



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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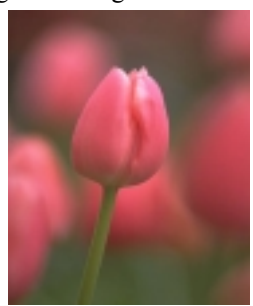
Next Newsletter:
April 2003

May This Be A Year Of Harmony

As we come to a new year, let us send angel blessings worldwide and ask for God's love to replace fear and hatred and to end poverty, injustice and violence. May 2003 be a year of peace, rather than war.

In this newsletter are brief reports on genetically modified foods and on the small pox vaccine risks. I am also, once again, including a summary of nutritional support supplements for the cold / flu season. In this issue's *Sound Bites*, I share my personal experience following an athletic injury – from dancing, no less!!

To your health!
Lita



"Sound Bites"

Lita's Hamstring Injury

Here is a brief summary of how I used BioAcoustics, Enzymes and Chiropractic to heal my hamstring in just four days!

I never had an athletic injury until I started dancing Flamenco. Flamenco is very strenuous on the knees, a fact I unfortunately discovered when I stepped the wrong way during a dance lesson. I could hardly walk to my car and the next day I hopped around the house on one leg.

I took a vocal print and looked at all my knee, hip and thigh muscles in stress. I then had a chiropractor adjust my leg and identify my hamstring and several other muscles involved in the trauma. Returning to my computer, I found all of the muscle frequencies identified by my chiropractor that also showed up on my vocal print, plus a few others that showed up in stress. I tested all of these muscle frequencies and it turned out that I needed eight of them. I also added frequencies commonly used in pain relief and healing (determined by Sharry Edwards' research). I listened to my sounds 2-3 times daily. In addition, I took the following Thera-zyme enzymes, which nourish tissues and muscles and relieve pain during recovery from injury: **TRMA** – for nourishment of soft tissue trauma, and relief of pain associated with injury or surgery. Dosage: 4 caps

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It's Flu Season... Remember

Here is my handy dandy annual list of enzymes and botanicals to provide nutritional support during the flu season. In 2000, influenza killed over 60,000 people. It will be easy for you to determine which enzymes you need. If you have questions, call Lita's office or email her. Also, remember there is a great deal of information at the website: <http://www.litalee.com>.

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

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

Kdy (kidney) For swollen glands, frontal headaches. Dosage: 3 caps between meals 3x/d.
SvG (salivary gland) For sore

or irritated throat. Dosage: 4 caps 3-5 x/d until relieved.

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

Opt (optical) To relieve runny, drippy nose. Dosage: 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.). Dosage: 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. Dosage: 2 tabs per meal 3x/d. During active infection, take 1 tab every hour until you feel better.

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

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Biotechnology - Genetically Modified Foods

In November 2002, Oregon had the first ballot measure to force labeling of genetically modified foods. It did not pass, largely due to megabucks spent by Monsanto and other GM food industries and a TV campaign in which the American people were told that the labeling law would triple the price of groceries and that labeling was unnecessary because GM foods had been "proven" safe, so says the FDA. What the FDA failed to mention was that, 10 years ago, their own scientists reported that genetically modified foods were unsafe and should not be approved by the FDA. The FDA, influenced by the big GM food industries decided to ignore the advice of their own scientists. Between 1977 and 1999, gene-modified (GM) ingredients appeared in two-thirds of all U.S. processed foods from GM crops on as much as 1/4th of American agricultural lands (70-80 million acres). This move toward GM was fueled by a Supreme Court ruling that allowed the patenting of life forms for commercialization. Since then, thousands of patent applications for experimental GM organisms have been filed with the U.S. Patent Office.

We are the only country that allows the sale of GM foods without labeling. In virtually all European nations, GM foods are banned, restricted or require labeling. This trend has further spread to Latin America, the Near East and Asia. As Nathan B. Batalion stated: "*It is claimed that GM foods will "aid" the environment by decreasing toxic pesticide use and will increase food production to stave off world hunger, leading to an agricultural boom. Biotechnology attempts to "control" nature but this control is an illusion. For example, a farmer in Ottawa planted 3 different kinds of GM canola seeds that came from the 3 leading producers (Monsanto's Roundup, Cyanamid's Pursuit and Aventis' Liberty). At first, he was happy because he needed less of the costly herbicides. But within 3 years, "super weeds" had taken in the genes of all three types of plants, forcing him not just to use more herbicides, but far more deadly ones.*"

"In contrast to nature's rainforests teeming with life, GM technology has planted forests of flowerless, fruitless, "terminator trees". They are not habitats for life, but instead exude poisons

from every leaf, killing all but a few insects. Terminator plants are plants that do not reproduce a second generation so that new, patented seeds must be purchased yearly. In addition, GM companies have spent multi-billions purchasing seed companies and destroying their non-patented seed stocks. Time magazine called the widespread consequences of this effort a global "Death of Birth". Biotechnology has been labeled thanotechnology (thano means "death")." "With biotechnology, anything goes. For example, roses are no longer crossed with just roses. They can be mated with pigs, tomatoes with oak trees, fish with asses, butterflies with worms and orchids with snakes. Biolistics, the technology that makes this possible is a gunshot like violence that pierces the nuclear membrane of cells. This essentially violates the consciousness that forms and guides living nature."

What will the future bring? Fifty years ago, we didn't predict the harm that chemical pollution has caused with nearly one-third of all species now threatened with extinction, or that cancer rates would have doubled and quadrupled. Chemical pollution can generally be reversed in months or years. Genetic pollution can alter soil life forever.

Because of the high level of unpredictable consequences, no major insurance company has been willing to insure bioengineered agricultural products.

The Case Against Genetic Engineering (Jackson and Stich eds., 1979) reviews and disputes the industry claims that GM foods are the same as ordinary foods not requiring labeling. It offers a list of at least 50 hazards, problems and dangers. Here are brief examples of the adverse health effects of GM foods presented in this book:

Allergic Reactions

- Dozens of Americans died and several thousands were impaired by a genetically altered version of l-tryptophan, leading to a \$2 billion settlement paid by Showa Denko, Japan's largest chemical company. Note: see my article on the toxicity of pure, unmodified tryptophan (To Your Health, April and July 2002).

- Near-deaths from allergic reactions in 1966 to brazil nut genes spliced into soybeans (themselves very toxic). This product was removed from the market

before any fatalities occurred.

Direct links to cancer and degenerative diseases

- In 1994, the FDA approved Monsanto's rBGH (synthetic bovine growth hormone) for injection into dairy cows despite many research reports such as:

1. A resulting increase of IGF-1, a potent chemical hormone, is linked to 400-500% higher risks of human breast, prostate and colon cancer.

2. Only 19% of BGH is destroyed by boiling milk for 30 minutes (normal pasteurization is 30 seconds) despite the contention that pasteurization destroys it.

3. FDA research on BGH showed a spleen mass increase of 46% - a sign of serious illness including cancer.

- Several GM approved products involve herbicides that are known carcinogens (e. g. bromoxynil used on transgenic cotton and Monsanto's Roundup of glufosinate used on GM soybeans, corn and canola).

- Unexpected DNA (gene) fragments have shown up in GM soy crops. They are absorbed into the bloodstream, potentially mixing with normal DNA. Research has shown that a number of autoimmune diseases are enhanced by foreign DNA fragments that aren't fully digested in humans.

Viral and Bacterial Illnesses

- Gene mixing can occur in viruses in just two months. In a Canadian study, a plant infected with a crippled cucumber mosaic virus that lacked a gene needed for movement between plant cells found what it needed from neighboring genes in less than two weeks. This is significant because genes that cause diseases are often crippled to make the end product "safe."

- Cows injected with rBGH have a much higher level of udder infections, requiring more antibiotics and leading to unacceptable levels of antibiotic residues in milk, which increases the already growing antibiotic resistance to bacterial infections.

Resurgence of Infectious Diseases

- There is growing resistance to antibiotics misused in bioengineering, the formation of new, unknown viral strains and decreased immunity through diets of processed and altered foods.

This is just a part of why we should be extremely concerned about GM foods and the fact that the FDA does not re-

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Notes To Lita...



♥ Dear Lita, I just want to say a huge thank you for the wonderful To Your Health newsletters that always inspire me, and always arrive synchronistically when I most need inspiring (they're such a beautiful blessing and surprise in the mail).

BP, Australia

♥ Dear Lita, Guess what? I just discovered that the lymph node that's on the left side of my neck is now smaller. It used to be tender. Now, the other thing is, in all of my 40 years, I've had a lump

close to the base of my head on each side and as of today the one on the left has disappeared and the one on the right is smaller. This is amazing, Doc. Seriously. I even went to the doctor about it a few times and had considered having them removed but opted to leave them alone. In fact, my doctor had them as well. I believe, I believe! How amazing! Thank you!

WD, Florida

♥ Dear Lita, I am doing SO MUCH BETTER than I even imagined... thank

you so much. I am digesting food without acid reflux, I am sleeping without any pain at night, and even sleeping better and more restfully, and I feel hopeful, positive, and enthusiastic about being healthy again. HOORAY !!!!! My son is getting through his chicken pox without pain and itch. He is patchy and probably a couple of days away from being okay. He is taking DERM & TRMA 3/4 each three times a day.

DMS, Oregon

New Additions...

Several products, currently available only from Lita's Oregon office, will soon be available at the website. Check the web for product descriptions.

- BDG—Bowel distension and gas
- Bitter Melon
- DMAE (capsules)
- Metaltox Homeopathic
- Tea Tree Oil



The Smallpox Vaccine Scare

For those of you who wonder whether you should take the small pox vaccine, please read this article.

The following article (Monday, December 9, 2002) by Jon Rappoport reports the harmful and possibly devastating effects of the Bush administration's rapidly advancing smallpox vaccination program. These results were previously predicted as expected outcomes by this author and many others.

The first returns are in on the smallpox vaccine. A recent multi-center US government clinical trial on 200 "young adults" has been completed. MSNBC reports: "The volunteers who got the shot were VERY healthy to begin with. One researcher, Kathy Edwards, called them the "crème de la crème". Yet when she [Edwards] inoculated them with smallpox vaccine, arms swelled, temperatures spiked and panic spread [at Baylor University].

It was the same at clinics in Iowa, Tennessee, and California."

Stats: After the shot, one-third of the volunteers missed at least a day of work

or school. 75 out of 200 experienced high fever. "Several were put on antibiotics because physicians worried that their blisters signaled a bacterial infection." Smallpox is a VIRUS and antibiotics don't work against viruses. So, in essence, the researchers were inferring that the vaccine suppressed the immune system of the volunteers, thus allowing bacterial infections to bloom suddenly---OR the vaccine was contaminated with bacteria to begin with.

Researcher Edwards, who headed up the study, said, "I can read all day about it [the adverse effects of the vaccine], but seeing it is quite impressive. The reactions we saw were really quite remarkable." When a researcher makes a comment like this, you know some very bad things are happening. What will happen if they start shooting up people by the millions with the vaccine? For example, people who don't qualify as severely immune suppressed by any obvious assessment, but in fact, have reduced immune capacity will be at great risk from the vaccine.

About the author: Jon Rappoport has worked as a free-lance investigative reporter for 20 years. He has written articles on politics, health, media, culture and art for LA Weekly, Spin Magazine, Stern, Village Voice, Nexus, CBS Healthwatch and other newspapers and magazines in the US and Europe. His website is: <http://www.stratiawire.com> This article was provided courtesy of Dr. Leonard G. Horowitz and Tetrahedron Publishing Group 206 North 4th Avenue, Suite 147 Sandpoint, Idaho 83864 <http://www.tetrahedron.org> Toll free order line: 888-508-4787; Office telephone: 208-265-2575; FAX: 208-265-2775 E-mail: tetra@tetrahedron.org See also: <http://www.c-cure.com> <http://www.tetraassoc.com> <http://www.originofaids.com> <http://www.deathintheair.com> <http://www.healingcelebrations.com> <http://www.americanreddoublecross.com> <http://www.prophecyandpreparedness.com>

Related article (Free): Vaccinations

To Your Health

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To Your Health

(Sound Bites, Continued from page 1)

between meals 3x/d. Beware of contraindications due to gastric problems.

MSCLR – nourishment for stiff, sore muscles and joint mobility. Dosage: 4 caps between meals 3x/d.

OSTEO – nourishment for those in pain in the knees, hips, joints, back, etc. Dosage: 3-6 caps between meals 3x/d.

Summary of results: After the first day, I could walk into a restaurant without limping or hopping on one leg! My healing progressed and on the fifth day, I resumed my flamenco lessons without incident. I still take my enzymes, and the only time I have pain is when I drive for several hours, which I keep under control with my sounds and chiropractic.

(Biotechnology, Continued from page 2)

quire labeling; insisting that these foods are “safe”. The solution? To begin with, boycott all commercial foods and buy as much organic food as you can find.

Related articles (Free):

Genetic Engineering - Frankenfoods And More

Sources:

Nathan B. Batalion, *Biotechnology is a Vital Issue that Impacts all of us*, Published by Americans for Safe Food, Oneonta, N.Y.;

The People's Earth Network, 2192 Massachusetts Ave., Cambridge, MA 02140 Phone: 617-491-7646, Fax: 617-491-7646, Email: cage@peoplesearch.org; www.peoplesearch.org



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.