



To Your Health

July 2006

Volume 11, 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

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

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

Newsletter Editor
Ginny Hagopian

Next Newsletter:
October 2006

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

Lita Lee Ph.D.
4826 Mahalo Drive
Eugene, OR
97405

Office
541-431-1099

Fax
541-431-3427

Email
lita@litalee.com

Website
<http://www.litalee.com>

Healthy Body vs. Healthy Business

Welcome to the summer issue of *To Your Health*. In this issue, we expose powerful drug agency campaigns against natural substances that are inexpensive, non-toxic and have great properties in nutritional support of the body's healing processes. I am telling you this because many of my clients read these untruthful stories and become very confused and frightened, thinking that they are taking something harmful. These campaigns are growing, so it's time to become aware of them. My effort is to seek and find the *truth!* My goal is to find natural, non-toxic substances that will nutritionally support function and structure so that the body can *self-heal*. Also in this issue, an update on nutritional support for asthma. Finally, an interesting *Sound Bite*.

To your health! Lita



Food, Supplements and Politics

The following are three excerpts from campaigns to remove safe and inexpensive dietary substances from the market. The FDA is also trying to make it difficult to import coconut oil. These are only the tip of the iceberg.

The Anti-Progesterone Campaign

Comments by Dr. Ray Peat
"The group WDDTY is making many wild claims about progesterone, claiming, among other things, that it causes breast cancer.

It seems to me that Ellen Grant (the author of one of their articles) is deliberately misrepresenting the work of the researchers she mentions, such as M. Cutolo. I doubt that it would be possible to engage those people in rational scientific discussion, unless they were sued (by anyone with a commercial interest in progesterone) under British libel law for product disparagement, defamation, trade libel, restraint of trade, or such, to make them

either retract or prove that their accusations are true, as required by UK libel law. (British libel laws force defendants to prove the truth of everything they say regardless of intent.) A retraction could have very important consequences around the world.

For more than 60 years, the estrogen industry has been using the techniques of public relations, including the placement of pseudoscientific articles in medical journals, to promote their sales. After 2002, when the Women's Health Initiative study announced some of the harmful effects of hormone treatment, resulting in a disastrous decrease in estrogen sales, the industry intensified and diversified its public relations efforts and has succeeded in recovering some of their lost market.

Historically, whenever some of the claimed benefits of estrogen have been disproved the industry shifts its emphasis to new, previously unmentioned "virtues" of the product. Hundreds of differ-

(Continued on page 2)

"Sound Bites"

Case of Mysterious Carbon Monoxide (CO) Poisoning

This case, presented by Kim Thomson, illustrates the value of BioAcoustics vocal profiling in suggesting the source of undetected poisons which, if left undetected, could have been fatal.

A mother and her 1 year old daughter became ill in Montreal in April. The daughter especially had been sick and then better and then sick again with a deterioration over a week and a half. She also had stopped walking and pointed at her shin and said that it hurt. She demanded to be carried and this was very taxing physically for the mother to do for hours. In addition the mother had a burning in her chest and her milk flow had stopped several times.

I happened to vocal profile them both within 3 hours after they'd been in their car, about a week after this started. Both showed the frequency equivalent (FE) for carbon monoxide. The daughter showed the FE's for CO, aspartic acid and heart muscle stress plus low hemoglobin. She had had a fever of 102 one night with racing heart and vomiting. Later we realized that this occurred after they'd been in the car for two hours. She got a bit better, then later was listless, constipated and vomiting again after being in the car for 45 minutes.

Realizing that the incidences occurred after being in the car, I tested the car with a CO sensor and it signaled positive for

(Continued on page 4)

(Food, Supplements and Politics, Continued from page 1)

ent benefits claimed for estrogen in prestigious medical journals have been proven false.

During the 20th century, dozens of toxic effects of estrogen were demonstrated and never refuted, but a variety of techniques of distraction and misdirection gradually emerged, to prevent the accumulated evidence of estrogen's toxicity from interfering with the campaigns to market it for the widest possible variety of conditions.

Since the WHI study involved the use of Prempro (PREMPRO™--conjugated estrogens and medroxyprogesterone acetate), the emphasis of the industry has been to divert attention from the toxic effects of estrogen, by blaming everything on "progesterone". An intense campaign is underway to assign all of estrogen's harmful effects to progesterone.

The EPA currently has a document draft on the internet which reviews the issue of the balance between estrogen and progesterone in the development of cancer, discusses the carcinogenicity of estrogen and includes the observation that progesterone is not carcinogenic and that it instead is protective against cancer, because of its antiestrogenic effects."

Source: Dr. Ray Peat, <http://www.raypeat.com>

References from <http://www.litalee.com>: (Free) *Estrogen – The HRT Hoax; Estrogen – Toxic Side Effects*,

The Milk Issue: Pastured vs. Non-Pastured

"Organic milk now accounts for more than 3 percent of the milk sold in the United States and it also has an annual growth rate of 23 percent, while overall milk consumption is dropping by 8 percent a year. Milk is a "gateway" organic food -- one of the first organic products a consumer will buy.

While organic milk must come from a cow not fed artificial growth hormone or pesticide-laden feed, they might have had only token "access to pasture", meaning they could still have spent most of their milk-producing lives confined to a feed lot. Finding raw, unpasteurized milk can be difficult; in most states it can be sold legally only on the farm or through clubs in which people buy shares of a cow and divide the milk.

Source: New York Times, November 9, 2005

"When it comes to dairy products, one of its most important characteristics is that it is produced from cows that are nearly exclusively grass-fed. Most cattle are factory farmed and fed large amounts of grain. Since cows were never designed to eat grains, this can cause a host of complications that seriously degrade the quality of the milk they produce.

Your best source for milk is to find a local farmer who sells raw milk near you. I have seen so many patients improve their health after switching to raw milk; I believe it is one of the healthiest foods you can consume. It has more nutrients, more health benefits and tastes better as well. If you have no luck finding a raw milk source near you, you'll probably locate one by visiting <http://www.realmilk.com/where.html>."

Source: <http://www.mercola.com/2002/apr/17/cattle1.htm>,
<http://www.mercola.com>

Horizon & Aurora Banned in Co-op

"One month ago, after a poll of our members, the Organic Consumers Association called on consumers to boycott dairy companies like Horizon and Aurora for their practice of raising "organic" cattle on intensive confinement feedlots. A number of natural food stores and co-ops across the U.S. are beginning to

respond to concerned consumers and removing suspect dairy products from their stores. The Wedge Co-op in Minneapolis, Minnesota, the second largest co-op in the U.S., no longer carries Horizon products. In Colorado, the Boulder Co-op Market, has also discontinued stocking Horizon products. Amy Wyatt, Assistant General Manager for the Co-op, says, "Based on our concerns regarding Horizon's practices, we didn't feel that continuing to carry this company's products was consistent with our mission and values." Dean Foods, Horizon's parent company, is also starting to come under fire for abandoning U.S. organic soybean farmers and importing cheap soybeans from China, where organic standards are dubious and farm labor wages and conditions are abysmal. Dean Foods now controls the nation's largest organic soymilk brand, Silk, as well as the largest organic tofu brand, White Wave."

Learn more at:

http://www.organicconsumers.org/2006/article_400.cfm

The Wyeth Campaign Against Bio-identical Hormones

Here is a statement from patent attorney, Hans Raible of Stuttgart, Germany. Hans is a long time colleague and friend of mine on the Wyeth campaign. I received this email on 5/24/06. "Wyeth is the maker of hormones and felt bothered by compounding pharmacies who make hormone compounds on prescription, so they filed a complaint with the FDA to make this illegal.

There is a letter in one of the latest issues of *Townsend* from attorneys specialized in this field, and they confirmed that the FDA has no jurisdiction over compounding pharmacies since they do this on instructions from a doctor.

The problem is that the stuff sold by the compounding pharmacies is cheaper and better.

Hard to compete against that.

The situation is serious and one has to mobilize all the women who are customers and who do not want to have menstrual cramps again. I have great trust in women in this respect. The financial well-being is subject to producing competitive products at normal prices.

The big pharmaceutical houses have become accustomed to charging enormous prices for their products. This attracts competition which is how the capitalistic system works. Just yesterday, our Secretary of Health spoke to doctors telling them that the insurance companies are now paying Euro 2B (the equivalent of 2.4 billion) more for drugs than they are paying to doctors, and doctors have to foot the bill by being paid less, namely the 2.4 B less than the pharma houses. She also told the doctors that this is how they wanted it, and that it had not worked. If such a system shall work, the doctors have to prescribe CHEAP drugs so that something is left for themselves. If they only prescribe expensive drugs, nothing will be left for them, and this is what is happening at the present time - being a German doctor means living on the fringe of poverty today since they are the brunt of the high cost of drugs."

Update from Ralph Fucetola JD: "The FDA has received over 12,000 comments about Wyeth's "citizens petition"; almost every one supporting the Compounding Pharmacies. As a result, FDA extended the comment period and now has extended its time to reply to the "petition". I believe that this strong public response will prevent FDA from doing what it usually does, giving Big Pharma whatever it wants. Stay tuned!"



Notes To Lita...



As you all know, my favorite lawyer, Ralph Fucetola, aka <http://www.vitaminlawyer.com> tells me that I have to state: "Testimonial results are not typical. Your results may vary."

♥ Dear Lita,

I've got some good news: I've been eating 70-80% organic for about two months now. You may recall we had an email exchange about how it didn't seem possible for me to be allergic to naturally occurring sulfur. You suggested that all the foods I mentioned may indeed contain sulfur, but that all those foods were also very high on the list of foods that contain chemicals. You suggested that I try organic. Well, I did, and I was instantly able to eat those foods, like tomatoes, onions and garlic, to name a few. Eating those foods before brought about

instant side effects and adverse reactions. Taking enzymes changed my health. Eating organic and taking enzymes has changed my life. Thank you for your continued support and concern for me. I know I am one of many, many people you work with, so I deeply appreciate the individual attention you and your staff have offered all these years. I continue to improve and look forward to being healthy and pain free for years to come.

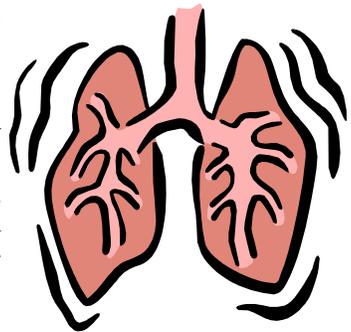
DW

Nutritional Support For Lungs

Recently, I read an article reporting that asthma medications were in short supply. Now would be an excellent time to use nutritionally supportive enzymes and herbs for lung problems. By lung problems, I mean coughing, wheezing, a lung infection, bronchitis, etc. Although corticosteroids are the drugs of choice for asthma, they can have terrible side effects. They can cause osteoporosis, diabetes, seizures and glaucoma. However, beta agonists (adrenalin mimics) can be more lethal, because they cause chronic degeneration of the aorta and sudden death from heart failure, even in very young children. In fact, the asthma death rate doubled when the beta agonists came out even though the number of asthma cases remained the same.

Nutritional and environmental causes of asthma

- * Environmental sensitivities: a reaction to any environmental substance, including smog, dust, smoke, chemicals, grasses and even animals.
- * Poor sugar digestion (of sucrose, lactose and maltose) is the enzyme connection to asthma.
- * Hypothyroidism can cause health problems including lung problems and others.
- * Emotional triggers are the most difficult to remediate, but there are many avenues of therapy available for emotional healing.
- * Geopathic Zones are areas that emit harmful radiation and can cause many chronic illnesses, including asthma, especially if you sleep or work in a geopathic zone. You can measure them with a "hazard field detector" or by using a douser. If your bed is over a geopathic zone, simply move it to another place.



Nutritional Protocol for Normal Function for those with Asthma

- * PAN - digestive formula for support of normal function in people with sugar intolerance, environmental sensitivities and lung problems. Usage: 2 caps with each meal 3x/d.
- * Kdy - for support of normal function in environmental sensitivities to pollen, dust, grasses, smoke, pollutants and animals that can trigger allergic asthma. Usage: 3 caps, preferably between meals, 3x/d.
- * Rsp - enzyme formula for support of normal function in people with coughing, trouble getting breath and wheezing. Usage: varies from 2-4 caps anytime, 3x/d.
- * Lagundi Caps - nutritional support for lung problems including wheezing. Dosage varies, from 1-2 caps 3x/d. Take whatever you need to support normal lung function. Lagundi comes in a spray (tincture) as well. Dosage varies per individual.
- * Thyroid nutrition - for nutritional support of lung and other problems. Dosage varies per individual.

References from <http://www.litalee.com>

Fee: *Asthma - A New Childhood Epidemic; Thyroid Myths; Thyroid Resistance*

Free: *Hypothyroidism; To Your Health* - April 2006 issue

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

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

(Sound Bites, Continued from page 1)

CO. At the garage, the car was found to have a silent leak in the connection between the manifold and the engine so the CO was entering the car through the front dash. The car never made any loud sound and there was no other indication other than the vocal profiles that there was any problem or leak. The car was repaired and the garage mechanic said that *this was a very common problem, especially due to potholes. It was pot-hole season in Montreal.* Both mother and daughter were much improved with sound presentation, including and especially after detox for CO and sounds for the mother for milk letdown. The mother reported that the burning chest pain had disappeared. An interesting BioAcoustics point is that the frequency equivalent for CO is also the frequency equivalent

for the tibialis anterior muscle that runs next to the shin in the lower leg. With sound presentation, the mother reported that all of her upper back pain of was gone and that she could care for her child with very little sleep. After the detox for CO, both reported much more energy. The child stopped demanding to be carried and began walking normally.

Kim Thomson 514-487-9816
kimthomson1@yahoo.com

"I do not want the peace which passeth understanding, I want the understanding which bringeth peace."

Helen Keller
U.S. blind and deaf educator
1880-1968



Only in America!

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>.

Disclaimer: 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. Human BioAcoustics researchers do not provide diagnosis, care, treatment or rehabilitation of individuals, nor apply medical, mental health or human development principles.