



# 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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At the website: Free  
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Next Newsletter:  
April 2005

We want to hear from you.

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

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## A New Year Begins

Dear Friends,

Instead of our usual holiday photo card, we are sending you a hard copy of this newsletter. You can download the last five years of newsletters from my website and, if you enter your email address, we will send you an announcement for each new issue.

May 2005 bring us more harmony, a deeper appreciation of the gifts that our beautiful earth can offer if we respect her and a greater willingness to reach out in kindness and love to others - despite differences in belief, religion and culture. *To your health!*

Lita

## Chase The Flu Naturally

Because so many people have nearly died from the adverse effects of flu shots or from getting a severe case of influenza following vaccination, I am summarizing my nutritional program for normal support and function in people who may be exposed to the flu. Take the formula(s) you need that will relieve your particular symptoms.

\* Multiple digestive enzyme you usually take: PAN, Stm, HCL, Bil, VSCLR, DGST.

\* TRMA (trauma): Support when bacteria or viruses may be present. 4 caps between meals 3-5x/d until well.

\* Rsp (respiratory): Support for the lungs during bronchitis, infection, wheezing, etc. 3-4 caps as needed 3x/d until relieved.

\* Kdy (kidney): For swollen glands. 3 caps between meals 3-5x/d until relieved.

\* SvG (salivary gland): For sore throat. 4 caps 3-5 x/d until relieved.

\* Nsl (nasal): Support for a stuffy or congested nose. 2-4 caps 3-5 x/d until relieved. If more help is needed, add the Citricidal Nasal Spray.

\* Opt (optical): Support during a runny, drippy nose. 2-4 caps 3-5 x/d until relieved.

\* Lagundi (herbal lung & flu formula): Support during flu symptoms (fever, sore throat, aches and pains, lung congestion, bronchitis, pneumonia, asthma, etc.). 2-3 caps 3x/d until relieved. Maintain on 2 caps 1-2x/d.

\* Lagundi Spray: For clearing the throat and irritation during the flu or the mucous from allergies. It also improves breathing when you are congested. Spray 2-4 squirts into your mouth as needed. You can take both the spray and the capsules.

\* Citricidal tabs (natural extract from grapefruit pulp and seeds): 2 tabs per meal 3x/d. For support during active infection, take 1 tab every hour until you feel better. Or use Citricidal Liquid. Four drops are equivalent to one Citricidal tablet.

\* Aspirin: Good for everything. (*To Your Health*, October 2003.)

**If you have a viral infection, for nutritional support add:**

\* VSCLR: Digestive and for support during viral infections. 2 caps between meals 3x/d along with Kdy and TRMA.

\* Spl: Immune system support. 2 caps with meals 3x/d.

\* Astral Africaner: Herbal support when a virus is present. Take 10-15 drops in water 3x/d.

## "Sound Bites"

\*\*\*\*\*

Miracles of Non-Medicine  
Degenerative Disc Back Pain  
Relieved  
by Sharry Edwards

The walker helped ease the constant ache in her lower back but it was still a very long way to the door. "You will just need to learn to live with the pain" was not an acceptable directive to Nettie. As she proceeded to the lab room, her pain was obvious to everyone present, her mind foggy with apprehension, pain and anticipation. "Having a vocal print taken is a painless procedure...just talk into the microphone for a minute or so...the computer does the rest." "I can do this," she thought. As the BioAcoustic Practitioner processed the vocal frequencies through the computer, the printer was busy delivering long lists of numbers and reports of Frequency Equivalents of muscles and biochemicals and other names that were hard for Nettie to remember. She watched and tried to concentrate.

The answer seemed clear to the technician. "It looks like your body is not processing the frequencies of Vitamin D," he reported. Could a simple vitamin be the cause of the degeneration? The literature certainly supports that assertion, they said. Nettie vaguely remembers someone saying, "We are going to use a form of biofeedback to monitor your reactions as we present a series of low frequency sounds to you through the speaker."

As the pain lifted so did the

(Continued on page 4)

## The Perfect Protein — Gelatin

This brief excerpt on gelatin (collagen) is from Dr. Ray Peat's January 2004 newsletter, **Gelatin, Stress, Longevity**. Get the complete newsletter and references from Dr. Ray Peat, P.O. Box 5764, Eugene, OR 97405, \$4.50.

For years I have been interested in gelatin (the cooked form of collagen) and there are now popular brands of collagen, most of which are very expensive. Then I read this newsletter from Dr. Ray Peat, describing why gelatin is an excellent dietary supplement and recommending Great Lakes Gelatin, the purest form of gelatin, easily obtained and inexpensive.

People have asked me why I recommend gelatin since I recommend eating only whole foods. While that is correct, we often are not eating whole foods, including whole animal foods. We throw away the skin and are told not to eat the skin because it has fat in it. However, this is precisely where the gelatin is found.

Gelatin contains thyroid-protective amino acids that can help balance the anti-thyroid (thyroid-suppressing) amino acids prevalent in muscle meats (beef, lamb, poultry and fish), mainly cysteine and tryptophan. In addition, the anti-thyroid amino acids are released in large quantities during stress and

hypothyroidism itself increases the catabolism (tearing down) of protein even though general metabolism is slowed down. Both tryptophan and cysteine inhibit thyroid function and mitochondrial energy production, and have other effects that decrease the ability to withstand stress.

Tryptophan is the precursor to serotonin, which causes inflammation, immunodepression, and generally the same changes seen in aging. Histidine is another amino acid precursor to a mediator of inflammation: histamine.

Gelatin contains no tryptophan, and only small amounts of cysteine, methionine, and histidine. The main amino acids in gelatin are glycine (35%), proline / hydroxyproline (21%) and alanine (11%). These amino acids have cyto (cell) protective actions.

Increasing consumption of gelatin and gelatin-rich foods will support normal function and structure in people who have a tendency towards the degenerative and inflammatory diseases of aging.

Learn more about Great Lakes Gelatin at their website:  
<http://www.greatlakesgelatin.com/>

## A Few Ways To Enjoy Your Gelatin

### Basic Shake Recipe

Fresh Orange Juice + one tbsp Great Lakes Gelatin + 1/4<sup>th</sup> tsp sea salt. Blend in blender. Don't let it stand around too long or gelatin will gel!

### Gelatin Shakes

½ orange juice or other juice (any amount)

½ milk or light coconut milk

1 tbsp of Great Lakes Gelatin

1/4<sup>th</sup> tsp of sea salt

Blend until smooth. If you let this stand it gets very thick. If so, put into a saucepan with a bit of water, heat up a bit and refrigerate. In a very short time you will have orange jello.

### Optional additions

Fruit of your choice - banana, strawberries, etc.

Yogurt, if you prefer to milk

Dash of vanilla

Dash of maple syrup

### Try this, too...

Add a tbsp of gelatin to whatever you are eating: scrambled eggs, cottage cheese, potato pancakes, soup, oatmeal, etc.



## Enjoy Your Coconut Too!!

You will note that many of my recipes contain coconut oil and coconut milk. Why? Because they are very good for you (see my free article "Coconut Oil – Why It's Good For You). There are 2 kinds of coconut oil – refined (no taste) and unrefined (mild coconut taste). My favorite coconut oil comes from the Philippines and is sold by Tropical Traditions ([www.tropicaltraditions.com](http://www.tropicaltraditions.com)).

There are 2 great books on coconut oil, *The Healing Miracles of Coconut Oil*, By Dr. Bruce Fife and *Virgin Coconut Oil*, by Brian & Marianita Jader Shilhavy. Both books are full of the history of coconut oil, healing testimonials and recipes.

Use leftover chicken or turkey for this soup or start from scratch or get a flame roasted chicken from your organic grocery store. I just removed your excuse that you are too busy! 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 these vegetables or use your own favorites.

### Coconut Curried Soup with Chicken, Turkey or Fish

Small whole chicken (about 3.5 lbs or so)

Chicken broth - 2 cups

Water - 2 cups

Coconut milk (thick) - 2 cans. My favorite brand is Thai Kitchen. If you want a thinner soup, use the Lite Coconut milk instead of the thick (regular) kind.

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)

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# Notes To Lita...



♥ Hi Lita,  
 Hope all is well!! Things are better with me, getting my energy back. Thanks for all your input. I have incorporated quite a few things. Organics, coconut oil, a little dairy, etc. ... The enzymes are great and the progesterone has me flowing like a champ!!! Thanks again,  
 DM, P.B. Gardens, FL

♥ Hi Lita,  
 I wanted to let you know how much I appreciate your telling me about the progest E oil, the thyroid glandular, and the enzymes for my fifteen year old dog who has a uterine tumor.  
 Her energy and attitude have increased so much since she started these and it's only been about a week. She still runs

and acts silly wagging her tail and jumping around.  
 I know these products have really helped her feel like her old self. Thank you. I appreciate the advice you've given always. Love,  
 ES, Petersburg, IL

## If Only I Could Sleep...

### Enzyme and Nutritional Notes from Lita Lee

Insomnia has many causes. Are you worried, anxious, in pain, thinking too much, nervous, etc.? Listed below are enzymatic and nutritional support formulas for insomnia. These formulas can also be used for stress and for support during "pre-performance" jitters.

- \* SvG for trouble falling asleep because you can't relax, become serene or stop your racing mind. 2-4 caps 1-3x/d or as needed before bed.
- \* ADR for waking up after falling asleep, to relieve stress. 4 caps one hour or less before bed and 4 caps if you wake up after falling asleep.
- \* CLM for difficulty sleeping because of nervousness. 4 caps before bed.
- \* MSCLR for tossing and turning. 4 caps about one hour before bed. Indications for MSCLR: stiff, sore muscles worse after exercise, resting, sitting, driving or writing. 3-4 caps 3x/d until relieved.
- \* TRMA for insomnia due to anxiety. 4 caps before bed on an empty stomach or as needed. Note: if gastric problems are present (gastritis, hiatal hernia or ulcers), it is very important that TRMA be taken on an empty stomach with only water.
- \* Thyroid glandular is an excellent nutritional support for people who have insomnia because of a sluggish thyroid function.

(references: Hypothyroidism; Thyroid Myths; Thyroid Resistance).

\* Low potency homeopathics are sometimes a great and inexpensive way to support insomnia and are available from health food stores and grocery stores.

### Insomnia notes from Dr. Ray Peat

There may be dietary connections to your insomnia as Dr. Ray Peat notes below. Record your diet and your insomnia patterns to see the connection(s).

The most effective foods to avoid insomnia include fruit juice or milk with honey, salty beef broth, sea salt or baking soda, foods containing calcium, gelatin, and progesterone. Reducing muscle meats, starches and vegetables in the afternoon and evening could help. Muscle meats are good if they are balanced with collagen (chicken plus skin, for example), but when they are taken late in the day without gelatin their antithyroid function can disturb sleep. Although indigestible fiber helps to reduce toxin absorption that poisons sleep, many fibers (for example, apples and beans and bran) feed the toxicity. In apples, the starch and pectin can feed bacteria, causing formation of gas and endotoxin. Beans are much worse. Usually, raw carrots suppress bacterial growth; bamboo shoots are another relatively safe fiber.



A Native American grandfather was talking to his grandson. The grandfather was explaining how he felt about a tragedy he had recently experienced. The grandfather said, "I feel as if I have two wolves fighting in my heart. One wolf is the vengeful, angry, violent one. The other wolf is the loving, compassionate one."  
 The grandson asked him, "Which wolf will win the fight in your heart?"  
 The grandfather answered, "The one I feed."

(Enjoy Your Coconut Too!, Continued from page 2)

Red or green Thai Kitchen curry paste

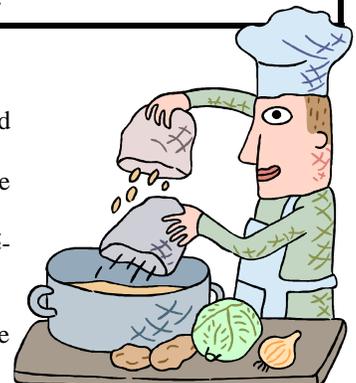
If using chicken from scratch: rub chicken with coconut oil. Sprinkle with sea salt, garlic and poultry seasoning. Bake at 350 for 1 hr and 15 minutes or until done. Cool.

Remove chicken 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 or fish, 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 add to the soup.



# 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)*

foggy thinking. Nettie began to be able to pay full attention to what was being said. The next morning, after listening to the sounds overnight through a speaker, Nettie was able to travel the length of sidewalk without her walker and without her pain.

Nettie continued to use the sound frequencies that were specifically created for her. With regular vocal rechecks, she and her family begin to notice other changes. Nettie grew stronger and more vibrant. Her varicose veins began to recede. She experienced more restful sleep. She was able to do more because she was able to move about without the pain that she had limited her activities for so many years. There is still some leg pain but that is being attended to. Nettie's daughter recently wrote this to the Sound Health staff:

*My mother is really doing well. In fact, this may sound trivial, but even her*

*handwriting is back to normal. I don't know if you remember, but when you saw her, you couldn't read her writing... and neither could she! During that whole period, she was extremely shaky and had trouble with fine motor skills - she couldn't even position her hands right to open an envelope. Her doctor felt that there was so much pressure on the nerve and so much pain that it was taking a toll on the entire nervous system.*

While Nettie's results may be atypical, since results will vary, we wanted to share this example of what some people have experienced.

In honor of Nettie's recovery and her discovery of BioAcoustic Non-Medicine, we want to ensure that EVERYONE has access to the wonderful computer program that was used to help her. We have a free trial version of this computer program, called the BioAcoustic Nutritional Consultant, which

you can use to monitor your own self-health. This program comes with instructions and information on how to use it. To download this trial software, go to <http://www.vocalprofiling.com/>. The link to this software program is on the home page and is entitled **Nutrition Consultant Free Trial Software Flyer**

**Disclaimer:** A Human BioAcoustic Research Practitioner does not diagnose or prescribe for medical or psychological conditions nor claim to prevent, mitigate or cure such conditions. The practitioner does not provide diagnosis, care, treatment or rehabilitation of individuals, nor does the practitioner apply medical, mental health or human development principles or use any drug material remedy or physical manipulation.

*"Forget yesterday, live today, trust tomorrow."*

Norman Vincent Peale

### 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).