



# 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](http://www.litalee.com)

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## Fall into Good Health

Dear Friends,

Welcome to the Autumn issue of *To Your Health*. In this issue, digestive enzymes are reviewed and their magic effect on infant colic is illustrated. New products are introduced: Manuka from New Zealand, a distant relative of the Australian Tea Tree and Umcka Cold Care, just in time for the flu season. Finally, there is an interesting case history of pain relief from Sound Health.



*To your health! Lita*

## Who Needs Multiple Digestive Enzymes

The following is taken from Chapter One of my book, *The Enzyme Cure*.

Who needs enzymes? Everybody — babies, children, adults and older people, as well as your cat and your dog. Why does every body need enzymes? Because enzymes do the work required for all life processes. They come alive or are activated in the presence of moisture (water), the right temperature (your body temperature) and the right amount of acid or alkalinity. Each activated enzyme does work of a very specific kind. In other words, each enzyme has a job to do. It may be digestion of a certain kind of food. It may be the manufacture of a hormone. It may be keeping your blood clean and free of toxins. Your life, vitality and your health depend upon an adequate supply of enzymes.

If you take plant enzymes with food and/or eat certain raw foods, these enzymes will pre-

digest up to 60% of the carbohydrates, up to 30% of the protein and up to 10% of the fats in 30 to 60 minutes, before hydrochloric acid is secreted and before pancreatic enzymes have been released to the small intestines. Enzymes are much more heat-sensitive than vitamins and are the first to be destroyed during cooking, pasteurization, canning, microwaving or heating above 118 °F. You can swallow pounds of vitamins and minerals, but without enzymes, nothing works and you are wasting your money.

**PAN** emphasizes digestion of sugars, grains and fruits and is for people who may be environmentally sensitive (to any substance, chemical or pollutant as well as animals). I give PAN to all clients (indicated by the urine test). But I usually also give Bil or HCL (depending on the client) if there is fat or protein intolerance. Usage: 2 caps per meal 3x/d.

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## "Sound Bites"

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Ben and the  
Little Back Box for Pain

By Sharry Edwards  
Sound Health, Inc.

Ben, a 72-year-old motorcycle enthusiast, went on a five-day motorcycle rally in Massachusetts this past summer. After the first day, Ben's back started to bother him "considerably." Ben reported that his back usually hurt him in the mornings but as the day went on, if he was careful, he was usually able to ignore the pain and stiffness. If his back hurt, he used a supporting back belt that his physician had prescribed.

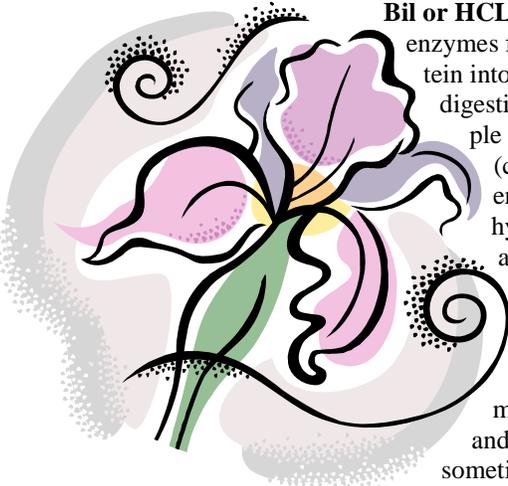
As the days of riding increased, so did his pain until he was forced to wear the back belt to tolerate the discomfort. He kept going because he figured this was going to be his last rally and he didn't want to miss a minute of it. At the end of the rally, Ben's back was not in good shape. He was having trouble sleeping, sitting and walking.

Ben decided to visit Sharry Edwards at Sound Health the day after the rally. He was supplied with a set of frequencies in a Little Back Box that was designed to allow the body to reduce back pain. The pain went away, but Ben didn't believe it might be related to the Back Box. He quit using it, and the pain returned. Now a believer, Ben

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(Who Needs Multiple Digestive Enzymes, Continued from page 1)

**Adr** digests sucrose and is also enzymatic support for normal response to stress and low blood sugar, which can lead to moody, irritable or angry behavior, insomnia (waking up at night), depression, panic, etc. Usage: 2 caps per meal to digest sucrose or 4 caps between meals for the other conditions listed above.



**Bil or HCL** are digestive enzymes for fat and protein intolerance (poor digestion). Some people prefer HCL (contains only enzymes and NO hydrochloric acid). People who need Bil (or HCL) may have a frequent sour taste in the mouth, nausea and/or burping and sometimes regurgitation after meals, worse

when laying down after eating, discomfort under the right rib cage after eating certain foods, poor digestion of fatty or spicy foods, loss of appetite for meat and sometimes constipation with light colored stools. HCL is also for sugar digestion. The contraindication of these high protease multiple digestive enzymes is gastric problems. If you have any gastric problem, you will not be able to tolerate a high protease formula (like Bil or HCL) with food and should choose the Stm formula instead.

**Stm** is for gastric problems, which may include burning in the stomach, indigestion, heartburn, acid reflux or other gastric problems. Gastric problems can result from years of fat intolerance (lipase deficiency) and may lead to the need for nutritional support of the gallbladder. Gastric problems can also be caused by taking painkillers such as NSAIDs and other drugs. Usage: 2 caps per meal 3x/d and 4 caps between meals if needed for relief of gastric symptoms.

**VSCLR** (highest in lipase) is for nutritional support of normal function and structure in people who may have blood pressure problems, difficulty losing weight, a tendency towards high blood sugar, glucosuria, hidden viruses, headaches around the temples and dizziness worse upon movement. Usage: 2-4 caps per meal. In addition to VSCLR, I also recommend coleus forskohlii, an Ayurvedic herb that provides nutritional support in people who may have blood pressure problems. Also, sometimes I use VSCLR in people with gastric problems who can't tolerate lots of protease with food.

**DGST** is a pediatric or maintenance digestive enzyme and is similar to but less potent than PAN. It is wonderful digestive support for infant colic or if you don't really know what you need. Usage: ½ cap per feeding in babies (whether nursing or bottle fed); 2 caps per meal in young children. If the baby is nursing, the mother should take a multiple digestive enzyme.

## Infant Colic and Enzymes

Many people ask me "who needs enzymes?" These infant colic stories should convince you that everybody needs enzymes!

### Success Story: Infant Colic in a Nursing Baby

I have reprinted emails I received from this nursing mom with a colicky baby. It aptly describes a common situation, even with breast-fed babies

"Dear Lita, I received your information from a friend whose baby has the exact same issues. You have helped her and her little one, and I'd like to see what can be done to help our situation. My baby, A, has been diagnosed with 'severe' reflux and mild colic. She was placed on Zantac, but it didn't work and is now on Prevacid, which barely curbs the reflux problems. My daughter seems to always be in pain and uncomfortable. She has a hard time staying asleep and stirs all night long. Her major symptoms include vomit that comes up to the back of her throat, gulping and trying to breath. It sounds like she may be drowning... it even happens when I am trying to breastfeed her — she will scream out in pain and can't eat, although she is hungry. She is constantly making these noises and shrieking. I feel such heartache in her pain and would like to find a healthy remedy. Can you help her? Thank you so much for your time." Sincerely,

JM

"Hi J, Try 1/2 capsule of Stm and 1/2 capsule of DGST. It doesn't have to be exact. I have great hope for baby A. You may not have to do this every single feeding, but in the beginning I would. Maybe soon (can't guess) only three servings of enzymes will be enough. You take 2 DGST caps per meal and snack between meals on raw foods. Your digestion will help hers. Keep track and let me know how you proceed. Since you are breastfeeding, I think you will have an easier time than your friend did with her bottle-fed baby. She had to give enzymes every feeding. Keep in touch."

Angel blessings and happy baby A,  
Lita

Four days later: "Well, this is the 4th day A has been on the enzymes, and we couldn't be more pleased. The very first night she was on them, she slept in her own bed and for 5 hours straight... it has been that way ever since that first day, and she seems so incredibly happy and content. Thank you from the bottom of my heart for all your help and product knowledge. You have made us all happier and healthier, and we are grateful. It is wonderful to see her smiling and laughing now... didn't get to see that side of her before now."

Six days later: "We couldn't be more pleased with everything. A slept for 6 hours last night in her own bed and has been happy and playful since last week. She has gotten better and better with every passing day."

JM

### Success Story: Infant Colic in a Bottle-Fed Baby

A frantic mother emailed me at length about her 6-month-old

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# 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,  
Thank you for being so patient and knowledgeable. R— and I love how after you've been saying things for years, we see on the news a "new study" that confirms what you've already told us. A brief note on my health: I stopped eating wheat and all the related grains and almost all my symptoms cleared up. By body pain, bladder and kidney pain, my digestion is better, I don't feel like I need a nap after I eat, I sleep better and I go to the bathroom regularly. I still take my thyroid medicine, and I feel like it can work now. Thank you for giving us such valuable info so we can figure out what is going on with ourselves.  
MC,  
California

♥ Dear Lita,  
I thought maybe you might like to know how I am doing: more energy, much better sleeping at night, less sinus and allergy problems. One afternoon I began feeling dizzy, so I took 4 caps of Adr and felt much better after 1/2 hr. I am eating much better (no more Slim Fast), a lot of orange juice and fresh fruits. You suggested that I experiment with my bread-making — I have been using 1/2 cup coconut flour and less wheat flour. I have used organic/unbleached flour, organic whole milk, butter, coconut oil and Sucanat. Everyone thinks it's delicious! I haven't had any soft drinks for 2 1/2 weeks and try to watch what I eat when I'm out.  
Thanks a lot,  
AC,  
Nebraska

*"Don't ask yourself what the world needs — ask yourself what makes you come alive, and then go do it. Because what the world needs is people who have come alive."  
— Harold Thurman Whitman*

## New Products

These are not yet on my website so if you are interested in them or information about them, please call my office or email me at [lita@litalee.com](mailto:lita@litalee.com)

### Manuka Products: Manuka Oil, Manuka Soap, Manuka Honey

Manuka oil is a special type of tea tree oil from the Manuka tree (*leptospermum scoparium*) that grows in New Zealand. It is natural, very soothing and has no known side effects. Manuka Oil can be ideal for today's major skin problems. Manuka oil is a distant relative of tea tree oil but is less drying and has a pleasant odor. This essential oil does not further irritate already irritated skin. Manuka oil has antibacterial, antiseptic, antifungal and antiviral properties. It also acts as an anti-inflammatory, analgesic and anti-parasitic.

Although it is only in the last decade that the Manuka tree has begun to be recognized and understood through science, the Maori Indians, the indigenous people of New Zealand, have long known the strength and healing ability of the Manuka tree. The Maori have used Manuka oil for a range of skin problems including chronic sores, ring worm, rashes, eczema, psoriasis, fungal infections (athlete foot and fungal nail infections), scalp itch and dandruff. When you purchase this unique oil, soap or the honey, you will receive detailed instructions on how to use these products.

### Umcka Cold Care (*pelargonium sidoides 1X*) Homeopathic Drops

This originates from the traditional Zulu medicine of Africa and is made from *Pelargonium sidoides*, a species of geranium unique to South Africa. It does not mask symptoms; it reduces severity of symptoms and helps you recover faster from throat, sinus and bronchial irritations. This information is taken directly from the Umcka box.

**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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## To Your Health

*(Sound Bites, Continued from page 1)*

continued to use the Little Back Box over the next few weeks. Not only was there apparent pain reduction, but the morning pain and stiffness also dissipated.

Ben had not told anyone that he was scheduled to have surgery on his nose to remove polyps that had been confirmed through medical testing. When Ben reported for a pre-surgery check-up, his doctor told him that the polyps had inexplicably reduced in size. Ben no longer needed the surgery. He can't explain what happened but he says that "he tends

*(Infant Colic and Enzymes, Continued from page 2)*

son who, from birth, suffered from severe, painful colic, projectile vomiting and gastric reflux (the doctors said). Since birth, he cried, vomited and screamed in pain after every feeding. The mother initially tried to nurse him, but she could not hold him in the normal nursing position due to the colic and vomiting. So she had to pump her breast milk and feed him sitting up. After 3 1/2 months she gave up. Then many formulas were tried, including soy and others, but none solved her infant's problems. His stool was never normal but very tarry, sticky and dark green/black in color. He had pain after every feeding and

continued vomiting. The mother started her baby on Prevacid at 4 months after an unsuccessful attempt with Zantac and a complete upper G.I. test with barium. At the time of the email to me, he was being given Prevacid plus a formula thickened with rice cereal plus a homeopathic for colic.

She followed my recommendations. She started her baby on pasteurized goat milk (could not find raw), DGST pediatric digestive enzyme and LAC (lactase for the lactose in the pasteurized goat milk). I also gave her an enzyme for the reflux called Stm, but I told her to hold off on this enzyme because I did not think the baby would need it (and I was right). The results were fast and amazing. In two days, the baby was sleeping all night (a first), had normal stools, stopped screaming and vomiting and started smiling. The mother discontinued the Prevacid. She now has a happy baby who smiles and does not scream in pain. She is now a happy mother.

### 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.