



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

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Next Newsletter:  
January 2005

We want to hear from you.

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

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## The Falling Leaves...

Dear Friends,

Welcome to the beautiful colors and sometimes sunny, warm days of autumn. Got an itchy rash? This newsletter will give you ways to nutritionally support your skin. Also, because I have been seeing so much in the news about fluoridation, I have summarized some fluoride notes for you. Finally, a story of how Bioacoustics helped a young woman too sick to eat.

To your health!  
Lita



## "Sound Bites"

\*\*\*\*\*  
Veronica's Terrible Flu

My daughter, Veronica, returned from the Burning Man celebration early Monday morning. Called me on Monday afternoon. We celebrated dinner that evening. On Tuesday morning she called me and said that she had become ill. That was an understatement. When we picked her up, she could not walk without assistance and her ribs, solar plexus diaphragm and upper cervicals were misaligned plus she had a high fever, vomited and was in severe pain. We took her to a chiropractor who adjusted her and thought all would be okay.... Not so, she got worse, her fever worsened, she could not eat, kept dry heaving, was in great pain (headache, eyeballs very painful with extreme light sensitivity, diaphragm, neck, etc.). Since she could not take enzymes orally, she resorted to BioAcoustics and allowed me to give her the following sounds, as the days progressed, Wednesday through Saturday. As I gave each sound, I listened for her response (pain decreasing and where, less nausea, etc.). I always tested each sound first. Whenever she would cry out or have dry heaves, I would turn the sounds on again and then off after she fell back asleep. She was too weak to talk or walk and could not stand light at all. I gave her water to hydrate her and natural ginger ale (not sugar water). I also gave her Citricidal liquid and an herb used

## Those Nasty Rashes

### Detoxification Rashes

This can occur when first starting enzymes because they digest more than just food. Enzymes digest toxic debris in the blood and help the kidneys and the liver dump toxins. If your lymphatic system is exhausted, it cannot properly neutralize toxins and it will dump toxins back into the blood, causing symptoms. If the kidneys cannot properly cleanse the blood or your liver is sluggish, the digested toxins can come through the skin, causing an itchy rash. This can also occur in people who wean themselves from drugs. That's why I recommend drainage formulas to help support the elimination of unwanted toxins from the body, such as Thera-zymes Kdy and TRMA. There are homeopathic drainage formulas too.

*Case history:* Dr. Loomis' daughter took her baby in for a "well baby checkup". Unbeknown to the mother, the nurse gave the child vaccinations. The previously energetic and active baby came out lethargic and sick. The mother rushed her to Dr. Loomis who palpated the infant and was puzzled to find a

swollen liver. The test showed the need for Bil and Lvr. Shortly thereafter, the child developed a fever and a rash, which seemed to be traveling from her head downward. Another palpation test showed the need for the TRMA formula. Gradually, both the fever and the rash subsided. Apparently, the Bil and Lvr kicked the vaccines from the liver but the child could not detox them fast enough to avoid a fever and rash. TRMA came to the rescue.

### Poison Oak/Ivy Allergies; Bug Bites/Bee Sting Allergies

High potency amylase formulas (Thera-zyme DERM-H3 or MSCLR) and protease (Thera-zyme TRMA) for soft tissue trauma offer good nutritional support in these circumstances.

*Case history:* A woman and her dog were visiting me when a wasp stung the dog on her lip. The dog ran off and when we found her, we saw that her entire body was covered with itchy hives and her mouth was stiff and protruding. I rushed a cream cheese ball stuffed with 3 caps of DERM-H3 to the dog, who gobbled it up. She began to calm

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## ***Fluoride Notes***

The fight against fluoridation continues to rage years after fluoride was scientifically proven to be unrelated to dental caries and very toxic to all life on earth. If fluoride is a voter issue in your city or state, this information will be valuable to you, especially if you have been told that fluoride is safe.

Cities are using the citizens' tax dollars to pay the fluoride-polluting industries (phosphate fertilizer, aluminum and others) to get rid of this toxic industrial waste by forcing the people to drink it in their water supply.

The EPA states that HF (hydrogen fluoride) is the 6<sup>th</sup> most common air pollutant in the U.S. It is the 3<sup>rd</sup> most emitted pollutant from industries.

The USDA reports that "airborne fluorides (from at least 15 industries) have caused more worldwide damage to domestic animals than any other pollutant and have been killing and crippling human beings since the 1930's. Water emissions from at least 7 industries add to the air emissions.

Fluoride pollution began in the 1850's at the beginning of the industrial revolution and was a key chemical in atomic bomb production in the 1940's. Millions of tons of fluoride (uranium hexafluoride) were used to manufacture bomb-grade uranium and plutonium for nuclear weapons during and after World War II. At the height of World War II, a severe fluoride pollution incident occurred in Gloucester and Salem counties downwind of the DuPont chemical factory in Deepwater, New Jersey, which was secretly producing millions of pounds of fluoride for the Manhattan Project. This area was noted for their high quality produce and the produce was fried. Farm workers who ate it vomited all night and the next day. Animals - horses, cows, chickens, etc. - became crippled and couldn't walk. The New Jersey farmers sued DuPont and the Manhattan Project. The lawsuits were ultimately stymied by the government's refusal to reveal how much fluoride DuPont had vented into the atmosphere during World War II on the grounds that "disclosure would be injurious to the military security of the United States". The farmers received token financial settlements, in some cases amounting to little more than \$200.

Because of a major safety study by the Atomic Energy Commission, the federal government became involved in the suppression of information about fluoride poisoning. Formerly restricted government documents are now available under the Freedom of Information Act.

Grand Rapids, MI became the first city to officially fluoridate its drinking water in 1945.

To date, 70% of the cities in the USA are now fluoridated. Out of the 50 largest cities, 41 are fluoridated. This adds up to 130 million Americans and 250 million people worldwide.

In 1998, the EPA estimated that 155,000 tons (310,000,000 pounds) of hydrogen fluoride were released into the air by industrial plants. Emissions into lakes, rivers and oceans are estimated to be as high as 500,000 tons a year. No one can escape this poisoning. Because fluoride compounds aren't biodegradable, they accumulate in the environment, in the food chain and in your bones, teeth, cells and organs.

In 1959 the average American ingested about 1.1 mg of fluoride daily. In 1988 this increased to 6 mg daily.

### **Fluoride toxicity and health effects**

Fluoride is cumulative and toxic to all forms of life even at extremely low dosages.

Double-blind studies prove adverse health effects at a 1 ppm level in water.

Airborne fluorides have caused more worldwide damage to domestic animals than any other air pollutant.

Even in minute doses, fluoride accumulates in and damages the brain/mind development of children leading to reduced IQ in children.

Fluoride causes hypothyroidism. The effects of fluoride on the thyroid gland have been studied so extensively, that it baffles the mind how experts on thyroid disease from Harvard or the University of Toronto can claim that fluoride doesn't affect thyroid gland function, especially when it has been used to suppress thyroid function in hyperthyroid people.

Fluoride causes cancer. In 1981, Dean Burk (Chief Chemist at the National Cancer Institute) testified at congressional hearings that over 40,000 yearly cancer deaths are attributable to fluoridation. He said that no chemical causes as much cancer, and faster, than fluorides. Public health officials say his data aren't verified but the reverse is true. This information is well documented, verified and confirmed by epidemiological and animal studies.

The New Jersey Dept of Health found that the risk of bone cancer was about three times as high in fluoridated areas as in nonfluoridated areas. This is because bone is a target for fluoride.

The *Journal of Carcinogenesis* says that "fluoride not only has the ability to transform normal cells into cancer cells but also to enhance the cancer-causing properties of other chemicals".

Fluoride causes genetic damage: An article in *Mutation Research* says that a study by Proctor and Gamble, makers of Crest, did research showing that 1 ppm fluoride causes genetic damage. Results were not published.

A National Institutes of Environmental Health Sciences publication, *Environmental and Molecular Mutagenesis*, also linked fluoride to genetic damage. "Fluoride exposure in cultured human and rodent cells results in increased chromosome aberrations resulting in birth defects and the mutation of normal cells into cancer cells."

Fluoride poisons over 100 enzymes in your body.

Fluoride disrupts collagen, the major connective tissue of the body, causing premature wrinkling and aging.

Fluoride causes seizures in humans and animals.

Fluoride causes bone disease - skeletal fluorosis - severe damage to the musculoskeletal and nervous systems resulting in muscle wasting, limited joint motion, spinal deformities, calcification of the ligaments and neurological damage. The U.S. hip fracture rate is now the highest on earth.

Fluoride causes dental fluorosis: 2% of children drinking water with 1 ppm fluoride get dental fluorosis. Up to 23% of children living in areas with 4 ppm fluoride develop severe dental fluorosis. Other research gives higher figures of from 51 to 80%. Dental fluorosis is more than a cosmetic problem. It is associated with elevated tooth decay levels. A class ac-

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## Notes To Lita...



♥ Dear Lita,

I think you contribute a wealth of healing information to your clients. I would say that most of your clients are on a healing journey and you provide the information and getting on the right track creates healing for the individual, simple as that. You are creating healing miracles by changing the client's perception of health. How to achieve it without over the counter chemicals that pose a definite threat to man/womankind.

Blessings and joy to you, also appreciation for all the good information that I

took to create my improved health. I love treating myself.

Blessings,  
Diane Dabceвич

♥ Dear Lita,

Blessings New Thought colleagues!

Here is the Omega oil story from a leading-edge, albeit controversial biochemist and author of "The Enzyme Cure". I highly recommend Dr. Lee's book. I was amazed at how my body responded to quality enzymes. With Dr. Lee's 24-hour urine test (mail order kit and processing) I found out that I was fat intoler-

ant (as well as other things) and unable to digest fats without the help of enzymes. As a result, I had high lipid levels (cholesterol) for twenty years, which had more recently led to high blood sugar levels--but no more. All is now in the low normal range--and I am OFF ALL MEDICATION. This info will likely fly in the face of what you have learned from nutritionists. Do you believe soy is a health food? Read Dr. Lee's research and YOU be the judge.

Larry Stevens

*(Fluoride Notes, Continued from page 2)*

tion suit has been filed in England against fluoride-toothpaste makers on behalf of children suffering from dental fluorosis. From 1967 to 1975, intentional dumping of massive quantities of fluoride into the air and water caused severe fluoride poisoning on a Mohawk Indian reservation. "Cows crawled around the pasture on their bellies, inching along like giant snails. So crippled by bone disease, they could not stand up, this was the only way they could graze. Some died kneeling, after giving birth to stunted calves. Others kept on crawling until, no longer able to chew because their teeth had crumbled down to the nerves, they began to starve..." Industrial fluoride pollution devastated the herd and the Mohawks' way of life. The Mohawks filed suit against the Reynolds Metals Co. and Alcoa in 1960 but ended up settling out of court where they received only \$650,000 for their cows.

### Fluoridation does not prevent tooth decay

Children who live in areas of the U.S. where the water supplies are fluoridated have tooth decay rates nearly identical with those who live in non-fluoridated areas.

School districts recently reporting the highest caries free rates were totally non-fluoridated

Dental caries either didn't increase or actually decreased in cities where fluoridation was discontinued.

More children had decayed teeth and fluorosis in the high fluoridated areas than in non-fluoridated areas. This confirms the association between high fluoride levels in the drinking water and dental caries and fluorosis.

### References

*Please contact my office for the list of references. The list is too long to fit in this newsletter!*

**Related articles** (free): Fluoride Notes (complete article); Fluoride - A Modern Toxic Waste

## Regarding Water Filters and Fluoride

Carbon filters do not remove fluoride and there is no fluoride removal system that I know of that will reduce fluoride fast enough for a shower or a bath. The only purifiers I know of that reduce fluoride are reverse osmosis, distillation and ion exchange. Distillers, reverse osmosis and pitcher filters produce water very slowly and require a storage reservoir to collect the water. For example, distillers require 4-8 hours to produce one gallon of pure water. Reverse osmosis units require 3-6 hours to produce one gallon. On the other hand, ion exchange purifiers produce one gallon of pure water per minute. There are probably many companies who sell both filters and ion exchange units that will work for your drinking/cooking water, but not your shower. The one I recently contacted is Custom Pure and their web address is [www.custompure.com](http://www.custompure.com)

*(Nasty Rashes, Continued from page 1)*

down and the owner left with a bottle of DERM-H3. Later that day, the dog ate one more DERM cheese ball and that was it!

### Rashes/hives from Poor Digestion

Whatever you don't digest can become a toxin (called circulating immune complexes or CICs) which, if not removed from the blood, can lead to many conditions, including rashes.

To support normal resistance to an allergic rash from poor digestion, a Loomis 24-hour urinalysis is performed and the type of food intolerance is determined. There are multiple digestive enzymes for digestion: Thera-zymes PAN (sugar, grains, fruit), Bil (fat, protein), HCL (sugar, protein, fat), VSCLR (fat), Stm (digestive enzyme for people with gastric problems) and DGST (pediatric formula). All of these enzymes contain all of the plant enzymes, protease for protein, disaccharidases for sugars (sucrose, lactose, maltose), lipase for fat, amylase

for carbohydrates and cellulase for fiber with the exception of Stm which contains no protease.

### Parasite Rashes

Parasites can cause many various symptoms. Here I will address the bumpy rash symptoms. This is best illustrated by the case history below, where enzyme nutrition supported the body's normal response to parasites.

*Case history:* The itchy bumpy rash that came and went randomly. A client presented with a chronic itchy, bumpy, pimply rash that came and went seemingly randomly. Along with this occurred a severe anal irritation that sometimes led to bleeding. His urine and health history revealed the need for Thera-zymes Bil (for digestion) and TRMA (for the skin irritation). In two weeks, the client reported loose stools containing worms which lasted a day. After this episode, all of his

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# 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)*

to support normal function for people who may have a flu virus - Astral Africana (*sutherlandia frutescens*). I was up all night for three nights. We put a subwoofer in her bedroom because she could not stand having a tone box on her head (plus she loves whole body sounds). As we know, the flu sometimes can continue for a week or more. Here are the frequency equivalents that I gave her. Some of these are from her past voiceprints. The pain frequency equivalents were given because her pain was so great.

Diaphragm sounds (3 from previous vocal prints)

Aspirin  
Lidocaine  
Procaine  
Morphine  
Muscle cramps  
Progesterone  
Pregnenolone

ATP

Eyeball muscle ( I tested one of four and found the one to relieve the eyeball pain)

Calcium in two octaves

A form of magnesium

On Sunday she returned to her home, weak but happy, with very little pain. She appears to have responded very well to the BioAcoustic support. I know that if it were not for her response, she might have been in the hospital. This experience makes me very grateful for the work of Sharry Edwards.



*“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.

*(Nasty Rashes, Continued from page 3)*

symptoms went away.

**Contact Dermatitis** (an acute or chronic skin inflammation resulting from contact with an irritating substance or allergen)

Sometimes a person gets a rash but does not know what the offending substance is. Again, Thera-zymes Kdy (allergies), DERM (rash) and TRMA (soft tissue trauma) are always wise choices for nutritional support.

*Case history:* A man was walking on the beach and the ocean water covered one foot as he walked. Upon returning to his hotel room, the foot exposed to the water became red and developed an itchy rash. Soon, the other foot developed a rash as well. The man could not find a remedy to get rid of his itchy rash. He called me and said that his only request was to get rid of his rash. Since I could not see him in person, I gave him DERM, Kdy and TRMA and the rash went away in three days, never to return.

### 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).