



# 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)

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Next Newsletter:  
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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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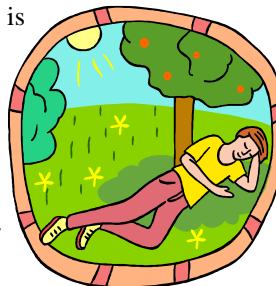
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## Back To Nature...

My, my. By the time I finished this issue of *To Your Health*, I was ready to fly off to a tropical island! Pure structured water, incredible healing sounds and wonderful coconuts... sounds great, doesn't it. Well then read on, because that's what this issue is about. Call it "back to basics" if you like. The reality is that nature, in its pure unpolluted state, has amazing gifts to offer to us. So how about taking your copy of my newsletter (or your laptop!) and heading out to some beautiful, serene spot where you can nourish your soul while you read about how to nourish your body. Have a wonderful summer.

*To your health!*

Lita



## The Run On Coconut Oil

Please see my free article, *Coconut Oil, Why It Is Good For You*, at my website.

I have been recommending coconut oil as the healthiest oil you can eat. Although there are quite a few websites that present information on coconut oil, I don't think the coconut oil industry was prepared for the May 20, 2003 *Woman's World* article entitled "The New Thyroid Cure". As usual, there is a long (sometimes many years) lag between finding new information and getting it into the mainstream media. This article, complete with before and after photos of women who, using coconut oil, decreasing starches and increasing protein, lost sometimes up to 30 pounds - caused a run on coconut oil. It started disappearing from the shelves of health food stores and even my suppliers ran out! Dr. Bruce Fife has written 2 books featuring coconut oil

(including recipes). These are great books: *The Healing Miracles of Coconut Oil* and *Eat Fat, Look Thin*. These books can be purchased from Piccadilly Books, Ltd., P.O. Box 25203, Colorado Springs, CO 80936, USA. Both contain wonderful recipes and many references.

Here are some chapter titles in *Healing Miracles*: *Why Pacific Islanders Don't Get Heart Disease*; *The Tropical Oils War*; *Why Coconut Oil Is Different*; *A New Weapon Against Heart Disease*; *Eat Fat, Lose Weight*; *Beautiful Skin And Hair*.

Some of the chapters in *Eat Fat, Look Thin* include: *Eat Fat and Lose Weight*; *Big Fat Lies*; *The Truth About Saturated Fat*; *Carbohydrates: Friend or Foe?*; *Satisfy Your Hunger Longer*; *The Low Carbohydrate Coconut Diet*.

Here is information about coconut oil from the back cover of

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## "Sound Bites"

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A Story of Healing  
Submitted by Sharlene Simmons

*This story illustrates the efficacy of combining homeopathics with BioAcoustics™ in a mystery acute illness.*

This past week has certainly made me appreciate BioAcoustics™ and Sharry Edwards. My twin sister called me last week from Nevada and said her son was in the hospital in Casper, Wyoming with severe vomiting, nausea and a mass in his lungs. He had been in the hospital for several days. Regarding the mass, the doctor said that he didn't think it was a tumor, as people his age (22) don't get lung cancer. They had him in isolation because they at first thought he might have SARS. Then that didn't test out, so they thought he had TB; but he didn't. They tested him for Salmonella, but it came back negative. They never did find out what he had.

My husband and I flew to Denver with our BioAcoustics™ equipment and arrived in Casper on Thursday evening. The first voiceprint I took actually looked too coherent and narrow and I thought he was dying. I asked him if he was lying and told him I needed to do it again and the second voiceprint was good. I found a couple of pathogens close to each other. They were the same frequency. Bingo! I programmed his sounds into a tone box and he started to listen to them. When I tried to get a voice

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*(The Run On Coconut Oil, Continued from page 1)*

### **Healing Miracles:**

“Coconut does not increase cholesterol, promote platelet stickiness or blood clots, contribute to heart disease or to weight problems.

Coconut oil does support normal structure and function in people who may have the following conditions: cardiovascular problems; high risk of cancer; bacterial, viral or fungal infections (including pathogenic yeast); weak immune system; diabetes; weight problems; difficulty losing weight; osteoporosis; and skin problems.”

### **Why Coconut Oil Works:**

#### **Medium Chain Triglycerides and Low Molecular Weight (Medium Chain) Saturated Fatty Acids.**

One of the reasons why coconut oil is so connected to weight loss, immune system health and other anti-aging benefits is that it stimulates good thyroid function. All oils contain triglycerides, but coconut oil contains more medium chain triglycerides (MCTs) than any other oil. The magic that hap-

pens when you eat coconut oil is that these MCTs are broken down into medium chain (low molecular weight) fatty acids including lauric acid (the most plentiful at 50%), capric acid (7%) and caprylic acid (7%). It is these medium chain fatty acids that have the antimicrobial effects. In addition, these medium chain saturated fatty acids are burned up (oxidized) immediately to create energy and thus do not increase fat in your body nor increase your cholesterol. As well, researchers have found that saturated fats have a protective effect against cancer as opposed to the cancer-promoting and immunosuppressive effects of polyunsaturated oils. I don't think it is an accident that the oils in coconut oil are very similar to the oils in breast milk!

Since coconut oil is highly saturated and thus the least vulnerable of dietary oils to oxidation and free radical formation, it is the safest oil to use in cooking.

Coconut oil comes refined (no taste) or unrefined (slight coconut taste and smell). I like the unrefined but some people prefer the refined version. Take your pick.

## **Coconut Oil Recipes From Lita And Friends**

### **Coconut Curried Soup**

*You can use leftover chicken or start from scratch. Best soup is from scratch. You can also substitute shrimp and other fish for the chicken if you prefer. You cannot go wrong with this soup. You can add some or all of the vegetables.*

Small whole chicken (about 3.5 lbs)  
Chicken broth - 2 cups  
Water - 2 cups  
Coconut milk (thick) - 2 cans. My favorite brand is Thai Kitchen  
Celery - chop several stalks  
Carrots - chop several sticks  
Onions - chop 1-2 onions  
Red bell pepper, 1 large or 2 small, chopped  
Snow peas, chopped  
Water chestnuts, sliced, one can  
Bamboo shoots, one can  
Sea salt to taste (about 2-3 tsp)  
Red or green Thai Kitchen curry paste

Rub chicken with coconut oil or butter. Sprinkle with sea salt, garlic and poultry seasoning. Bake at 235 deg F for 1 hr and 15 minutes or until done. Cool and remove meat from bones. Reserve for soup. Add water and some sea salt to the bones and simmer until you have a tasty broth to add to the soup. Sauté onions. Add celery, carrots, bell pepper and snow peas to the onions and continue sautéing until tender. Add water chestnuts and bamboo shoots. Add chicken, chicken broth, water and coconut milk. Simmer. Take some of the broth and add red or green curry paste to taste. Start with one tsp. If you like it hotter, add more. I usually add 3 tsp. Stir until lumps are gone and then add to the soup. If you like a thicker soup, add 2 tsp butter and 2 tsp of whole wheat pastry flour to some broth. Stir or mix until lumps are gone and add to the soup.



### **Coconut Oil Baked Chicken**

One whole chicken or some cut up pieces with skin  
Sea Salt, Poultry Seasoning, Garlic Powder

Preheat oven to 350 deg F  
Wash and drain chicken. Wipe dry with paper towel. Coat all sides with coconut oil and then sprinkle generous amounts of sea salt, poultry seasoning and garlic powder all over.  
Bake uncovered at 350 deg F about one hour or until done (cut up pieces take less time). I put the skin side up and it gets crunchy and delicious. Very tender!  
Use the left over chicken to make my Coconut Curried Soup or a nice broth from the bones.

### **Maple Pecan Pie**

#### Filling

5 tbsp cornstarch  
2 - 13 oz. cans coconut milk (not light)  
10 oz. pure maple syrup (grade B)  
6-7 egg yolks  
1 - 2 cups chopped pecans to add to the filling  
Pecan halves to cover top of pie  
½ tsp vanilla

#### Whipped Cream Topping

1 pt. whipping cream  
4T. sugar  
Vanilla to taste

Mix cornstarch and milk (add slowly) in sauce pan. Add maple syrup and mix well over medium heat until boiling, stirring constantly. Turn off heat.

Separate eggs and beat lightly, adding a small amount of the hot liquid while beating. Add egg to the rest of hot cornstarch, syrup and milk.

Cook until thick (1-2 min). Add vanilla and a pat of butter. Cool slightly and add chopped pecans.

Pour into cooked whole wheat pastry or graham cracker crust. Sprinkle pecans over the top of the pie. Cool and top with whipped cream.



## Notes To Lita...



♥ Dear Lita,

I would like to tell you of the wonderful results that we are seeing with our son. Joshua is 17 years old and has Autism. He began taking enzymes, Thyroid and Pregnenolone last Nov. Before beginning the program, his health concerns were as follows: digestive difficulties, problems sleeping, chemical sensitivities, severe attention deficit disorder and sensory problems.

Now, 5 1/2 months later, I would like to report that most of these things are much improved! His digestion is definitely better. He has gained weight and muscle tone. He sleeps much better, with only occasional night awakening. The thing that is most apparent to our family and his teachers is his improvement in school. He is more focused, less anxious, and more aware of his surroundings. He is more independent in his vo-

catational activities, especially collecting daily school attendance slips. We just returned from a vacation to Toronto and he did wonderfully. Usually, we have to cut trips short because of the anxiety of being away from our normal routine.

We are very happy with his progress. I think we will continue to see more improvements as we continue with the program. Thanks so much for all your help! CA, Grand Rapids, Michigan

♥ Dear Dr. Lee,

Hang on to your pretty Easter hat, you will love this one, and you have heard this already, but here goes. This morning I had an appointment to get my TEETH CLEANED, and behold, the hygienist said my TEETH AND GUMS AND ORAL TISSUES were in the BEST SHAPE EVER. She has been cleaning my teeth for 12 years. I attribute all of this good oral health to your ENZYME

THERAPY. I told her how you were treating me for the Thyroid issue and I explained your program. She was so impressed! The Dentist said "Your mouth looks wonderful; what have you been doing?" I again explained your program. He kept asking more and more questions about your therapy. I was there about 30 minutes. The hygienist said that TEETH PLAQUE is the same PLAQUE in your Heart and Vessels in the body. She also said that most people with heavy plaque have heart trouble. I gave them your card and the hygienist said she would like to call you and do the Urine Test. She also said she would refer patients to you that suffer from heavy plaquing. GO DR. LEE. I am so pleased with these results - all attributable to your program, knowledge and skills and the products. WIN/WIN. DD, Scottsdale, AZ

## ...More On Periodontal Problems

I have had periodontal problems for years. I have had 2 gum surgeries, with only temporary results. I had abscesses and 12 mm pockets. Then I had a new procedure called laser enap surgery. The pockets were reduced to less than 6 mm! My last 2 checkups were so good (no bleeding, little plaque, no need for the high speed water pik, etc.) that the dental hygienist asked me what I was doing. I told her and she told me to publish it.... So here it is. You are the first to get this information!

**In addition to brushing and flossing regularly:**

- \* **TRMA** - for soft tissue trauma, 4 caps 3x/d.
- \* **Opt** - a whole food vitamin C formula, 2 caps 3x/d. You

may not need this if you consume organic foods high in vitamin C such as organic fruits juices.

- \* **Citricidal toothpaste** - helps reduce plaque.
- \* **Water Pik** containing Magic Oil (structured water containing magnesium), plus Magic Water (plain structured water) daily. See the information on structured water below.
- \* **Oregano oil** - one tiny drop onto your blob of toothpaste. Be careful. Oregano can really irritate your mouth and tongue if you take too much. A client of mine told me that this alone saved her gums and reduced her pockets.
- \* **Periodontal aid - toothpick daily.**

## Notes On Structured Water

Historically, the longest-lived peoples drink pure structured water, formed when pure water meanders down a river. The late Dr. Marcel Vogel spent many years learning how to structure water and other liquids by spiraling the liquid in a glass tube around a large quartz crystal. I witnessed these experiments and was amazed.

Masaru Emoto, a Japanese scientist whose pictures of frozen water crystals reveal how beautiful structured water is compared to ordinary unstructured and impure water, has published two books on his research. This website, [http://www.wellnessgoods.com/art\\_wat\\_messages.html](http://www.wellnessgoods.com/art_wat_messages.html), will show you

the profound effects of your thoughts, feelings and prayers on the structure of water. Since your body is 70% water, just think how much effect you can have on your body.

Looking at Emoto's photos, you will see that structured water looks like beautiful snowflakes compared to impure or unstructured water. Structured water is very hydrating and improves absorption of minerals and other nutrients. It also supports normal function for detoxification, pain relief and healing.

Twilight Company sells "Prill Beads" used for making Prill (structured) water, Magic Oil (for pain, healing, bones and ligaments), Magic Water (for skin heal-

ing) and several other products. The Prill Beads last indefinitely. You can get more information from my office.

I put the Prill water in everything I drink (OJ, wine, etc.). Make coffee with it. Give it to the animals and the plants. Soak your vegetables and fruit in it. Flowers, fruits and vegetables will stay fresh longer.

Magic Water comes in a spray bottle and is much more potent than Prill water. You can increase hydration by spraying it anywhere - in your eyes, on your skin, in your mouth, etc. Here is a partial list of what some people who have used it have told me. The Magic Water supports

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# To Your Health

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## To Your Health

*(Sound Bites, Continued from page 1)*

print from him the second day, he cried all the way through it about the death of his brother a couple of years ago. I was glad I had brought my homeopathics along. I gave him a great remedy for prolonged grief. The next day he was much better and smiling. By Saturday evening he was doing wheelchair wheelies down the halls, driving the nurses crazy. Sunday, a new lung x-ray was taken and the doctor was astonished to find my nephew's lungs were totally normal. He could not figure out what this young man had, but whatever it was he knew he was totally better. My sister and her family were all astonished too at how fast their son got better with the help of BioAcoustics™ and how fast he got happy with the help of Homeopathy. I am a bit amazed my-

self. I actually think his grief was suppressing his immune system and when that was released along with homeopathics and BioAcoustics™, healing really took place fast.

These alternative modalities are wonderful and truly support one another. Thank you, Sharry, for all the dedication and love you have put into this work for so long. It is fantastic. The really strange thing to me about all this was how it brought my sister from Nevada and me from Michigan together on June 28<sup>th</sup>, which is our birthday. We haven't been together for a birthday in many years. We are twins. The Universe sometimes does strange and wonderful things. *Sharlene Simmons, 734-981-5605, Nature's Well, L.L.C., 258 Princess Drive, Canton, MI 48188 shsimmons@comcast.net http://www.natureswell.com*

*(Notes On Structured Water, Continued from page 3)*

normal structure and function in people who may suffer from: sun sensitivity, sensitive skin, gum problems, eye problems, and conditions caused or exacerbated by dehydration.

Magic Oil comes in a spray bottle and feels like oil because the surface tension has been altered. It contains magnesium. Both Magic Oil and Water can be used. Important note: Magic Oil can cause a temporary burning sensation in some people. To avoid this, the Magic Oil can be mixed with Magic Water or Prill water. It also tastes terrible, though I have gotten used to my one squirt each day. Magic Water supports normal structure and function in people who may suffer from: injuries of any kind, including soft tissue trauma, pain anywhere such as knees, back, fingers, bones and ligaments, etc., skin conditions such as psoriasis, age spots, etc.

### 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).