



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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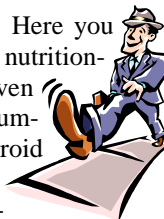
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Put a Spring in your step!

Welcome to the Spring issue of *To Your Health*. Here you will find the pro-thyroid diet; a delicious diet that nutritionally supports optimum thyroid function. Even weather can affect thyroid function and in the summer, when it's warm and the days are longer, thyroid function improves. Here's to a wonderful Spring season with its colorful flowers, beautiful blossoms on the trees, and warmer weather. May your hearts sing the song of Spring along with the songs of birds and frogs.



To your health! Lita

Thyroid Myths

Myth #1: Blood tests for thyroid function are valid and determine thyroid function accurately.

The truth: The numbers in the thyroid blood panel may be accurate, but *they do not tell you what the body is doing with the thyroid hormone, so they can be a waste of money.* This was proven over 60 years ago by the late Dr. Broda Barnes, M.D., who wrote *Hypothyroidism, the Unsuspected Illness*. The best way to determine thyroid function is by the oral temperature in the morning *after* arising and again at noon or during daylight hours plus the daytime resting pulse, which should be 98.0 degrees F, 98.6-99 degrees F and 85 beats per minute, respectively. Fertile women should do this during menses to avoid the rise in temperature during ovulation. Most hypothyroid people have what's considered a "normal" thyroid blood panel. Many are misdiagnosed as being hyperthyroid because they have a low TSH (1.0 or less) when, in fact, they are hypopituitary.

Thyroid nutrition reverses both a sluggish thyroid and a slug-

gish pituitary gland.

Myth #2: Synthroid (synthetic thyroid or T4, Thyroxine) works and is more effective than thyroid glandular.

The truth: Synthroid is cardiotoxic, shrinks the thyroid gland, suppresses cellular respiration, suppresses the pituitary and rarely improves symptoms, except in very healthy people who can convert the T4 to T3 (Cytomel or Triiodothyronine). Many people get worse, especially women, because low thyroid women are estrogen dominant and estrogen inhibits the conversion of T4 to T3. A healthy man has less difficulty converting T4 to T3 and can benefit from Synthroid.

Myth #3: Synthroid is better than thyroid glandular because the dosage is scientifically determined.

The truth: The glandular works because it contains a balanced ratio of T4 and T3. Both are necessary. In addition, many people need additional T3 (Cytomel) because they have thyroid resistance - difficulty converting T4 to T3. Synthroid (T4) should always be combined with Cy-

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"Sound Bites"

A Colitis Success Story
from Sharlene Simmons

About a month ago a lady was referred to me who had ulcerative colitis. She had had this for 6 years and it was only matter of time until they would take out her colon. She had been in the hospital many times and even belonged to a colitis group. She made an appointment and a few days before the appointment called to say that she wouldn't be able to come because she had diarrhea so bad she couldn't be away from her bathroom for that amount of time. My husband and I decided to take our Soundhealth stuff and go see her. She lives about an hour away. My husband ran one computer (he took the course a few months ago) and I ran the other. What finally showed up was a Frequency Equivalent for Salmonella Berta Genome. We created a square wave on a tone box and left her with a tone box and subwoofer and told her to listen to the square wave 8 minutes an hour and come back in two weeks. She called me two days later and said that after listening to the square wave the first time that she had no more diarrhea. She did continue to listen for two weeks. She was very happy.

These results may not be typical, but are indicative of what some people experience with the use of low frequency sound properly applied.

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The Pro-Thyroid Diet

The Pro-Thyroid Diet nutritionally supports optimum thyroid function and avoids the many thyroid inhibitors and toxins. I have been collecting information on foods that provide nutritional support for the thyroid gland as opposed to foods that hinder/inhibit the thyroid gland. I have a one page summary with two columns. The pro-thyroid foods are on the right and those that can hinder thyroid function are on the left. I have also written articles that explain why some foods hinder thyroid function and others support it. If you would like a free copy of the pro-thyroid diet chart, please email me at lita@litallee.com. Below is a brief list of pro-thyroid foods and those that can inhibit thyroid function. This list includes only foods. It does not include the many environmental toxins that hinder thyroid function

Pro-Thyroid Foods

* **Organic animal proteins:** beef and lamb from grass fed animals; fish (wild, not farmed); dairy from grass fed cows, preferably raw milk, cheese, kefir, cultured dairy such as cottage cheese and yogurt; eggs from free range chicken preferably those not fed soy (hard to find); *Organic Valley* and *Organic Pastures* have grass fed cows; *Horizons* does not. Protease is the enzyme required for the digestion of animal protein and most multiple digestive enzymes contain protease.

* **Protein powders.** I do not recommend soy, whey or rice protein powders or isolated amino acids. All are unhealthy and isolated amino acids are poorly absorbed. The best protein powder is Great Lakes Gelatin (cooked collagen), a pharmaceutical grade gelatin and the only protein powder that is a pro-thyroid protein and balances the anti-thyroid amino acids in muscle meats.

* **Fresh fruits** (except grapefruit or its juice and cranberry juice) 3x/d and fresh fruit juices (NOT from concentrate) 3x/d. Reconstituted juices and beverages may contain thyroid-toxic fluoride. Best juices/fruits: orange, coconut, pineapple and other tropical fruits/juices, cherries, berries and melons.

* **Fats:** Coconut oil (the best pro-thyroid fat), extra virgin olive oil and butter.

* **Raw carrots** daily. The fiber is excellent for the colon. If you eat cruciferous vegetables (broccoli, cabbage, cauliflower, etc.) be sure to cook them to destroy the thyroid inhibitors.

* **Fresh salads** with homemade dressings using only coconut oil and olive oil (avoid the unsaturated oils in all commercial and health food store salad dressings).

* **Sugars:** Sucanat (whole cane sugar), maple syrup, raw honey, stevia (herbal sweetener), agave (cactus sugar), xylitol (wood sugar).

* **Sea salt** on all foods and add 1/4th tsp to your fruit juices. Eat to taste.

* **Organic, caffeinated coffee** with milk, half & half or cream.

* **Drink pure water.** Use ion exchange purification if your water is fluoridated. Carbon filters DO NOT remove fluoride. No shower filters are available that remove fluoride and showering or bathing in hot water causes you to absorb 100 times more fluoride than drinking tap water. There are some whole house filters with holding tanks but they are very expensive. If you use bottled water, be sure it comes from a legitimate pure spring source because many companies simply filter the tap water.

Thyroid Inhibitors and Toxin/Anti-thyroid Foods (cause inability to convert T4, the inactive thyroid hormone into T3, the active thyroid hormone or inadequate production of thyroid hormone)

Stress Physical, emotional, mental. Also, the stress of the cold and darkness of winter cause an increased need for thyroid nutrition.

Foods

* PUFA (omega-3 and -6 oils) – high in seeds, nuts, grains (especially gluten grains), beans and fish (omega-3) such as salmon, herring and mackerel and veggie juices.

* Soy products (except for soy sauce) – high in 3 estrogens (isoflavones) and many other toxins.

* A LOW animal protein diet (less than 12 oz or 75-90 grams of protein daily)

* Inadequate fruits, fruit juices and coconut oil – these are all pro-thyroid foods.

* A high starch diet – seeds, nuts, beans, grains, especially gluten grains (wheat, rye and barley). Oats (a gluten grain) appears to cause less problems than the major ones listed above. Corn and rice, older grains, are also tolerated by some people. Sprouting converts the gluten into more usable proteins, but these starches still contain PUFA and other allergens.

Estrogens

* Human estrogens (estrone, estradiol and estriol) sometimes called bio-identical; birth control pills

* Synthetic estrogens (premarin).

* Herbal estrogens (black cohosh (Remifemin), sage, pennyroyal, red clover, licorice root, etc.)

* Estrogenic fruits (grapefruit, cranberry)

* Many drugs including estrogens are in purified tap water because there is no way to remove them.

Environmental Toxins

* Pesticides, Herbicides and other farm chemicals (estrogen mimics).

* Toxic chemicals

* Mercury (in silver amalgams, fish, etc.) inhibits the conversion of T4 (inactive thyroid hormone) to T3 (active thyroid hormone).

* Radiation (estrogenic)

* X-rays (any kind, but dental x-rays irradiate the thyroid gland) and any form of radiation (CAT scans, bone scans, etc.)

* Fluoride in air, food and water, reconstituted beverages and those made in cities with fluoridated water, toothpastes containing fluoride, etc. Note: Black and Green teas are the biggest plant fluoride sinks and there is no law that requires them to be watered with fluoride-free water.

* Perchlorate, is an example of another industrial waste product that strongly inhibits thyroid function and is not yet removed by water purification systems.

* Water supplies contain many drugs including estrogens, antibiotics, etc. that are not removed in addition to many chemicals from industrial waste, including fluoride.

Prescription Drugs

Many drugs and chemicals work by poisoning vital enzymes. For example, the statin drugs (that lower LDL cholesterol) poison an enzyme required to make cholesterol. LDL cholesterol is the starting material which is converted into pregnenolone, the major anti-aging steroid.



Notes To Lita...



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

♥ Dear Lita,

Just to let you know, I have had very bad asthma. My mother died from an asthma attack. I have been able to experience relief from an attack with Lagundi as well as I can with prednisone.

BC

♥ Dear Lita,

As I mentioned to you before, I have had a really bad cold and now seem to be getting over it (I seem to pick up everything these days). I am afraid I have either a sinus infection or an ear infection as a result. When I lean over the pressure on my left ear drum is quite intolerable. I have a doctors appointment tomorrow (for something else altogether) but I feel I should mention this and am afraid he will put me on antibiotics – and maybe I should be on them.

Do you have any comments that may help me? I am afraid if I leave this it will affect my hearing.

Next day after giving her nutritional formulas for the flu:

I have TRMA, aspirin and citricidal liquid in the house. I had not been able to use TRMA in the past but since I have stopped eating gluten grains of all kinds, good things have happened, so last night I decided to take aspirin and TRMA. If

all went well I would take the citricidal liquid. This morning the pressure in my ear is gone! I will continue with TRMA and aspirin and add the citricidal liquid. I have never met anyone like you in my life! Many thanks, Lita.

LL, Canada

♥ Dear Dr. Lee,

I would like to thank you for all your hard work. I am grateful to have come across a person and team who has not only done an incredible amount of research into the human organism but also has real passion in helping others to reach their full potential. Since coming across your speaking engagement on GIN Live radio, I was very impressed by your approach and I wanted to let you know, I was prompted to clean out all my cupboards, throw away my fluoridated toothpaste, purchase a KDF water filter, unplug the microwave forever, and also start shopping at the local organic shop - just to start. I particularly noticed a difference in the taste of the oranges - I was also tired of taking all those unnecessary vitamins and minerals - some of which made me feel ill. I am grateful for any help or ideas and I am looking forward to doing business with you!

SN



(Thyroid Myths, Continued from page 1)

tomel (T3).

Myth #4: Supplemental iodine is good for thyroid function.

The truth: “Some claim that an iodine deficiency can be shown by the quick disappearance of a spot of iodine painted on the skin. Iodine is converted to colorless iodide by reductants, including vitamin C, glutathione, and thiosulphate. I have a newsletter that has some references describing the effect of even moderate iodine excess (even below a milligram per day) on the thyroid. An iodine deficiency can cause hypothyroidism, but so can an excess. A dosage of 150 mcg is a safe amount of iodine.” (Peat) But people take much higher, thyroid-toxic doses of iodine.

Myth #4: Don’t take thyroid glandular. It causes bone loss.

The truth: Synthroid (synthetic T4) *causes* bone loss. Thyroid glandular *prevents* bone loss because it promotes *both* new bone formation and the dissolution (resorption) of old bones. *Both* are required for healthy bones. Thyroid converts LDL cholesterol into pregnenolone, progesterone and DHEA. Progesterone promotes new bone formation and stimulates the release of thyroid hormone from the thyroid gland. Dr. Ray Peat told me that he wonders why doctors say that taking thyroid glandular or being hyperthyroid causes bone loss when they can’t explain why animals given huge amounts of Armour USP thyroid have bigger bones than normal.

Myth #5: I can’t take thyroid glandular because I am underweight.

The truth: Thyroid glandular will reverse *both* being underweight or overweight.

Myth #6: I don’t take thyroid glandular because it will make my thyroid gland lazy.

The truth: Studies in which the thyroid gland was totally suppressed with an overdose of thyroid glandular showed the natural return of thyroid activity when the glandular was withdrawn. This took only about three days.

Myth #7: Taking thyroid glandular causes a dependency.

The truth: The need for thyroid glandular varies and in fact, increases with darkness (winter), stress and illness. Keeping track of your oral temperature and resting pulse will determine your correct dosage and the need to increase or decrease.

Myth #8: I’m afraid to take thyroid glandular because I was told it causes heart problems.

The truth: Thyroid *prevents* heart disease. In fact, T3 can reverse heart disease. Synthroid (T4) is cardiotoxic unless converted

(Continued on page 4)

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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(Thyroid Myths, Continued from page 3)

to T3. Don't confuse the cardiotoxic effects of Synthroid with the cardioprotective effects of thyroid glandular and T3, the active form of the thyroid hormone.

Myth #9: Taking excess thyroid glandular has dangerous side effects (e.g. hyperthyroidism).

The truth: The only "side effect" of being slightly, say 25% hyperthyroid, is longevity. The longest-lived peoples on earth are about 25% hypermetabolic. These people live on thyroid-stimulating foods (natural animal protein, adequate salt, fruits, coconut oil, and pure structured water, etc.) and have *none* of the common diseases observed in our junk food, hypothyroid society (cancer, heart disease, gallbladder disease, bone disease, senility, etc.).

Myth #10: All thyroid glandulars are alike.

The truth: Very few natural thyroid glandulars are available, such as Armour and Atrium's Nutripak glandulars. The majority of thyroid glandulars are bogus products containing iodinated casein (milk protein) plus amphetamine. Look for a pure thyroid glandular with no other ingredients or other glandulars.

So, check your temperature and your pulse, take your thyroid glandular and live long and prosper!

Sources:

1. Articles by Dr. Ray Peat at <http://www.raypeat.com/articles/>
2. Articles by Lita Lee at <http://www.litalee.com> : (Free: Coconut Oil – Why It Is Good For You; Hypothyroidism; Estrogen Toxic Side Effects; Hypothyroidism; Estrogen - The HRT Hoax;

(Fee): Thyroid Myths; Thyroid Resistance; Estrogen, Progesterone And Female Problems; Menopause - Osteoporosis And The ERT Fairy Tale; Progesterone - Absorption And Safety; Progesterone Anti-Tumor Properties; The Breast Cancer - Pesticide Connection

3. Dr. Bruce Fife's free newsletter on coconut products and their health benefits, *Healthy Ways Newsletter*, <http://www.bruce@piccadillybooks.com> (write "subscribe" in the subject line) and books (same email address)

To love a person is to learn the song that is in their heart, and to sing it to them when they have forgotten.
Anonymous

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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