrect information on the HRT study. See the complete complimentary article on Estrogen - The HRT Hoax at [www.litalee.com](http://www.litalee.com).

*Why is the failure of HRT therapy being blamed on the use of a synthetic form of progesterone?*

Do not confuse a synthetic mimic of what your body makes naturally. Natural progesterone is the female hormone and it will protect you from all of the health issues associated with aging and female problems, including: PMS, menopause, hot flashes, menstrual irregularities, infertility, spontaneous abortion (usually

around the 10<sup>th</sup> week of pregnancy), blood clots, blood pressure irregularities, arthritis and rheumatoid arthritis, seizures (especially those that occur around ovulation or menses (called cyclic seizures)), gallbladder problems and much more... Compare this to the adverse effects of synthetic progesterone (Provera) which include cancer, birth defects and all of the symptoms of estrogen dominance.

*Why are phytoestrogens being considered safe?* There is no safe estrogen. All estrogens are toxic, carcinogenic and these include: natural, synthetic, phyto (plant) estrogens such as black cohosh (sold as Remifemin), sage, pennyroyal, etc., and xenoestrogens (from the environment) such as fluoride, radiation, and certain estrogenic popular foods such as ALL soy products and all unsaturated fatty acids (all liquid oils except extra virgin olive oil).

*Why are estrogen creams recommended to prevent vaginal dryness when estrogen is the cause of vaginal dryness?* Vaginal estrogens **do not** prevent dryness. In fact, estrogen is the CAUSE of vaginal dryness and aging (thinning) of skin. Natural progesterone, on the other hand, prevents the aging of, including the tender vaginal tissues.

*Why are synthetic drugs such as oral bisphosphonates (Fosamax (alendronate); Actonel (risedronate)) and selective estrogen receptor modulators such as Evista (raloxifene), a "designer estrogen", recommended for preventing bone loss?* These drugs do not prevent bone loss but do have serious side effects (read my article).

*Why are bone scans used to "determine" bone loss and yearly mammograms recommended for "breast surveillance"?* All bone scans, x-rays, mammograms, etc. are high dose radiation and should be avoided, period. None of them are accurately diagnostic and all of them increase the risk of can-

cer. Why not keep your bones and your breasts healthy with good nutrition?

*Why are toxic SSRIs such as Prozac, Effexor and Paxil (the Prozac class of drugs) used to prevent or relieve menopausal symptoms?* These drugs increase serotonin, which has severe side effects such as, sedation, helplessness, estrogen dominance symptoms, edema, immunosuppression, joint swelling, asthma, hives, hypoglycemia, learning problems and all of the problems associated with hypothyroidism.

*Why are anti-cholesterol drugs such as the statins (Mevacor, Zocor, etc.) now being recommended for menopausal women?* Lowering cholesterol with an enzyme poison to prevent its formation causes terrible side effects. Why? Because LDL cholesterol is the starting material that your body needs to convert into the anti-aging steroids, pregnenolone, progesterone and DHEA. The Statin drugs have additional side effects plus they contain fluoride, a thyroid poison. Baycol was recalled after 40 people died from taking it. See complete article for a list of adverse side effects.

Why not nourish your body with natural foods, digest them and balance your hormones naturally with thyroid glandular, natural oral progesterone and pregnenolone? This is all you need to prevent menopausal issues.

### **Related Articles (Fee):**

Estrogen - Progesterone And Female Problems  
Menopause - Osteoporosis And The ERT Fairy Tale  
The Breast Cancer - Pesticide Connection  
Thyroid Myths  
Thyroid Resistance  
Pregnenolone - A Fruit Of Cholesterol  
Progesterone - Absorption And Safety  
Progesterone Anti-Tumor Properties

### **More Articles (Free):**

Estrogen Toxic Side Effects / Soy Toxicity / Hypothyroidism



(Where's The Beef?, Continued from page 1)

In addition:

**TRMA** - proteolytic enzyme support for normal immune system function when responding to infection.

**Citricidal** (liquid or tabs) - essential for people who may be exposed to food-borne illness and many other pathogens, 1-2

tabs 3x/d or 4 drops in water 3x/d.

**Colostrum Caps** - an important nourishing food for people exposed to many kinds of pathogens, 1-2 caps 3x/d.

**Drink pure water!** (more on this in another article).

**Related Articles (Free):** Citricidal - A Natural Botanical Extract From Grapefruit; Colostrum



# Notes To Lita...



♥ Dear Lita, Amy (age 4) has been clear of rashes for 2 weeks now!! We went to a wedding in Seattle for 5 days and Amy ate everything: eggs, dairy, and even some wheat... and her rashes went away!! We thought perhaps the Willamette Valley air quality could be the culprit behind her allergies and we came home expecting her rashes to come back, but they have not, she is still clear even with the very poor air quality due to the Oregon fires! So, I have been giving her raw milk, raw cheese, eggs, and some sourdough rye bread and she is clear!!! So, perhaps the enzymes have taken this long to clear up the imbalance!! She has been diligently taking the PAN and Bil at every meal and I've been

giving her LAC when she has milk. I stopped trying to force her to take the Kdy and SKN because she would just spit them out (too bitter) and I figured it would not help her condition to force her- she still hasn't been able to learn to swallow them whole. I am crossing my fingers and praying that she will remain clear!! We are very happy and Amy is ecstatic that she can drink milk!! We will keep you informed of any changes.  
JT, Eugene, Oregon  
♥ Dear Lita, You know, God inspired men to write the Bible and I believe you did the right thing by listening to the Angels to write *The Enzyme Cure*. Honestly, I only knew that enzymes helped in digestion and that was the extent of

my knowledge on enzymes. Because of your book, I am more informed, which is my ammunition in fighting the diseases that plague my family. God Bless you for caring! God Bless you for the 11 years you spent on research and writing this book. It is one book I plan to buy all of my siblings for Christmas especially because I believe the information can help save their lives. So, if you did not know your book could make a difference, please know that it has made all the difference in the world to me. I will continue to spread the good news found in your book and by giving your book as a gift to those I love.  
WD, Lauderhill, FL

**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 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).

*(Sound Bites, Continued from page 1)*  
unable to move his knee before this. By the next morning, the swelling was completely gone.  
I sent James home with a list of supplements to get and he listened to his sounds for 35 minutes 2-3 times a day. Within four weeks he had absolutely no pain, was full weight bearing and had regained 50% ROM (range of motion). Upon a follow up visit to his doctor, the doctor noted the posterior cruciate and the medial and lateral collateral ligaments had partially healed and there no longer appeared to be a fracture of the femoral condyle. James continued listening to his sounds for 8 weeks. Today, he has 99% usage of his knee and is considering more sounds again to make it a full recovery. As James said: *"I was very skeptical at first, but my doctors and I are positively startled by the speed and the completeness of my recovery. I would definitely recommend this therapy for everyone."*

**Injury enzyme formulas**

- \* IVD for broken bones, ligaments and herniated discs.
- \* OSTEOPAIN for joint and musculoskeletal pain.
- \* TRMA for soft tissue trauma, any injury, tendonitis and general pain relief.
- \* MSCLR for stiff, sore muscles, joint mobility, neuritis or neuralgia.

**Specific enzymes and their functions:**

- \* Protease supports relief of the type of inflammation that requires ice, and soft tissue trauma such as when the skin is broken or cut.
- \* Amylase helps relieve the redness of skin conditions, and when combined with other formulas, acts like an antihistamine and relieves many kinds of skin irritations. For joint mobility, neuritis or neuralgia.

- \* Catalase for the edema (swelling) of injury.
- \* Lipase relieves cold lymphatic swelling, the kind that requires heat.

**Related Article (Fee): Injuries**

*The above story illustrates the cooperation of medicine with BioAcoustics:*

"The Code of Medical Ethics of the American Medical Association has begun to acknowledge the role of alternatives in healing. The ancient Hippocratic Oath, with its injunction to "Do no harm." has been replaced by a complex Code detailing the relationship between physician and patient and alternative practitioner. The most recent changes, during the early 1990's, were inspired by anti-trust lawsuits brought during the 1980's by chiropractors and others. While "treatment which has no scientific basis" is condemned (Opinion 3.01), under Opinion 3.04, physicians are free to refer a patient "for therapeutic or diagnostic services to another physician, limited practitioner or any other provider of health care services permitted by law to furnish such services, whenever he or she believes that this may benefit the patient." Thus, unscientific "treatment" is distinguished from "health care services permitted by law" and "treatment" -- which means the use of standard medicine and surgery to "cure" disease -- is distinguished from other health care services and therapies which need only meet the lesser "may benefit" standard. Thus, modalities such as Human BioAcoustics, can be seen to complement licensed medicine, but not be held to its strictures, nor limited in its practice to licensed physicians." Ralph Fucetola, JD, [www.vitaminlawyer.com](http://www.vitaminlawyer.com).

Here is the link to the Herbalists' Charter of Henry VIII: <http://users.netlynx.com/~lifefpirit/herbcharter.htm>

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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

## Soy Alert! From The Weston A. Price Foundation

Following is a brief abstract of the above article, found at: [http://www.westonaprice.org/soy/soy\\_alert.html](http://www.westonaprice.org/soy/soy_alert.html)

There are 11 articles about the adverse effects of soy at this excellent website.

- Asians *do not* consume large amounts of soy foods. Average consumption in Japan and China is 10 grams (about 2 tsp) per day. Asians consume soy foods in small amounts as a condiment, not as a replacement for animal foods.

- Most modern soy foods are processed in a way that denatures proteins and increases levels of carcinogens.

- Like all legumes, soybeans are deficient in sulfur-containing amino acids methionine and cystine. In addition, modern processing denatures fragile lysine.

- The compound that resembles vitamin B<sub>12</sub> in soy cannot be used by the human body; in fact, soy foods cause the body to require more B<sub>12</sub>.

- Soy formula is unsafe for infants. The phytoestrogens in soy formula have been implicated in the current trend to-

ward increasingly premature sexual development in girls and delayed or retarded sexual development in boys. Soy foods increase the body's requirement for vitamin D, needed for strong bones and normal growth. Phytic acid in soy foods results in reduced bioavailability of iron and zinc, which are required for the health and development of the brain and nervous system. Soy foods also lack cholesterol, also essential for the development of the brain and nervous system.

- Soy foods contain trypsin inhibitors that inhibit protein digestion and affect pancreatic function. In test animals, diets high in trypsin inhibitors led to stunted growth and pancreatic disorders. Soy foods can cause deficiencies in calcium and vitamin D, both needed for healthy bones. Calcium from bone broths and vitamin D from seafood, lard and organ meats prevent osteoporosis in Asian countries—not soy foods.

- The phytoestrogens (isoflavones) in soy increase the risk of breast cancer, stimulate the growth of cancer cells, disrupt

the endocrine system, prevent ovulation and as little as 4 tablespoons daily can cause hypothyroidism. A recent study found that women with the highest levels of estrogen in their blood had the lowest levels of cognitive function. In Japanese Americans tofu consumption in mid-life is associated with the occurrence of Alzheimer's disease in later life.

- Numerous animal studies show that soy foods cause infertility in animals. Japanese housewives feed tofu to their husbands frequently when they want to reduce their virility (as soy decreases testosterone levels).

- Currently there are 95 million acres of soybeans in the United States of which 65% are genetically engineered.

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For further information and references, see [www.soyonlineservice.co.nz](http://www.soyonlineservice.co.nz). There are many more articles on soy products, the safety of raw milk and much more at [www.westonaprice.org](http://www.westonaprice.org)

**Related Article** (Free): Soy Toxicity