



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 541-431-1099 to order or visit: 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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Ginny Hagopian

Next Newsletter:
October 2004

We want to hear from you.

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

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On The Move...

Dear Friends,
May your summer sun and vacations be blessed. In this issue, I celebrate my move to a new office!
My new address is 4826 Mahalo Drive, Eugene, OR 97405.
My new office phone is 541-431-1099.
My new fax is 541-431-3427.
My new orders only line: 541-431-1108.
Also, please switch from my msn email address to lita@litalee.com
"New" is not just good, it's great!!

To your health!
Lita



"Sound Bites"

The Sound of White Light and Its Healing Properties

Every substance, every element, compound, herb, drug and every part of your body has a sound or a Frequency Equivalent™. These frequency equivalents or sounds are used by BioAcoustic practitioners to support self-healing, somewhat like taking a vitamin or a mineral if your body is low in a substance. The sound of white light is a particular frequency equivalent which most people love – it's the sound I use to demonstrate what low frequency sounds are like. Why do people like this sound? It is the first substance that's made when you are created in the womb. It is the first substance that begins to break down en masse when you die. It is the same as a substance called adenosine triphosphate (ATP), a major energy producing substance in the Citric Acid (Krebs) cycle. You can actually buy this substance in a health food store.

Sharry Edwards, M.Ed., the founder of BioAcoustics, has discovered a mathematical formula, based upon this special sound, that is a series of sounds (frequency equivalents) based upon the frequency equivalent of white light as the starting point.

For the last year or so, I have been experimenting with this special sound series (the ATP sound series I will call it). I cannot explain why I got these results, only that I got

(Continued on page 4)

Medical Ghostwriting

For the full article, visit: <http://www.cbc.ca/consumers/market/files/health/ghostwriting/>

Few people are aware of the ghostwriting business, a megabucks business built on lies. What's a medical ghostwriter? A writer who can make \$100,000 a year writing favorable drug reports. I have taken quotes from this article that are so important that I could not paraphrase them.

"Medical ghostwriting. It's a world that could make your doctor prescribe the wrong drug. Medical ghostwriting can be as scary as it is spooky. People with scientific backgrounds - often, with PhDs - are paid to stay in the shadows and crank out favorable reports for drug companies. Then, drug companies get doctors to put their names on the studies - for money, prestige, or perks."

"Marketplace tracked down ghostwriters in Vancouver, Montreal and Ottawa - one agreed to talk with them, but

only if their identity was protected. Their job could vanish if their identity is revealed. Let's call the ghostwriter, Blair Snitch. Blair Snitch is paid to write up positive reports. So bad side effects that could affect patient safety, are sometimes completely ignored. Snitch makes over \$100,000 a year as a medical ghostwriter. An article that makes its way into a prestigious medical journal - like the Lancet, British Medical Journal, New England Journal of Medicine - will earn up to \$20,000. Snitch's work is brisk and busy, but not problem free."

Blair Snitch: "I'm given an outline about what to talk about, what studies to cite. They want us to be talking about the stuff that makes the drug look good. There's no discussion of certain adverse events. That's just not brought up."

Erica Johnson: "How much pressure is there from the drug company to write something favorable?"

(Continued on page 3)

Can You Tell The Hype From The Truth?

The following information was extracted from *The Healing Miracles of Coconut Oil* by Dr. Bruce Fife; Chapter 3, *The Tropical Oils War*.

There are nutritional ghostwriters too. Usually they are paid by the industry manufacturing the product. To illustrate, here is the story of how coconut oil became a despised artery-clogging villain after being used for many years and being considered a healthy oil, with research reports as far back as the 1950's. This war began in the mid 1980's and high on the list of credits is the American Soybean Association (ASA), whose agenda was to increase sales of soybean oil by eliminating competition from imported tropical oils. The media started warning the public about a newly discovered health threat - coconut oil. It was proclaimed that coconut oil was a saturated fat and would cause heart disease. In response to this anti-coconut oil campaign, movie theaters began cooking their popcorn in soybean oil (and later included Canola oil). Food makers began using soybean oil and partially hydrogenated soybean oil (margarine) instead of the tropical oils they had used for years. Restaurants stopped using tropical oils in favor of soybean and other vegetable oils.

The ASA set out to create a health crisis to scare people away from using tropical oils. In 1986, the ASA sent a "Fat Fighter Kit" to soybean farmers encouraging them to write to government officials, food companies, etc. protesting the use of highly saturated tropical fats. The wives and families of some 400,000 soybean farmers were encouraged to lobby touting the health benefits of soybean oil. Misguided health groups such as the Center for Science in the Public Interest (CPI) joined this lobby, issuing news releases referring to tropical oils as "artery-clogging fat". By the early 1990's, the tropical oils market was only a fraction of what it once had been.

In October 1988, Nebraska millionaire Phil Sokolof, a heart attack patient and founder of the National Heart Savers Association began running full-page newspaper advertisements accusing food companies of "poisoning America" by using saturated tropical oils. One ad showed a coconut "bomb" with a lighted wick and cautioned consumers that tropical oils threatened health.

Meanwhile, tropical oil exporters from Malaysia prepared a public relations campaign against what it called "vicious scare tactics" being used against its product. At stake was a \$3 billion-a-year vegetable oil market in the United States. The tropical oil industry, with few allies and comparatively little financial means to retaliate, couldn't match the combined efforts of the ASA, CSPI and others. Despite testimonials of well respected medical professionals and researchers, the media paid little attention. Major newspapers, radio and TV networks picked up the anti-saturated fat ads and developed alarming news stories. One article was titled "The Oil From Hell". Those who knew the truth were ignored and criticized by the brainwashed media. The fictional message won out over scientific fact.

As a result of the tropical oils war, coconut and palm oils nearly disappeared from our food supply. Until the late 1980's tropical oils were common ingredients in many foods and were used extensively because they gave foods desirable properties.

For example, plant-derived saturated fats are highly stable and do not go rancid as do polyunsaturated oils (PUFA). Foods made with tropical oils remain fresh longer. Now it's hard to find foods made with tropical oils. Nearly 80% of the vegetable oil in the United States today (written in 2001) comes from soybeans, of which 75% is partially hydrogenated (containing up to 50% trans fatty acids). In 1982, a restaurant meal contained 2.4 grams of trans fatty acids. Now the same meal contains 19.2 grams.

Who do you believe: The soybean oil industry or the Pacific Islanders who eat mainly coconut oil and have far better health than the rest of us; The soybean oil industry or the people of Sri Lanka who eat lots of coconut oil and have one of the lowest rates of heart disease in the world. Costa Rica and Malaysia have the highest palm oil intake in the world and have a much lower incidence of heart disease than Western nations. In Western countries, we eat very little coconut oil and consume a large amount of PUFA and partially hydrogenated PUFA. In Western countries, heart disease is the number one killer.

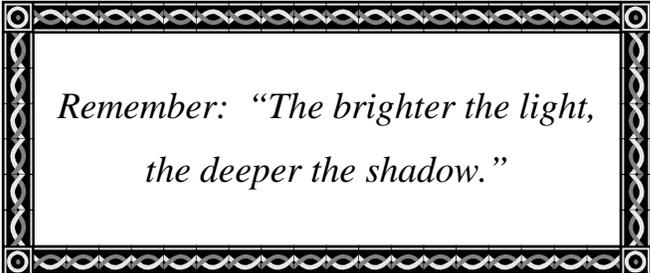
Tips on finding the truth

Look at the references at the end of an article or a book. Find out who paid for the research. Does the author have a financial interest in the product? If you don't know, don't assume that you are reading the truth even if the author is famous.

Here are several examples of scientists I consider trustworthy. Dr. Fife's books have many legitimate references by scientists, not ghostwriters. Dr. Ray Peat's articles and books have hundreds of scientific references by credible researchers, whose interest is scientific data, not profits from the products they are testing. Price Pottenger Nutritional Foundation is an excellent source of information. None of these articles/books/journals are funded by industry. The Life Extension Foundation (www.lef.org) is also a good source of accurate science.

Related Articles / Sources:

To find out about the adverse health effects of PUFA, see *Unsaturated Oils* and *To Your Health, April 2004* on my website, www.litalee.com and read the books and newsletters of Dr. Ray Peat. To find out about the health benefits of coconut oil, see *Coconut Oil - Why It Is Good For You* on my website and read Dr. Fife's books. In addition there are many websites that talk about and sell coconut oil.



*Remember: "The brighter the light,
the deeper the shadow."*



Notes To Lita...



♥ Dear Mary,
 GOOD choice on getting the "Enzyme Cure" book (www.litalee.com) and sending for the 24-hour urine test and personal-evaluation program by Dr. Lita Lee. You have NEVER completed a more comprehensive personal-condition profile. This is not medical diagnosis and Lita's book is not about treating disease, but it's about "curing" enzyme deficiencies by supporting normal structure and function. And Dr. Lee will read every word of it (profile) before she consults with you. You get a full hour of telephone consult with this angel lady, and even more if you still have questions. She is not stingy with her time and the knowledge you will gain--beginning with the book--is incredible. I thought I was nutritionally savvy. I was ignorant of how many food myths I was operating under--like soy being a health food, as one of the more obvious examples. And what she can tell you about your own body is truly a wonder to behold. You will likely find some areas of disagreement between your current doctor/nutritionist and Dr. Lee. Look at her evidence before you decide what serves you. Lita Lee--as a biochemist--is incredibly well researched. This is an obvious calling, which she is well suited for.
 LS, Escondido, CA

♥ Dear Lita,
 Good Morning from Wisconsin. Everyone has an angel and I'm thinking you are mine! Upon reading, studying your information on the thyroid gland, I got a bovine glandular and:
 I can breathe deeply without coughing.
 I can get out of a chair without a meeting of congress - I have energy!
 I can hook my bra without crying. I have stamina.
 Plus, I feel much more like a person.
 Thank you dear girl for your wisdom and your nutritional advice. May God continue to bless and guide you.
 In appreciation, MJ, WI

♥ Dear Lita,
 I just wanted to write and thank you for the DERM, which "saved my life" during a recent bout with poison oak by feeding me what I needed to achieve and maintain normal function. The poison had gone systemic, and I had tried nearly every holistic remedy known to man, including boiling and drinking horrible-tasting Chinese herbs that included dried bug skins as an ingredient. (The only thing I did not get around to was desert sage simmered in pig lard --- just too gross for someone who is mostly vegetarian!)
 These remedies helped to relieve symptoms and swelling, but nothing seemed to really cleanse my system of the toxins

until I discovered your product. On the advice of a naturopath friend, I took your remedy along with Enzymatic Therapy's Milk thistle X (to help the liver process the toxins). I also drank fresh cilantro juice daily, since I noticed that cilantro is included in your formula. This combination worked flawlessly. I used muscle testing to determine the amounts and ended up taking between 20 - 30 capsules per day of Derm H3 during the initial phase.
 After about one week the inflamed areas are all dried up and healing, and there have been no new eruptions since I started using your product. The last time I had a major outbreak three years ago it took 2-3 months to heal and I eventually had to go on prednisone. Thanks for selling something that actually works, in a natural, non-medical way.
 Blessings, CC, San Rafael, CA

♥ Dear Lita,
 I am feeling so much better, with the thyroid stuff. Thanks to you Lita, so indebted for your wonderful guidance and support in maintaining normal thyroid function through nutrition.
 It would have been a frightful journey without you.
 Blessings and love,
 DD, Scottsdale, AZ

"Sometimes the best thing to get off your chest is your chin."

(Medical Ghostwriting, Continued from page 1)
 Blair Snitch: "You're being told what to do. And if you don't do it, you've lost the job."
 "Snitch works for what's called a medical writing company. The people who have their names on those articles are very busy professionals. Busy - and usually high-profile. The higher the profile, the greater the credibility for the article."
 "What appear to be scientific articles are really infomercials of some sort.", says Dr. David Healy of the University of Wales. Healy's no stranger to controversy: his job at the University of Toronto was suspended after he criticized the pharmaceutical industry. But he still gets invited to lecture and remembers one in particular. "I said "yes" to the meeting. To my big surprise I had an e-mail shortly afterwards. "In order to reduce your workload, we have had our ghostwriters produce a first draft based on your published work. I attach it

here." Healy wasn't comfortable with the glowing review of the drug, so he crafted his own article. The drug company wrote back and said he'd missed something key. In the end, the drug company put someone else's name on the article. Healy is spooked by the deception. He says it goes beyond being misleading - it can be dangerous.
 "Blair Snitch is in a rush to go. There's another big drug company contract to work on, with no regrets."
 "As long as I do my job well, it's not up to me to decide how the drug is positioned. I'm just following the information I'm being given."
 Erica Johnson: "Even though you know that information is often biased?"
 Blair Snitch: "The way I look at it, if doctors that have their name on it, that's their responsibility, not mine."

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

(Sound Bites, Continued from page 1)

them. Here are a few examples:

1. I started developing flu symptoms with sinus problems, headache and feeling of malaise. I listened to these sounds off and on throughout the day and rested. At the end of the day, all of my symptoms were gone. I always take my enzymes and I noticed that when I combined the ATP sound series with my enzymes, it totally speeded up my healing process.
2. I have given this sound series to at least five people who had developed various flu symptoms and, in each case, the symptoms subsided overnight or never fully developed.
3. A man was at a friend's house and the dust in the house caused him breathing difficulty plus he had asthma. He listened to the ATP sound series on his

tone box (which delivers the various sounds determined by a BioAcoustics research practitioner) and found that he could breath easily again.

4. I tested just the ATP frequency equivalent on a woman with many flu symptoms. It was her favorite sound and totally relaxed her. She called this sound, "my big white fluffy pillow".

5. I found high levels of a heavy metal in a vocal print. I tried the ATP frequency equivalent. The subsequent voice print showed none of the heavy metal toxicity equivalents. For this reason, the ATP substance may be a good substance to take if you are detoxing from certain poisons. I mention this because it would be an excellent research topic.

"Life is what happens while you're making other plans."

"Why is what I say so different from what you hear from doctors, other nutritionists, etc.? Since I am not a medical doctor and do not practice medicine, I do not generally use the language of medicine; I am a chemist and that is the language I use."

Lita Lee, Ph.D.

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.