



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.

Subscriptions:
At the website: Free
By mail: \$12 / year

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Next Newsletter:
April 2006

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New Year, New Hope

Yet another tumultuous year has passed. Now more of us are reaching out to each another. More groups are being organized to help our neighbors – near and far – who need help. It makes the world seem smaller.

My wish is that we realize that we are one family, one world united; not in geographic locations but as a whole community.

I have great hope for 2006 and our future. According to many writings, 2006 is a year of hope and healing. There are many signs to support this. Below is an excerpt from an article of hope for the New Year: "Let Goodness Take Its Place" by Larry Mercurieff. It is too long to reprint here. If you like the paragraphs below, you will be moved and enlightened by the whole article.

"Now, I know that some of this is in language that you may have not heard in your lifetime. But I know inside, you will recognize these words to be true. Your intuition is going to tell you what I am saying is true. The world for the last 4,000 or so years has been stuck in the male energy side. The male energy is thinking from the brain. It is a management from the top down. It is more aggressive. It does not use intuition or feelings from the heart. It is a different kind of energy. It is not a bad energy. It is just different than the female energy. Female energy is healing, nurturing, loving, caring, touching, sharing. And that the world spiritual leaders know now that these energies have been male and now have shifted to the female side."

"The wisdom keepers say that the only place to find the power of the Creator is to be present in this moment. If we have fears, we are projecting them into the future. Into a future time that does not even exist. If we have guilt, we are living in the past, for the past things we did. We are not living now. All the spiritual keepers, of all groups in the world, be they Buddhists, be they Islamic, be it part Red Pack, be it medicine pack-- you name it-- say [that] the only way to find the power that has been given to us from the Creator is to be here, now. Not to escape."

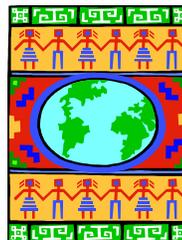
"The spiritual keepers also say that the first step towards healing yourself, before you can heal others or help heal others, is to love that which we may hate or who may hate me. We may hate ourselves. We may hate an organization. We may hate the people from outside who have interfered. We may hate somebody. The first step towards this healing is to stop the hate and turn it into love. And it will transform everything. This spiritual sickness that we have is going to move now. It is going to change."

For an incredible message of hope for humanity and earth, visit:

<http://www.goodworksonearth.org/larry-mercurieff-let-goodness-take-its-place.html>

I pledge allegiance to the earth, one planet, many gods, and to the universe in which she spins. Anonymous

To your health! Lita



"Sound Bites"

Press Release:
Fibromyalgia

Introducing a cutting edge study on fibromyalgia from the research of Sharry Edwards, MEd.. You can read the press release referenced below:

See article "Fibromyalgia Symptoms Relieved During Course of Cutting Edge Study"

<http://www.prweb.com/releases/2005/12/prweb323658.htm> Albany, Ohio - December 16, 2005

Below are excerpts from this press release. Please note that some participants expressed disbelief that listening to a low frequency sound can actually relieve pain, even while actually experiencing relief! It sometimes takes a paradigm shift to be willing to believe the evidence in front of us.

Exploratory studies sponsored by the Sound Health Research Institute suggest that participants with pain, stiffness and fatigue associated with fibromyalgia can experience relief while experiencing low-frequency sound presentation. During these novel studies, eighty-nine percent of the participants reported at least a 50% reduction in pain intensity. Many sufferers reported 100% relief during ambient sound presentation but the pain did not subside permanently. The frequency based sound presentation needed to be repeated every four-five hours to maintain efficacy. As a result of the requirement for

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Coconut Water (Not Milk) and Cataracts

I read a story (see below) about a woman with cataracts who benefited from the use of coconut juice. Just to make sure, I asked Dr. Bruce Fife, author of many books on coconut products, if he had heard about this. Here is his reply. "I talk about coconut water in treating cataracts in *The Coconut Oil Miracle* and in *Coconut Cures*. The process is exactly as you have in your message from Jeradatar--put the coconut water in the eye (use an eye dropper or eye cup) and cover it with a hot wet washcloth for about 10 minutes. I have not done this personally but I have encountered several people who have and claim that it works."

Dr. Bruce Fife, N.D.

Here is the original message from Jeradatar: "To remove cataracts use coconut water (juice, not milk, fresh from the coconut, not canned). Straining it first would be a good idea. Put as much as the eye will hold and cover with a warm wet cloth for at least 10 minutes. Repeat the following day."

"We discovered this by accident while on a cruise ship (years ago). A few of us were on an island day trip, on a well beaten tourists' path. We hired a bus and driver to take us to the opposite side of the island (only 10 of us on that big bus). A man and his wife were taking the cruise as a sort of last hoorah before her scheduled cataract surgery we later found out. Anyway beautiful beach, coconuts laying everywhere and we got thirsty, no drinking water. So we decide to open up some coconuts to



quench our dry throats. Found a local with a big machete and through sign language we convinced him to open coconuts for us. Anyway, the woman with the cataracts got splashed in one eye by the coconut juice and it burned a bit. We were all digging through everything we had for something to relieve her eye "injury", all we came up with was one moist washcloth. Her husband wiped her eye and placed the washcloth over it. About 10 minutes later she announced we should head back to the ship. We did.

The next morning at breakfast she said that her eye was much better and that she could see very well. We examined her eye closely and could not see any signs of the cataract, which were quite obvious the day before. She said she wished she had gotten splashed in both eyes. Then the idea dawned on us to "splash" her other eye. We did as soon as we got ashore that very day, also repeated the other eye too. This time we were prepared, went to the local market grabbed a coconut, opened it, strained it through a washcloth into a plastic cup. Dribbled the juice into both eyes. Placed a warm washcloth over both eyes. Waited 10 minutes and the rest is history. She went to her MD upon returning stateside – no cataracts and no surgery."

More nutritional information on cataracts:

<http://www.mothenature.com/Library/Bookshelf/Books/41/32.cfm>

Coconut Oil Protects From PUFA Toxicity

Coconut oil contains some of the special fatty acids found in mother's milk and has many protective qualities. A high ratio of coconut oil to PUFA can provide nutritional protection against PUFA (polyunsaturated fatty acids or Omega-3 and -6 oils). The following comments are from Dr. Ray Peat's article, *Coconut Oil*, specifically related to the protective effects of coconut oil from PUFA toxicity. For the complete article and references go to: <http://www.efn.org/~raypeat/> Direct link: <http://www.efn.org/~raypeat/coconut.rtf> (This website will shut down in June 2006, after which most articles will be posted on Dr. Peat's new website.)

"An experiment (around 1978) in which pregnant mice were given diets containing either coconut oil or unsaturated oil showed that brain development was superior in the young mice whose mothers ate coconut oil. Because coconut oil supports thyroid function, and thyroid governs brain development, including myelination, the result might simply reflect the difference between normal and hypothyroid individuals.

G. W. Crile and his wife found that the metabolic rate of people in Yucatan, where coconut is a staple food, averaged 25% higher than that of people in the United States. By 1950, it was established that unsaturated fats (PUFA) suppress the metabolic rate, apparently creating hypothyroidism. Just as metabolism is "activated" by consumption of coconut oil, which prevents the inhibiting effect of unsaturated oils, other inhibited processes, such as clot removal and immune function, will probably tend to be restored by continuing use of coconut oil.

Antioxidants interrupt peroxidation (chain-reactions of oxidation) and it is possible that a sufficient quantity of coconut oil in the body has this function. It is well established that dietary coconut oil reduces our need for vitamin E, but I think its antioxidant role is more general than that, and that it has both direct and indirect antioxidant activities.

The addition of saturated fat to the experimental heart-toxic oil-rich diet protects against the damage to heart cells. Immunosuppression was observed in patients who were given intravenous emulsions of "essential fatty acids", and as a result coconut oil is used as the basis for intravenous fat feeding, except in organ-transplant patients. For those patients, emulsions of unsaturated oils are used specifically for their immunosuppressive effects.

In the 1960s, Hartroft and Porta gave an elegant argument for decreasing the ratio of unsaturated oil to saturated oil in the diet (and thus in the tissues). They showed that the "age pigment" (peroxidized PUFA) is produced in proportion to the ratio of oxidants to antioxidants, multiplied by the ratio of unsaturated oils to saturated oils. Rabbit experiments, and studies of humans, showed that the amount of unsaturated oil in the diet strongly affects the rate at which aged, wrinkled skin develops.

In the 1940s, farmers attempted to use cheap coconut oil for fattening their animals, but found that it made them lean, active and

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New Books by Dr. Bruce Fife, N.D.

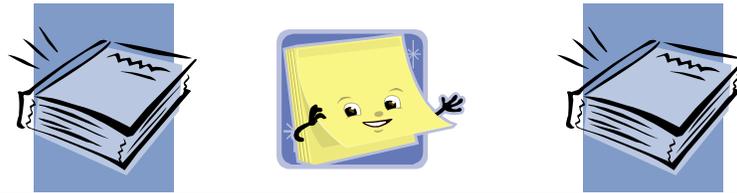
For a complete list of Dr. Bruce Fife's amazing books, contact:
Piccadilly Books, Ltd, P.O. Box 25203, Colorado Springs, CO 80936
Phone: 719-550-9887, Fax: 719-550-8810, email: orders@piccadillybooks.com

Coconut Cures In *Coconut Cures* you will learn why coconut oil is considered the healthiest oil on earth and how it provides nutritional support for many health problems. As well, coconut meat, milk and juice (water) have amazing health benefits. This book includes an A to Z list of coconut oil uses for nutritional support in dozens of common health problems.

Cooking with Coconut Flour Coconut flour is a delicious, healthy alternative to wheat. It's high in fiber, low in carbohydrates and a good source of protein. It is ideal for gluten-intolerant people. Coconut flour can be used to make a variety of delicious baked goods, snacks, desserts and main dishes. It is the only flour used in most of the recipes in this book. These recipes are so delicious that you won't be able to tell that they aren't made with wheat. If you like foods such as German chocolate cake, apple pie, blueberry muffins, cheese crackers, and chicken pot pie, but don't want the wheat, you will love the recipes in this book. Every recipe is completely free of wheat, gluten, soy, trans fats and artificial sweeteners. Coconut flour provides many health benefits which are discussed in this book.

Coconut Lover's Cookbook Every recipe contains coconut in one form or another. Some use shredded or flaked coconut. Others use coconut milk or cream. Yet many others use coconut oil.

This book contains nearly 450 recipes for both vegetarian and non-vegetarian dishes. There are main dishes, side dishes, snacks and beverages. There are recipes for dairy-free smoothies and blender drinks, creamy soups and hearty chowders, curries, stews and casseroles. There are plenty of desserts to choose from. Coconut is ideal for low-carb diets because it contains primarily indigestible fiber. The milk, cream and oil give foods a rich creamy taste.



Notes On The Immune System

"The things that "stimulate" the immune system are antigens (the biological meaning of antigen is "that against which antibodies are formed" or "bad stuff"), which set in motion a process to bind and destroy them. Each antibody we produce can serve as another antigen, so waves of reaction spread out from the first reaction. These anti-idiotypic waves are probably what eventually become anti-self antibodies, with self-destructive autoimmune results. I don't think there is such a thing as "an immune system", as usually conceived, but that immunity is part of the developmental process, a process of generating and maintaining the organism itself. Jamie Cunliffe has expanded Metchnikov's ideas, in several articles that are available; I wrote some newsletters about it. When the organism is challenged too intensely relative to its available resources, it gets disorganized, rather than adapting; the whole system of adaptation is involved in immunity." (Source: Dr. Ray Peat)

The immune system connection to poor digestion: A person with poor digestion "stimulates" the immune system every time he/she eats because the immune system is **MOBILIZED** by the undigested foods, which, when they enter the blood stream, are attacked by antibodies to form a circulating immune complex (CIC) = allergen. As well, leukocytosis occurs = a large increase in the white blood count (WBC). Indican (a poison arising from undigested food) is created in the colon and reabsorbed back into the blood where it must go through the kidneys and the liver, but not all of it is detoxified and the indican (toxic group of substances) that cannot be detoxified can be observed in the Loomis urine test. The fourth thing that happens in humans and animals with poor digestion is that the pancreas enlarges (hypertrophies) as do all overworked organs. The only way you can avoid all of these immune system stimulation responses is to digest foods with plant enzymes.

There is a big difference between "stimulating" or "mobilizing" the immune system as described above and "supporting" the immune system which is what I do with plant enzymes, hormonal balancing, organic foods and environmental health awareness. This is why I recommend taking multiple digestive plant enzymes (not made by the human body) to support optimum digestion:

Plant Enzymes to optimize digestion:

PAN – emphasizes digestion of sugar, grains and fruit but provides digestion of protein, fats, carbohydrates and fiber.

Bil – emphasize digestion of fat and proteins but provides digestion of carbohydrates and fibers as well.

HCL – for optimum digestion of sugars, fats, proteins and carbohydrates.

Stm – for optimum digestion in people with gastric problems who cannot tolerate a high protease formula with food.

VSCLR – for digestion in people with problems due to lipase deficiency, which may include blood sugar issues, weight problems, and immune system problems.

DGST – pediatric formula especially for infant colic or for maintenance of a healthy digestive system.

For more information on digestive enzymes, go to <http://www.litalee.com>

Protective Nutrition

Have you ever wondered why the majority of people take toxic drugs to prevent nutritional deficiency conditions when the human body magically produces protective, anti-aging substances? All of the information below comes from the research of Dr. Ray Peat. <http://www.efn.org/~raypeat/> Dr. Peat's new website is <http://www.raypeat.com> and this website will soon have about 100 newer articles. I am including the old website because it has the original article on coconut oil.

Progesterone Opposes Estrogen Toxicity

I have written many papers on the use of natural progesterone. They are available on my website, <http://www.litalee.com>. I recommend natural progesterone to all women, starting at the age of puberty for life. By balancing estrogen, progesterone is very protective. Progesterone must be balanced in relation to estrogen in order to avoid estrogen dominance, which can occur with low, normal or elevated levels of estrogen because it is the *proper ratio* of progesterone to estrogen that is required to prevent estrogen toxicity.

Toxic Side Effects of Estrogen Dominance – Progesterone Has the Opposite Side Effects (Source: Peat, Raymond, Ph.D., *From PMS To Menopause*)

- Early menses (<age 13); early menopause;
- Body shape: short legs, broad hips;
- Female problems (all of them): PMS (cramps, anxiety, breast pain, excessive, scanty or absence of menses); fibrocystic breast disease, uterine fibroids, ovarian cysts; infertility or miscarriage at the 9th or 10th week of pregnancy, birth defects; endometriosis; hair loss with abnormal facial hair; post partum depression;
- Breast, uterine and ovarian pathology (tumors, fibroids, cystic ovaries, etc.). This can occur even in children who are fed meat and dairy products containing hormones;
- Cancers of all kinds: Female (breast, ovaries, uterine, cervical); Male: testicular, prostate; General: lung, liver, colon, kidney, brain and others such as Melanoma;
- Migraine headaches, worse in women during ovulation and menses;
- Seizures, worse in women at ovulation and menses (don't exclude other sources of seizures such as excess sugar, NutraSweet, etc.);
- Increased fat storage;
- Hypoxia (tissue oxygen starvation);

- Fibromyalgia, which means edema, low blood sugar and inflammation;
- Bruising or pigmentation (dark spots) or discoloration of face and skin (proof of estrogen dominance = damage);
- Gallbladder disease which increases in women over men at the rate of six times, especially in women who take ERT;
- Increased aging of skin: estrogen makes the skin thinner (skin atrophy); decreases cell size; eliminates dendritic branches. This is also true of cortisone;
- Increases prolactin and cortisol, which cause osteoporosis (progesterone prevents or cures osteoporosis);
- Cardiotoxic: promotes irregular heart beat, blood clots, stroke, heart disease and blood vessel spasms;
- Promotes production of prolactin (like cortisone), lutenizing hormone (LH) and follicle stimulating hormone (FSH) in abnormal amounts. Excess prolactin leads to prolactinoma (pituitary tumor), which is prevented and reversed by adequate progesterone therapy.

What is the optimum ratio of progesterone to estrogen to avoid estrogen toxicity? According to Dr. Ray Peat, two fertility clinics found that the women who got pregnant had 50 to 100 parts progesterone to one part estrogen. The ratio that is compatible with implantation and gestation is probably similar to the ratio that is good for brain function and health maintenance. However, since blood tests only measure human estrogens and do not measure the many estrogenic substances that people consume (herbal estrogens, fluoride, soy, omega-3 and -6 oils (called PUFA or polyunsaturated fatty acids), many industrial chemicals such as perchlorate, etc.), the ratio should be much higher than 100 to one progesterone to estrogen. Dr. Peat suggests that 1000 to one would be okay.

Articles from <http://www.litalee.com> : (Fee): Estrogen - Progesterone And Female Problems; Menopause - Osteoporosis And The ERT Fairy Tale; Progesterone - Absorption And Safety; Progesterone Anti-Tumor Properties; (Free articles): Estrogen – The HRT Hoax.

Books by Dr. Ray Peat from Lita's office: From PMS To Menopause; Nutrition For Woman. There are other books and newsletters available from Dr. Ray Peat. P.O. Box 5764, Eugene OR 97405. \$15 including S & H). <http://www.efn.org/~raypeat>

John's Spelt / Oatmeal / Chocolate Chip Cookies

1 cup coconut oil (I like Aloha Nu best)
¾ cup Sucanat (organic whole sugar cane)
¼ cup maple syrup
2 eggs
¾ cup Spelt flour

3 cups oatmeal (uncooked)
1 tsp baking powder
½ tsp sea salt
chocolate chips
¼ cup chopped nuts (also raisins, if you like)

Preheat oven to 375 degrees F

Whip coconut oil, maple syrup and sugar together until well blended. Add eggs and blend into mixture. Stir in chocolate chips, nuts, raisins. Add dry ingredients (spelt flour, oatmeal, sea salt and baking powder). Put small cookies (about 2 inches across) on slightly oiled (coconut oil) baking pan. Bake for 15-18 minutes or until nicely brown.

(Sound Bites, Continued from page 1)

repeated sound presentation, a portable tone generator was programmed which allowed for autonomous repetitions of sound outside the lab setting. For the majority of volunteers whose reactions were observed, accepting that a sound could allow pain to subside, even though they were experiencing the results, was somewhat perplexing. "The concept that sound has the potential to relieve pain seems far beyond what can be accepted as plausible," stated one physician who volunteered to be part of the study. He added that, "Even when I experienced the relief and could feel the increase in mobility myself it was still hard to trust my perceptions." Another study participant, Donna, admits that she had a hard time convincing herself that the results were going to maintain. "I mean, I was in such pain but now

I can jump up and down on feet that had barely allowed me to walk before. It makes me wonder if I wasn't imagining the pain in the first place. Other people could see the difference in me but I still have a hard time believing I can finally have my life back," she explained. A spokesperson for Sound Health confirmed that skepticism is a common reaction because people have no frame of reference for what they are experiencing. He further explained that, "Most people have three issues that are difficult to overcome. First, many of them have been told that Fibromyalgia pain is psychosomatic; second, the process they are being asked to evaluate is outside their experience; and third, listening to sounds is so non-invasive that study subjects don't consider that sound could have therapeutic benefit even though they can admit to experiencing physiological re-

actions to sounds and music." Anyone wishing to participate in the ongoing Fibromyalgia observations being conducted at Sound Health can find further information by contacting Sound Health: USA Eastern Standard time - 740-698-9119 or <http://www.soundhealthinc.org> or <http://www.soundhealth@soundhealth.org>. Human BioAcoustics, as originated by Sharry Edwards, M.Ed., does not diagnose or prescribe for medical or psychological conditions nor does it claim to prevent, treat, mitigate or cure such conditions. HBA researchers do not provide diagnosis, care, treatment or rehabilitation of individuals, nor apply medical, mental health or human development principles.

Nutritional Support For Fibromyalgia and Chronic Fatigue Syndrome

The literature says "These illnesses have overlapping features, and their etiologies remain unknown." Could this be because fibromyalgia and CFS are nutritional deficiency conditions and not diseases?

Most articles agree that people with Fibromyalgia and CFS have inflammation, edema and pain. These are elusive symptoms for which many articles have been written in an attempt to explain this syndrome.

After 20 years of clinical experience, I have observed that the most common nutritional issue involved with fibromyalgia and CFS is low thyroid function; not detected by any medical test but by the temperature / pulse test pioneered by the late Dr. Broda Barnes, M.D. along with the many correlates that can occur with sluggish thyroid function. In addition, serotonin can be involved in fibromyalgia (and many other health problems). Source of serotonin include: SSRI's (the Prozac line of drugs) and substances that can convert into serotonin such as tryptophan, 5-HTP and St. John's Wort.

Sources: Articles and books by Dr. Ray Peat; *free* articles from <http://www.litalee.com> ; *To Your Health*, April 2004; July 2001; Hypothyroidism

Nutritional support for normal functional relief of fibromyalgia includes thyroid nutrition, avoidance of thyroid inhibitors and the pro-thyroid diet in addition to plant enzyme therapy. If you would like a *free* list of thyroid inhibitors and/or my pro-thyroid diet, please email me at lita@litalee.com and I will email it to you. On this program, many participants report that their experience of fibromyalgia and CFS gradually lessens.

Whole Wheat / Butter Pie Crust

You will need a food processor with chopper blades. This is a tricky recipe but with practice, you will get it!

Ingredients:

- 3 cups whole wheat pastry flour (or mix with spelt)
- 12 tbs cold or frozen butter, chopped into small pieces
- 1/4 tsp sea salt
- approx 3/4 cup of ice cold water

Preheat oven to 400° F

Blend dry ingredients in a food processor with chopper blades until you get a fine mixture with no lumps. Gradually add water through top of food processor and blend well. Remove and form into ball. Divide in half. Let stand until dough has reached room temperature for easy rolling. Dust board with whole wheat pastry flour and roll out each ball to fit your pie pan. Crinkle the edges. Put fork marks in it. Bake 7 minutes to cook partially and 10-12 minutes to complete. For some recipes, no pre-baking is required.

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.

Pregnenolone Opposes Cortisol Toxicity... and more!

Pregnenolone is a major anti-aging steroid produced *in vivo* from LDL cholesterol (ha, you thought it was bad!) in the presence of thyroid hormone, vitamin A and enzymes. If you learn anything from this brief information, it should be that both HDL and LDL cholesterol are good! In pharmaceutical factories, the wild yam (dioscorea) can be converted into pregnenolone and progesterone. Here is a brief summary of the beneficial health effects of pregnenolone.

- Protection from cortisol or cortisone toxicity. Symptoms include daytime euphoria, hot flashes (in both men and women), insomnia, osteoporosis, brain aging, atrophy of skin, adrenal atrophy and diabetes;
- Protection from rheumatoid arthritis. Pregnenolone was used in the late 1940's to treat rheumatoid arthritis, but fell into disuse when cortisone was discovered. Pregnenolone was never found to have any adverse side effects, whereas the toxic effects of cortisone are many and severe;
- Repair of enzyme activity. For example, pregnenolone increases activity of an enzyme in the P450 system which converts cholesterol into Pregnenolone;
- Impaired memory repair. Pregnenolone is the "anti-senior moment" food and these moments can occur even in the young! Researchers from the City of Hope Medical Center in Los Angeles tested pregnenolone and other steroids on mice and found that pregnenolone is several hundred times more potent than any memory enhancer that has been tested before. Their report, in the March 1992 Proceedings of the National Academy of Sciences, says that pregnenolone restores normal levels of memory hormones which decline during aging;
- Relief of anxiety and panic attacks. A deficiency of pregnenolone turns on an anxiety-producing substance (endozepine) which triggers anxiety or panic attacks. Taking pregnenolone prevents secretion of endozepine and is a safe nutritional substitute for toxic drugs such as Xanax and Valium.
- In the 1950's, pregnenolone was tested on exophthalmic patients and their eyes quickly receded to a more normal position in their sockets. (The source for this may have been discussions in Symposium on Steroids in Clinical and Experimental Medicine, edited by Abraham White, 1951, Blakiston.)

According to Dr. Peat, pregnenolone is never harmful *unless it's impure* and there are some cheap brands available that are only 70% pure. Extra pregnenolone, by reducing ACTH, will correct estrogen or stress-induced excesses. Its tendency is to prevent harm from any of the downstream products. It reliably lowers excessive cortisol, contrary to some of the widely disseminated claims. Pregnenolone helps balance the steroids, helps adrenals recover, and tends to prevent suppression of thyroid function. Progesterone and DHEA together can have similar effects. Pregnenolone (30 to 300 mg) taken with a little olive oil and vitamin E can improve almost anyone's memory, if their temperature is good. Sugary fruits (watermelon, cherries, peaches, cherimoya, etc.) and cheeses and gelatin are helpful; sucrose and gelatin would be considered smart drugs, except that they are too cheap.

Articles from <http://www.litalee.com> (fee) Pregnenolone - A Fruit Of Cholesterol

See Ray Peat's Newsletters and books from <http://www.efn.org/~raypeat> and also his new website, listed above.

Maple Pecan Pie

This recipe is from the Gunter Hotel, San Antonio, Texas. Contributed by Dr. Marianne Miller. Modified by Veronica Flinn

Filling

5 tbsp cornstarch
2 - 13 oz. cans coconut milk (not light)
10 oz. pure maple syrup (grade B)
6-7 egg yolks
1 cup chopped pecans to add to the filling (or, to taste)
Pecan halves to cover top of pie
½ tsp vanilla
1 pat butter

Topping

1 pint whipping cream
Sucanat to taste
Vanilla to taste



Mix cornstarch and coconut milk in sauce pan. Add maple syrup and stir constantly over medium heat to boiling. Turn off heat.

Separate eggs and beat yolks lightly. Add a small amount of the hot liquid to yolks while stirring. Slowly add the yolks to the rest of the mixture of cornstarch, syrup and coconut milk. Stir while cooking until thick (1-2 min).
Add butter and vanilla, cool slightly. Add chopped pecans.

Pour into whole wheat pastry (see recipe on page 5) or graham cracker crust.
Sprinkle pecans over the top of the pie.
Cool and top with whipped cream (plus Sucanat and vanilla)



Notes To Lita...



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

♥ Dear Lita,
My wife took the Kdy enzyme and now she has no frontal headaches or morning nausea. She is delighted. Thank you!
MD from Michigan

♥ Dear Lita and Jane,
Your products are so great. They're really changing my life in a positive way. Also, just wanted Jane to know how much I have appreciated her help. She has been a wealth of information and is obviously a great asset to you. Thanks again and bless you all.
LM from California



New Products

Here are some new products that are now available online and from my office.

Botanicals and Foods

Turmeric Force (New Chapter) For added nourishment of the immune system, gallbladder, liver, colon, eyes and skin, I recommend turmeric. Turmeric is a mild curry spice used by millions of Asian people. It supports normal structure and function for healthy DNA, cardiovascular health and for people who may have skin problems, gallbladder problems and weak vision. It is a COX inhibitor (inhibits free radicals, like aspirin), and provides a gentle liver and colon detox. Try 1 cap 3x/d with food. If you need more help, increase to 2 caps per dose. NOTE: it says not to use this formula if you have gallbladder issues, but that's precisely what I use it for. I have had clients report that the discomfort underneath the right rib cage (a sign of gallbladder issues) has disappeared with this formula. I sell a potent herbal form of turmeric from Costa Rica but you can get organic turmeric from your health food store, even in capsules. I recommend 1/2 to 1 tsp daily, in caps or in food.

Success Story: Since I have been using turmeric I do not need my "granny glasses" anymore. But the greatest thing I have noticed from using the turmeric is that my psoriasis is simply disappearing." From LF of OR

Success Story: I have had gallbladder issues for a long time, which have included bouts of extreme nausea and vomiting which I first thought was food poisoning. Now, in hindsight, I know that they were gallbladder attacks. I started taking turmeric. After several months, I got another gallbladder attack but this time, it only lasted 3-4 hours. Since then, no more attacks. I am happy.
JR of OR

Rhodiola rosea (New Chapter) This information was taken from "The Herb That Came In From The Cold" by Peter Jaret and appeared in *Alternative Medicine*, January 2005.

Rhodiola rosea has been used for centuries in the traditional medicine of Russia and Scandinavia. There is a 1755 entry on Rhodiola in the first Swedish pharmacopoeia. Over the past 40 years, over 180 studies were conducted, mostly by Russian researchers. Soviet interest was prompted by goals to give the Soviet military an edge and to improve stamina and performance of astronauts as well as Olympic athletes. Soviet researchers classified the herb as an adaptogen, a substance that can increase resistance to stress. Rhodiola has a positive nutritional effect on the mitochondria (the "lungs" of the cell) and may also increase metabolism and improve overall brain metabolism. By providing this energy boost, Rhodiola appears to help cells function better under stress. As well, antioxidants in this herb help protect cells and DNA from peroxidative (free radical) damage. The mechanism by which Rhodiola reduces depression has not been determined. Here is a summary of clinical benefits reported with Rhodiola:

- Decreases fatigue whether from illness, jet lag or hard work
- Improves physical performance
- Eases mild to moderate depression
- Nutritional support for the immune system
- Improves mental performance and rate of learning

Coconut Oil (Aloha Nu) After trying many brands of organic virgin coconut oil, I find that Aloha Nu is the best tasting and highest quality coconut oil. I have stocked this wonderful oil in 16 oz bottles so that you can try it. If you like it, you can order it by the gallon (which I do) from <http://www.simplycoconut.com>

Coconut Moisture Cream This is the best moisturizing cream I have found for women and men. For women, you can apply this to your face and then put some dots of natural progesterone oil here and there and rub it in.

To Your Health

Lita Lee, Inc.
4826 Mahalo Drive
Eugene, OR 97405

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

(Coconut Oil Protects... , Continued from page 2)
hungry. For a few years, an antithyroid drug was found to make the livestock get fat while eating less food, but then it was found to be a strong carcinogen, and it also probably produced hypothyroidism in the people who ate the meat. By the late 1940s, it was found that the same antithyroid effect, causing animals to get fat without eating much food, could be achieved by using soybeans and corn as feed.

An animal experiment was conducted in which animals were fed diets of coconut oil, or a pure unsaturated oil (PUFA), or by various mixtures of coconut oil and PUFAs. At the end of their lives, the animals' obesity increased directly in proportion to the ratio of unsaturated oil to coconut oil in their diet, and was not

related to the total amount of fat they had consumed. That is, animals which ate just a little pure unsaturated oil were fat, and animals which ate a lot of coconut oil were lean.

Research suggests that coconut oil, added regularly to a balanced diet, lowers cholesterol to normal by promoting its conversion into pregnenolone. Coconut-eating cultures in the tropics have consistently lower cholesterol than people in the U.S. People who use coconut oil regularly have cholesterol levels of about 160, while eating mainly cholesterol rich foods (eggs, milk, cheese, meat, shellfish). I encourage people to eat sweet fruits, rather than starches, if they want to increase their production of cholesterol, since fructose has that effect."

Coconut Oil Fried Fish (or chicken)

It's ok to fry it if you use coconut oil (not deep fry, put just enough to do the job).

Dip fish in lightly beaten egg and then into a batter of 1/2 whole wheat pastry (or spelt) flour, 1/2 grated parmesan plus seasonings to your taste (I love garlic and sea salt).

Fry in coconut oil.

You can make chicken parmesan with this same recipe.



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 <http://www.soundhealthinc.com>.

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