



# To Your Health

July 2005

Volume 10, Issue 3

## 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)

This newsletter is provided courtesy of Lita Lee, Ph.D.

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Next Newsletter:  
October 2005

We want to hear from you.

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

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## All you need is love...

Dear Friends,

"Love the animals, love the plants, love everything. If you love everything, you will perceive the divine mystery in things. Once you perceive it, you will begin to comprehend it better every day. And you will come at last to love the whole world with an all-embracing love." Fyodor Dostoyevsky

"Learn from the mistakes of others. You can't live long enough to make them all yourself." Anonymous

*To your health!*

Lita

## Fishy Oils

I have written much about the adverse health effects of omega-3 and -6 oils which Dr. Ray Peat abbreviates as PUFA (polyunsaturated fatty acids). Dr. Peat has written a wealth of information on PUFA, often explaining why there is so much controversy and why so many people are told to take them. What I like about Dr. Peat is the many legitimate, scientific references he provides in every article. These come from legitimate scientists, not ghostwriters (see *To Your Health*, July 2004). This brief abstract is taken from *Ray Peat's Newsletter*, Copyright 2005, Raymond Peat, P.O. Box 5764, Eugene OR 97405. Reprints are available for \$4.00 each. I hope that this abstract provokes sufficient interest for you to read more of Dr. Peat's books and newsletters. <http://www.efn.org/~raypeat>

The quotations below are those of Dr. Peat from this article. This is a "must read" article.

Dr. Peat evaluates published studies by whether or not information is given that tells you everything you would need to know to replicate the experiment and whether the article

provides adequate information for the conclusions drawn. Using these criteria, most "scientific" publications on nutrition, endocrinology, cancer and other diseases are "unscientific". "In nutritional experiments with fish oil, controls must receive similar amounts of vitamins A, D, E, and K, and should include fat free or "EFA" (Essential Fatty Acid) deficient diets for comparison", writes Dr. Peat. When doctors, nutritionists and the FDA tell you that fish oils (which include EPA and DHA) are safe, they "neglected to evaluate their anti-thyroid, immunosuppressive, lipid peroxidative, light sensitizing and antimitchondrial effects, their depression of glucose oxidation and their contribution to metastatic cancer, lipofuscinosis (brown age spots) and liver damage, among other problems." The truth is even more "covered up" when respected doctors such as Drs. Andrew Weil and Mercola recommend fish oils on the web and on the radio. A few years ago the government approved the use of DHA (usually found in fish oil and in oily fish such as wild Alaskan salmon, mackerel, sardines or herring) in

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## "Sound Bites"

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Two Cases Suggesting Macular Regeneration

[Macular Degeneration is a condition characterized by the degeneration of the central area of the retina. There are two forms of macular degeneration, wet and dry, each with its own symptoms, but both being characterized by a loss of visual perception. In America, one in three individuals over the age of 75 will be affected by one form or the other of macular degeneration. While there are some treatments that can decrease the severity of symptoms associated with wet macular degeneration, the literature reports no treatment that can significantly affect dry macular degeneration. In the profiles below, Dorothy was diagnosed with dry macular degeneration; Pauline with a combination of eye issues including wet macular degeneration.]

### Dorothy

Losing her vision meant losing her independence. Dorothy had faced that possibility when she had been diagnosed with an incurable eye disease: Macular Degeneration. To the astonishment of her family, an alternative non-medical technique had reversed the blind spot in her vision three years ago, but this was different. There was no central black spot like before but when she looked in the mirror, she could not see the upper portion of the left side of her lip. There was no obvious discontinuity in her field of vision. She knew that the up-

*(Continued on page 3)*

## Colon Health

Colon problems are some of the most commonly reported complaints among my clients. I do not use medical terms to describe them such as Crohn's disease, ulcerative colitis, diverticulitis, diverticulosis, etc. I simply ask my client to describe the problem – constipation, diarrhea, alternating constipation with diarrhea, use of laxatives, enemas or colonics, etc. I believe there is an enzyme connection to all health problems. I recommend an organic, whole foods diet which is naturally high in all types of fiber. Refined, junk food contains no fiber. I also recommend a “pro-thyroid” diet to stimulate optimum thyroid function. I give a one page summary of this diet to all of my clients. If you are not a client and would like a copy of this diet, please email me at [lita@litalee.com](mailto:lita@litalee.com) and request a copy and I will email it to you.

Thyroid has a profound effect on colon health because it improves peristalsis whereas chemical laxatives decrease it. The alkaline-acid base balance of the colon also has an effect. For example, if you have constipation, your colon is too alkaline. If you have diarrhea, your colon is too acidic. This balance can be improved with simple dietary supplements and enzyme/herbal formulas. Chiropractic therapy is also indicated in many cases. Simply tell your chiropractor your problem and he/she is likely to find a relevant subluxation. Sometimes simply improving your diet and dumping the junk foods plus ensuring optimum digestion with plant enzymes determined by the Loomis 24-hour enzyme deficiency test is all that is necessary.

Emotions also play a part. Some people get diarrhea when they are stressed or emotionally upset; others get constipated. Below is a summary of the Thera-zyme enzymes and dietary supplements I use for colon health. Don't rush out and take all these supplements at once. Try one at a time and see how you feel.

\* **LgI** – for constipation, 2 caps 1, 2 or 3 x/d as needed.

\* **IrB** – for soft stools, diarrhea, painful or multiple bowel movements, 2 – 4 caps 3x/d as needed.

\* **Sml** – for constipation with hard, dry stool, alternating soft/hard stools or alternating diarrhea/constipation, up to one level tbsp in water in the am and the pm away from food.

\* **Challenge Powder** – can help detoxify a toxic colon (high indican) as determined by the Loomis urine test. One level tbsp in water, stirred and immediately taken twice daily.

\* **Challenge Caps** – for people having an overly alkaline colon and constipation. This helps to increase colon acidity, 2 or more caps 1-2 times daily.

\* **Turmeric** – Ayurvedic herb noted for its gentle detoxing effects on colon and liver. Nourishes the gallbladder, skin, and eyes. No set dosage but most people take 1-2 caps 3x/d

\* **Colostrum Caps or Powder** – a wonderful nourishing formula for the immune system and also colon health, 1-2 caps 3x/d as needed.

Reference: [www.litalee.com](http://www.litalee.com) : (fee) *Colon Problems*

## Coconut Cures by Bruce Fife

Dr. Bruce Fife is the author of 18 books on nutrition including *The Coconut Oil Miracle*. After reading this book, I am still amazed by *Coconut Cures, Preventing and Treating Common Health Problems with Coconut*. The forward by Conrado S. Dayrit, M.D. contains some very interesting comments: “As a food, it is nutritious, safe and can be taken almost ad libitum. It provides energy and nutrition not only by itself but also by promoting the absorption of other foods particularly fat-soluble vitamins (A,D, E and K) and minerals (calcium, magnesium and iron). At the same time, it is a powerful drug that is non-toxic. It protects the body from infectious agents (viruses, bacteria, yeasts, fungi, protozoa, worms)...it can kill them. In other words, it is an antibiotic with the widest spectrum of action of all antipathogens. And it causes no harmful side effects... It makes the body work better, metabolize better, defend better, heal better. Chronic diseases... Are subdued and become much easier to normalize, at lower doses or even suspension of usual therapies... “The drugstore in a bottle” is how coconut oil is now called in the Philippines...” Of course, we only recommend coconut oil as a food for its nutritive value.

In another article by Dr. Dayrit, he states “You've heard about the healing power of coconut oil but did you know that the entire coconut is a virtual medicine chest? Coconut meat, milk and water all have medicinal as well as nutritional value.”

*Coconut Cures* describes the health benefits of the entire coconut. *Coconut Cures* isn't just a list of testimonials and an A to Z list of health conditions that respond to coconut oil and its products. It provides step-by-step instructions on how to use coconut oil to treat common health problems.

This book contains many testimonials from people with various health conditions including: Parkinson's disease, prostatic hypertrophy, weight problems, hypothyroidism, arthritis, insomnia, infections (many kinds, both bacterial and viral), candidiasis and other fungal infections, parasites, gum problems, colon problems, gallbladder issues, cancer, liver and kidney problems and many other conditions. Chapter 4 describes how coconut oil was maligned by the manufacturers of unsaturated fatty acids and the scientific truth of the beneficial health effects of coconut oil. Chapter 5 describes the cardiovascular benefits of coconut oil. In Chapter 6, you will find out all you need to know about coconut meat, juice (water) and milk. In other chapters, you will find recipes and in Chapter 9 is an A to Z list of how to use coconut oil and its products for just about any health condition you can imagine. Each chapter is loaded with legitimate references. In short, this is one of the most valuable books on the healing properties of coconut oil that I have ever read.

My favorite source of virgin (or expeller pressed) coconut oil is [www.tropicaltraditions.com](http://www.tropicaltraditions.com) which has many coconut oil products. In fact, I am so impressed by their virgin coconut oil that I order it by the gallon! I am also very happy with their Coconut Moisture Cream and am now stocking it. For those of you who can no longer get Kenogen's progesterone cream, this is a happy solution. Simply rub this moisture cream on your face, dot the Progest E oil on and rub it in.

Other links: <http://www.coconutoil.com/>

Reference: [www.litalee.com](http://www.litalee.com): (free) *Coconut Oil, Why It Is Good For You*



# Notes To Lita...



*(these results are not typical; your results may differ.)*

♥ Dear Lita,  
I am happy to report that I am feeling so much better now, my temperature is pretty much on target but my heart rate is still below 85 most of the time. My sleeping is also so much better, almost back to normal!!  
SC, Wethersfield, CT

♥ Dear Lita,  
I have been so busy counting out pills I have time for little else!! Well, I must say this is a fascinating and interesting journey. In the week we have been on your program there is obvious improvement. C..... is extremely sensitive. I have kept her thyroid nutrition down to a small dose and her supplements are done less frequently throughout the day. As of yesterday, she woke up and announced to her astonishment that her stomach felt

great and she didn't have a headache. Her appetite has increased to a degree that I think I will find it necessary to buy a walk in fridge. S..... seems to have gotten worse before getting better. Her color and energy are much better although she is requiring more sleep, I think due to her body changing and healing. I feel better in every capacity. I can only imagine the difference down the road in the next few months. Jane will tell you that I even have the horses on your enzyme and thyroid nutrition. I checked with both my horse acupuncturist and my vet.

VC, Santa Rosa, CA  
♥ Dear Lita,  
Wanted to tell you that with the new mix of enzymes, my constipation is GONE! It is so wonderful! I sleep well

and my joint pain is gone. No more tingling and numbness, and my hair isn't falling out like it was.  
NB, Vancouver, WA

♥ Hi Lita,  
I just wanted to send a quick note to let you know something. I had an ultrasound done to check the size of my fibroid. The guy told me that there isn't a fibroid and asked "are you sure there was one?". He had to check his folder to see the other three times I was there. He said there was no fibroid now. I told him I was using oral progesterone oil and the thyroid glandular must have helped too. He said "Does that stuff really work?". I said, "Oh yes". Hurray for your good work.  
RH, Catskill, NY



*(Sound Bites, Continued from page 1)*  
per portion of her lip was still there; it was simply gone from her field of vision. Dorothy could feel lipstick move over her lip but even when she moved her head from side-to-side the movement did not result in her being able to see her lip. It was time to have another BioAcoustic vocal evaluation done.  
A new Vocal Profile revealed that the Frequency Equivalent™ of the lens of the eye was below normal limits. In less than two minutes of low frequency sound presentation, Dorothy had no problem seeing her upper lip in the mirror. Sounds were presented for an additional thirty minutes. Twelve hours later, with no sound, her vision was still intact. The surprise to Dorothy was that in less than five minutes, her vision was restored. Her expectation is that, like the original macular degeneration BioAcoustic fix, this restoration will be just as reliable.

**Pauline**  
Having suffered for nearly nine years from bleeds on the eyeball, macular degeneration and the decline of visual acuity during low lighting conditions, Pauline traveled from Australia to the Sound Health Research Institute in Ohio in the hopes of finding a way to avert further visual deterioration. She was stunned a few days later when the hole in her vision began to regenerate. She learned the potential cause of the eye bleeds was the inability to regulate the fluids in the eye. In addition, the frequencies of the proteins that control light refraction, when presented via a small portable tone generator, allowed Pauline to read even in dim light.  
BioAcoustic Vocal Profiling continues to provide Pauline with the information necessary to maintain continued visual support.  
With continued BioAcoustic intervention and evaluation, Dorothy's and Pauline's

vision continued to remain focused and intact. Their promising results provide hope for those who presently cope with macular degeneration for which there is no stated medical cure. When presented with Dorothy's results and upon examining Dorothy's eyes, a Duke University physician specializing in Macular Degeneration described the results he was seeing as "STUNNING". We agree!  
Dorothy's and Pauline's results are but two of the anti-aging, pilot case studies dealing with Macular Degeneration being conducted by the Sound Health Research Institute, a 501 C-3, non-profit organization. All research results are intended to be data gathering in nature. All other results are unintentional.  
**DISCLAIMER:** The reversal of Macular Degeneration through BioAcoustic protocols has been substantiated through pilot research studies only. It is not an established or medically accepted procedure.

**Notice from Lita:** I am a chemist and an enzyme nutritionist, not a medical doctor. I do not diagnose, prescribe for, treat or claim to prevent, mitigate or cure any human diseases. I provide enzymes and other dietary supplements to improve digestion and to nourish and support normal function and structure of the body. If you suspect any disease, please consult your physician.

# 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

### New Products (not yet at [www.litalee.com](http://www.litalee.com))

**Turmeric** (New Chapter) – gentle liver, colon detox, nourishment for the skin, eyes.

**Rhodiola Rosea** (New Chapter), 100 and 300 mg caps – a natural herbal pick-me-up with none of the side effects of herbals such as Ephedra or Ma Huang. Provides a sense of well-being, renewed energy and mental alertness. Does not cause insomnia.

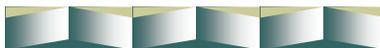
**Great Lakes Gelatin** – the only protein powder I recommend (instead of whey, soy or rice protein powders). See *To Your Health*, January 2005. One tbsp = 6 grams of this excellent pro-thyroid food.

**Coconut Moisture Cream** – a wonderful skin-nourishing, antiseptic cream to

which you can add Progest E Oil.

**Coconut Cures** by Dr. Bruce Fife – reviewed in this newsletter

**To come:** organic silica and why it is a good dietary supplement. Also, a story of persecution of the genius French scientist who developed this product.



*(Fishy Oils, Continued from page 1)*

baby formulas and in recent months some schools are providing fish oil in school lunches. Policy guidelines by government and industry include “carrots (good jobs, grants and prestige) and sticks (loss of jobs, grants, organized slander, and worse) to make their guidelines clear and most people will choose to follow those cues, even if they know that the policy is wrong.” Dr. Peat lists some of the policy lies that have been

publicized: “radiation is good for you, estrogen will make you fertile...and feminine and strong and intelligent, starchy foods will prevent diabetes and obesity, using diuretics and avoiding salt will make pregnancy safer and polyunsaturated fatty acids (PUFA) are nutritionally essential and will prevent heart disease.”

Dr. Peat mentions legitimate research which scientifically proves the toxicity and life threatening adverse effects of fish oils, but this research is simply not available to the mainstream media and even if it is, the conclusions are often twisted or misinterpreted. If you read this newsletter, you will understand why fish oils and other dangerous substances have become widely “promoted” as healthy. Sixty references are listed and briefly summarized.

### 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).

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