



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

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At the website: Free
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Next Newsletter:
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Please send your comments, recipe ideas, email address and suggestions to:

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Reach out...

This issue is dedicated to the thousands of victims of hurricanes Katrina and Rita, that show the crucial importance of helping and caring for each another during these perilous times. Deep gratitude to the volunteers who helped save lives and to Humane Society volunteers who saved beloved pets. More recently, an earthquake has claimed thousands of lives in Pakistan and India, followed by hundreds who died in the floods and mudslides in Guatemala. These disasters touch each and every one of us and reminds us of how precious each day is and how precious are our loved ones. "The only thing that will ever return to you is what you have given away." said the son of a New Orleans hurricane victim, honoring the life and generosity of his father.
To your health! Lita



"Sound Bites"

Whiplash Injury benefits from BioAcoustics, Chiropractic and Enzymes
by Lita Lee

On August 23rd while sitting at a stop light, my daughter Veronica and I were rear ended by a huge utility company vehicle. My car was totaled. Having seen the impact coming, Veronica had braced herself while I was totally unaware until impact. Because of this, her injuries were greater than mine though we both suffered severe whiplash with its upper cervical problems, muscle pains, fatigue and memory loss. Several days after the accident, I mentioned this to Sharry Edwards and she gave me a frequency equivalent which helps the body get rid of muscle pain. She told me to listen to this sound for 20 minutes. I put the sound on and went back to my computer. The next day, although still injured, I felt no muscle pain. Veronica, however, was still in pain. It was then that I remembered using the sound that Sharry had given me. I gave Veronica the same sound and her muscle pains were also lessened.

To make this article complete, here are the other therapies we are doing:

Chiropractic therapy three days a week from Dr. Greg Kahn of Eugene, Oregon. Dr. Kahn's therapy includes:

- **Chiropractic adjustments**
- **Craniosacral therapy** – both that of Drs. John Upledger and Robert Fulford (whose method uses the

"Cooking With Coconut Flour" by Dr. Bruce Fife

I am so excited about coconut flour that I ordered a case of this book. This is must reading for all of you gluten intolerant people; your answer to feeling deprived. Coconut flour is ground coconut that has been defatted and dehydrated. Although it looks and feels similar to wheat flour, it contains no gluten and can be used in place of wheat flour to make breads, cakes, pies, cookies and other baked goods. This book will appeal not only to gluten intolerant people, but also to those who are on low-carb diets. Do not order coconut flour without this book; the *only* book available on how to cook with coconut flour. Coconut flour contains more fiber than any other grain (61%), with water, protein, fat and carbohydrate making up the remaining 39%. Compare this to the 27% fiber in whole wheat and 3% fiber in "enriched" white flour. Dr. Fife's book explains why high fiber diets

are beneficial and presents studies showing that coconut foods that include coconut fiber provide nutritional support for those with a variety of problems, including: weight control, constipation, hemorrhoids, appendicitis, diverticulosis, varicose veins, hiatal hernia, gallstones, colon problems, heartburn, intestinal parasites, cardiovascular problems, high blood pressure, low blood sugar, diabetes and various cancers.

A study published in the American Journal of Clinical Nutrition reported that a Pacific Island population of 203 people ages 20 to 86 was found to be lean despite an abundance of food. These people ate as much as they wanted, but overweight problems were non-existent because their diet was rich in coconut and coconut fiber.

This book describes several ways to use coconut flour:

- Add a tablespoon or two of coconut flour to beverages,

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smoothies, baked goods, casseroles, soups and hot cereal. This is a simple way to increase your daily fiber without drastic dietary changes.

- Combine a little coconut flour with other flours using standard recipes commonly available.
- Use the recipes in *Cooking With Coconut Flour* to make baked goods containing 100% coconut flour. Because coconut flour is very different from gluten flours (no gluten, highly absorbent, very high fiber), you cannot use 100% coconut flour in bread recipes designed for wheat flour. This book will guide you through the research Dr. Fife did to discover the secret to using 100 percent coconut flour. Fife's products taste as good as, if not better, than wheat but without the gluten. He provides

many tips and suggestions that will help you create the coconut flour products you like. Recipes comprise over half of this book: quick breads, muffins, puddings, cookies, cakes, cupcakes, frostings, pies and pastries, cobblers and crisps, biscuit, dumplings and main dishes (meat loaf, chicken, fish, tamale pie, sloppy Joe, chili, spaghetti, meatballs, sauces, soups, pot pies and vegetables).

About gluten: Gluten is a storage protein found in wheat, oats, rye and barley. Seeds and nuts also contain storage proteins that are similar in toxicity to those in gluten grains. In my next newsletter, I will summarize interesting information on gluten-containing foods. Meanwhile, coconut flour is a great substitute for gluten grains.

Coconut Resources

“Cooking With Coconut Flour” Piccadilly books, Ltd., P.O. Box 25203, Colorado Springs, CO 80936.

To request Dr. Fife's free *Healthy Ways Newsletter*, send an email to: info@piccadillybooks.com

Coconut flour: <http://www.simplycoconut.com>

Virgin coconut oil: <http://www.simplycoconut.com> ; <http://www.tropicaltraditions.com>

Note: Dr. Fife's favorite is Aloha Nu from <http://www.simplycoconut.com>. My favorite is also Aloha Nu. It is simply the best!

Coconut oil research sites:

<http://www.coconutresearchcenter.org/> (see the long list of health benefits on their home page);

<http://www.coconutoil.com> ; <http://www.coconut-connections.com/research.html> (great list of books)

In Answer To Your Questions...

Dr. Andrew Weil is a well known M.D. who is the founder and director of the Program in Integrative Medicine at the University of Arizona. Several of my clients have commented to me about his remarks on the topic of coconut. One in particular, an avid consumer of coconut oil per my recommendation, wrote me because she was confused about Dr. Andrew Weil's answer to the question: *Is coconut oil good for you?*

(For his complete answer: <http://www.drweil.com/u/QA/QA316479/> Updated:<http://www.drweil.com/u/QA/QA316479/>)

Basically, he says that “(coconut oil) like other saturated fats can raise cholesterol levels and, therefore, should play only a very limited role, if any, in your diet... The benefits of coconut oil in the diet, if any, are likely to be minimal, and until we have more and better evidence about coconut oil's effect of metabolism and potential role in promoting weight loss, I do not recommend using it.”

Here is Dr. Bruce Fife's response to Dr. Weil's comments:

“Occasionally I have people contact me regarding comments about coconut oil made by Dr. Andrew Weil. These comments are posted in his questions and answers section on his website. The question asks Dr. Weil his opinion regarding virgin coconut oil. His answer, unfortunately, reflects his total lack of understanding on this topic. He states the politically correct ideology promoted by the food and drug industries that all saturated fats promote heart disease and, therefore, should be avoided.

Years ago when I first started to investigate coconut oil I found that, at the time, nobody really knew anything about it. I reviewed hundreds of articles and books on diet and fats and oils. Almost all the authors criticized coconut, blindly stating it was bad because it was a saturated fat and, therefore, causes heart disease. Although I read these statements time and time again, not a single one of these authors ever backed up their statements with any facts, any figures, or any citations from medical studies. It became obvious to me that these doctors and these nutritionists who were making these statements knew absolutely nothing about coconut oil. All they were doing is just repeating what everyone else was saying without taking the time to actually investigate the issue. Their statements on coconut oil are nothing more than biased opinions.

Dr. Weil's comments repeats the same brief argument that has been repeated time and time again ‘coconut oil is a saturated fat and can raise cholesterol,’ etc. For this reason he does not recommend coconut oil. Dr. Weil did not give any evidence to back up his opinion.

The fact is that natural, non-hydrogenated coconut oil (virgin coconut oil) does *not* have a harmful effect on cholesterol levels. There are many published studies to prove this point. In fact, coconut oil protects against heart disease more than *any* other fat! Total cholesterol is not a very accurate indicator of heart disease risk. This is why half of all heart attack deaths occur in people with normal to below normal total cholesterol levels.

Coconut oil is metabolized by the body differently from other fats. It is used as a source of fuel to produce energy and is not stored as body fat or packed into artery walls as plaque.¹ Because coconut is used by the body to produce energy, it helps energize the body and stimulate metabolism. Consequently, coconut oil supports thyroid function. Low thyroid function is associated

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Notes To Lita...



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

♥ Dear Lita,

Since I started taking the enzymes, I have not had a stomach-ache, or felt sick after I eat.....ITS SO GREAT!!! Thanks, C.W., Orem, UT

♥ Dear Lita,

I really like this pro-thyroid diet—it wasn't easy at first but I am used to it now and I just love it. Thanks for the privilege of feeling good about coffee and coconut oil fried potatoes. It is easy for me to go out and resist fried foods and tasty treats knowing I can come home and have things just as delicious. Thanks again. Love, E.S., Petersburg, IL

♥ Dear Lita,

It has been about 6 months since I started your program for sugar intolerance and poor fat digestion. I am doing great with the diet - I'm very used to eating this way now and feel GREAT! I can tell the difference immediately with Bil - the burping has stopped. I came to you originally because I have interstitial cystitis primarily due to yeast, so the PAN and SMI seem to have helped - no symptoms in sight! K.S., Vancouver, WA

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VIBRACUSSOR)

- **Electroacupuncture** – (ETPS) developed by Dr. Bruce R. Hocking, an acupuncturist from Canada. This runs at 2-4 Hz off direct current just like the human body and relieves neuromechanical pain.
- The **Graston technique** for relieving damage from muscle injuries. This uses massage with a high grade stainless steel to break up adhesions, releasing painful fibrosis and scar tissue. It resolves connective soft tissue dysfunction and is used by professional sports doctors.
- **VIBRACUSSOR** (Impac) massage – flushes out congestion, releases fibrosis and fascial restrictions. Relaxes muscles, tendons and ligaments.
- **Arthrostim Manipulator** (Impac) – makes rapid high velocity, low amplitude thrusts at 12 times per second to

provide relief for the neck-joint spaces.

Enzyme and other dietary supplements

- **TRMA** – enzymatic nutritional support for soft tissue trauma, anxiety and general relief of soreness
- **MSCLR** – enzymatic nutritional support for stiff, sore muscles
- **Sym** – enzymatic nutritional support for neck (upper cervical or C1, C2 and C3) problems, always involved in whiplash and many other neck or head injuries
- **OSTEO** – enzymatic musculoskeletal nutritional support for sore knees, hips, back, etc.
- **Pregnenolone** – major steroid made from LDL cholesterol in the presence of thyroid hormone. The only steroid shown to improve memory.
- **Rodiola Rosea** – noted adaptogen for

stress. Provides clearer mental focus and sense of well being and increased energy without the “hyper” effect of many common dietary stimulants.

The reason that people often call these various therapies that may benefit people “complementary” is that they do work together, helping the body from varying perspectives regain its own normal balance of structure and function. By helping the whole person, one can experience the wholeness of healing.

Flu Season

Oops! I ran out of space for the list of nutritional support during the flu season. So, if you are a new reader please email me at lita@litalee.com and request my Natural Flu Support formulas.

(In Answer To Your Questions, Continued from page 2)

with heart disease. Again, from this line of reasoning coconut oil protects against heart disease.

Coconut oil also helps protect against obesity, diabetes, high blood pressure, and inflammation, all of which promote heart disease.^{2,3,4,5}

If you examine the heart disease statistics around the world you will find that those people who eat the most coconut and coconut oil have the lowest heart disease rates in the world!⁶ In the coconut growing regions of the world people have been eating coconut oil for thousands of years. In all that time, there has not been one single heart attack death ever recorded until people started to replace coconut oil with corn and soybean oils. For example, in Papua New Guinea coconut oil is the primary source of fat in the diet. It has been that way for thousands of years. Although the people eat a lot of coconut oil heart disease has not been a major problem. In fact, the very first heart attack death occurred in 1964! This was *after* they started to import corn and soybean oils. This same trend is seen in the Philippines, Fiji, and all other coconut growing countries.

Obviously, coconut oil does not harm the heart. The evidence we have shows that it protects against heart disease.

Like hundreds of authors before him Dr. Weil gives no evidence to support his view about coconut oil. His only argument is that coconut oil is a saturated fat and that will, *in his opinion*, raise cholesterol. He cites no studies nor gives any supporting evidence

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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.

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(In Answer To... , Continued from page 3)

to back up this statement.

The studies I've cited here are only a few of the hundreds of studies that show the benefits of coconut oil. If you want a more detailed explanation along with many additional references to medical studies I recommend you read my book *Coconut Cures: Preventing and Treating Common Health Problems with Coconut.*"

Notes

- 1) Felton, C.C., et al. Dietary polyunsaturated fatty acids and composition of human aortic plaques. *Lancet* 1994;344:1195-1196.
- 2) Stubbs, R.J. and Harbron, C.G., Covert manipulation of the ration of medium- to long-chain triglycerides in isoenergetically dense diets: effect on food intake in ad libitum feeding men. *Int J Obs* 1996;20:435-444.
- 3) St-Onge, M. and Jones, P.J.H. Physiologi-

cal effects of medium-chain triglycerides: potential agents in the prevention of obesity. *J of Nutr* 2002;132(3):329-332.

4) Garfinkel, M., et al. Insulinotropic potency of lauric acid: a metabolic rationale for medium chain fatty acids (MCF) in TPN formulation. *J Surg Res* 52:328-333.

5) Sadeghi, S. et al. Dietary lipids modify the cytokine response to bacterial lipopolysaccharide in mice. *Immunology* 1999;96(3):404.

6) Fife, B. *Coconut Cures: Preventing and Treating Common Health Problems with Coconut.* 2005, Colorado Springs:Piccadilly Books.

Bibliography

Books by Bruce Fife, N.D.:

Cooking With Coconut Flour \$15*

Coconut Cures \$16*

Coconut Lover's Cookbook \$16*

Saturated Fat May Save Your Life

The Coconut Oil Miracle

Eat Fat, Look Thin

Coconut Oil, The New Health Food of the 21st Century

* Available from Lita's office

Other Books:

The Cholesterol Myths, Uffe Ravnskov, M.D., Ph.D.

Heart Frauds, Charles T. McGee, M.D.

Eat Fat, Lose Fat, Sally Fallon

Nourishing Traditions, Sally Fallon with Mary G. Enig, Ph.D.

Articles and newsletters

Lee, Lita, Ph.D. "Cardiovascular Health And Cholesterol Fairy Tales,"

<http://www.litalee.com>, (Fee Articles).

Email me & I'll send it to you for free.

Peat, Raymond, Ph.D., Ray Peat's Newsletter, Sept. 2005, "Cholesterol, Longevity, Intelligence, and Health", P.O. Box 5764, Eugene, OR 97405

\$4.50. <http://www.efn.org/~raypeat>

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.

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