



To Your Health

January 2007

Volume 12, Issue 1

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.

Newsletter Editor
Michelle Nicolson

Next Newsletter:
April 2007

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>

©2001-2007

Neither this newsletter nor its contents may be reproduced without permission. If permission to reprint is granted, the article must include author and URL information.

New Year, New Blessings in 2007

Dear Friends,

Welcome to this Holiday issue of *To Your Health*. May your holidays be blessed with loving friends and family, friendship, music, joy, wonderful foods and safe journeys. It's time to focus on our wishes for health, prosperity, peace and _____ (fill in your wish)! Now that the Law of Attraction (*You Get What You Focus On*) has become even more popular via the movie, *The Secret*, and the works of Abraham-Hicks, we would be wise to remember to practice this ancient wisdom in our daily lives.

Let us focus on peace, instead of war; love instead of hatred; health instead of sickness; forgiveness instead of revenge; prosperity instead of poverty. Dr. Masaru Emoto has shown that when we bless water, we change it into a beautiful, structured form. Why not bless everything and fill everything with love and gratitude? Every day, let everything you see, hear, breathe, eat and drink be blessed, respected, loved, appreciated and filled with gratitude. Try it! See what happens!

Blessings and higher vibrations for 2007!

To your health! Lita



Eye Nutrition

Here is my compilation of good foods and enzymes for nutritional support of the eyes (and other parts too!).

I have had success with the Opt (food-form vitamin C enzyme formula) for many kinds of eye problems. There are many natural remedies for our health problems that are not commonly known, for example the use of coconut water (juice, not coconut milk) from a fresh green coconut can support reversal of cataracts — there are medical reports on this. Turmeric is reported to support remission of macular degeneration. When I started Turmeric, my vision (I am farsighted)

improved to the point of not needing glasses for reading or computer work. Also, progesterone lowers ocular pressure and is thus a natural nutritional support formula for glaucoma. Dr. Peat has a neat newsletter on "Aging Eyes." Here is a summary of eye nutrition — just what I know now, but I am sure that more is available from our sacred Earth:

- ◆ Thera-zyme Opt — nutritional support for any kind of vision problems including poor vision, floaters, feeling of sand in eyes, eyestrain headaches, ocular pain Usage: 2-4 caps 3x/d.

(Continued on page 2)

"Sound Bites"

Improving Balance
After Surgery

By Tommy Priakos
Sound Health, Inc.

Peter, a 70-year old gentleman, came to Dorinne Davis of the Davis Center in Mt. Arlington, N.J., <http://www.thedaviscenter.com>, for several sound-based modalities, one of which was Bio-Acoustics.

Peter had Spinal Stenosis for which he underwent surgery in 1995. The operation took care of nerve compression that resulted from the narrowing of his spinal canal, but left him with weakened balance on his feet. He couldn't stand in place without constantly monitoring his balance through the muscles in his toes.

A BioAcoustic evaluation revealed the frequency equivalent of his L-5 vertebra was missing from the neurophysical part of his chart. This vertebra is the origin of the nerve that supplies the semimembranosus muscles in the thighs, which Peter claimed were the most stressed part of his legs.

While hearing biofeedback sound formulas that Bio-Acoustician Tommy Priakos had culled from the voice print, Peter felt his balance improve in stages as the sounds targeted different muscles of the legs.

(Continued on page 4)

(Eye Nutrition, Continued from page 1)

- ◆ Thera-zyme TRMA — nutritional support for the eyes, hair, nails and skin (plus lots of other good things). Usage: 4 caps between meals 3x/d. Contraindication: gastric problems.
- ◆ Turmeric Caps — turmeric supports normal structure and function for healthy DNA, cardiovascular health and for people who may have vision problems, skin problems and liver and/or gallbladder problems. It is a COX inhibitor (inhibits free radicals, like aspirin), and provides a gentle liver and colon detox. Try a tsp daily in your cooking or get some capsules. I have the New Chapter brand, which is very potent. Try one cap daily of the turmeric with food, but you can take more if more help is needed. Usage: 1-2 caps 3x/d. Another option is to simply buy organic turmeric in caps from your health food store.
- ◆ Coconut Juice — all coconut products (coconut oil, juice, flakes, fiber, flour and juice or water) are very nutritious. Dr. Bruce Fife, N.D., reports on coconut water in treating cataracts in his *The Coconut Oil Miracle* and in *Coconut Cures*. The coconut water is put into the eye with an eye dropper or eye cup and then covered with a hot wet washcloth for about 10 minutes.
- ◆ Thyroid glandular — many people with hypothyroidism report eye problems including double vision. This is one of many health problems that can be nutritionally supported with thyroid glandular therapy. Articles from <http://www.litalee.com>: Hypothyroidism; Thyroid Myths; Thyroid Resistance.
- ◆ 10% natural oral progesterone in vitamin E oil — progesterone has many excellent health effects and lowering ocular pressure is just one of them. Articles from <http://www.litalee.com>: Estrogen - Progesterone And Female Problems; Progesterone - Absorption And Safety; Progesterone Anti-Tumor Properties; Hypothyroidism. Dr. Ray Peat: <http://www.raypeat.com> has excellent articles on progesterone plus his newsletters and books.
- ◆ Pregnenolone has many uses which includes its ability to reduce exophthalmia (bulging eyes). Source: Dr. Ray Peat books and newsletters. <http://www.raypeat.com>



About Soy Formulas and Soymilk

Below is a brief summary of testimonies presented to the FDA by the Weston Price Organization, a non-profit nutrition education foundation promoting a return to traditional foods and nutrient-dense diets, Washington, DC: <http://www.westonaprice.org> Source <http://www.westonaprice.org/soy/index.html>

Soy-Based Infant Formula: Concerns and Recommendations Testimony presented to the US Food and Drug Administration Dietary Supplements, Additives and Ingredients, Food Biotechnology, Contaminants and Natural Toxicants, and Infant Formula Subcommittees, December 11, 2003

Twenty-five percent of bottle-fed infants in the United States receive soy-based formula. The key ingredient of soy infant formula is soy protein isolate (SPI). In rats, feeding SPI caused increased requirements for vitamins E, K, D and B12, created deficiency symptoms of calcium, magnesium, manganese, molybdenum, copper, iron and zinc. Nitrites (carcinogens), lysinoalanine (a toxin), aluminum, fluoride compounds and glutamic acid or MSG (neurotoxins) are formed during SPI production.

Soy based or milk-free formulas contained about 8-15 times more cadmium and 10 times more aluminum than milk-based formulas, as well as high amounts of fluoride.

During the processing of soy, many additional toxins are formed, including nitrates (which are carcinogens) and a toxin called lysinoalanine. It was concerns about lysinoalanine in SPI that led the FDA to deny GRAS status for SPI as a food additive.

Phytoestrogens (soy estrogens or isoflavones) are associated with endocrine disruption, depression of immune system and thyroid depression. Children on soy-based formula have levels of estrogens 13,000-22,000 times higher than children on milk-based formula — the equivalent of five birth control pills daily.

Reproductive problems, infertility, thyroid disease and liver disease due to dietary intake of phytoestrogens have been observed for eight species of animals.

Soy infant feeding was associated with higher rates of early development in girls, including breast development and pubic hair before the age of eight, sometimes before the age of three. The neonatal testosterone rise was suppressed in the soy-fed monkeys up to 70%.

Mother's milk is very high in cholesterol which is vital for infant development. Soy-based formula contains no cholesterol.

Human breast milk contained 5 to 20 micrograms aluminum per liter; concentrations were 10 to 20 fold greater in most cow milk-based formulas and 100-fold greater in soy-based formulas.

Twice as many soy-fed children developed diabetes as those in a control group that was breast fed or received milk-based formula.

Increased uterine cancer was seen in mice injected with genistein, a soy estrogen, as newborns. Infant mice given genistein developed cancer of the uterus later in life.



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."

Letter to a friend from one of my clients:

♥ Hi B,
Thanks for the email and recognition of my improved health. It's been a long struggle but worth it since I feel like myself again. I've copied Lita Lee (check out the website, too) on this email as much of my health change is because of the diet and enzymes she recommended for me. So far, I have referred 5 people to her and they are all noticing remarkable changes in their health, each with a different health issue. She will recommend a urinalysis, diet and health history, which you should contact her by this address and order the urinalysis ASAP. The book that we discussed about describing how enzymes work is also hers, so you can order that too.
KH, Philippines

♥ Dear Dr. Lee and Associates,
First 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 that 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.
SN, Ontario, Canada

♥ 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 sulphur. You suggested that all the foods I mentioned may indeed contain sulphur, 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, Tucson, AZ

Candidiasis Myths

I wrote an article years ago on *Candidiasis and Other Parasites*. It's available on my website. There are many myths about candidiasis. Below are some of them.

Systemic candidiasis is a myth: According to Dr. Ray Peat, most of what people believe about candida is wrong, but candida can become a problem for sick people. IgA is the main type of antibody on surfaces and secretions and should protect against candidiasis. But IgA is deficient in hypothyroidism, so hypothyroid people have more susceptible membranes, and the yeasts thrive on sugar that can appear in the secretions in diabetes/

stress, but they adhere to any cell with estradiol in it, thinking they have found a fertile yeast. Eating sugar and fruit is helpful, rather than harmful as the cultists say, because well nourished yeasts aren't harmful in the intestine. But starved yeasts need sugar and so they project invasive filaments into the intestinal wall, and can get into the blood stream, at which point — if they aren't quickly destroyed by white blood cells — they can grow and quickly kill the person. In a typical year, a few people in the world get invasive candida and quickly die, but millions of Americans will insist that they 'have candida in the bloodstream.' Eating sugar (fruits, fruit juices) lowers cortisol,

keeping the white cells working, helps to increase thyroid, and keeps the yeast from becoming invasive. PUFA (polyunsaturated fatty acids or omega-3 and -6 oils) are yeast stimulants, unlike saturated fats. The white film on grapes is a layer of yeast cells, that live there because of the PUFA in the waxy surface of the grape." (Source: Dr. Ray Peat; <http://www.raypeat.com>)



The anti-candida diet is unhealthy. In fact the sugars in fruits as indicated

(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

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)

When he felt the balance was coming not from the toes but from his gut, he said, "This is dramatic!" He has been listening to his tones for a week, and his wife wrote to the Davis Center commenting on the improvement she has noticed in his walking and balance.

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.

(Candidiasis Myths, Continued from page 3)

above by Dr. Ray Peat, the yeast in bread and many other foods on this list have nothing to do with candidiasis. The prothyroid diet would be excellent for preventing candidiasis, plus the enzymes and nutritional supplements listed below.

Many people who believe they have candidiasis do not really have it. Many clients who come to me believe that they have candidiasis and that it is the cause of all of their health problems. I disagree. Candidiasis isn't the cause of illness. It is the outcome of a suppressed immune system from a bad diet, overuse of antibiotics or serious illness. Candidiasis is not quite as common as many people believe.

Why? Many of the symptoms of candidiasis overlap with those of poor digestion. Also, parasites other than *Candida albicans* can have very similar signs and indications as those for candidiasis. These

symptoms can include bloating, food and environmental allergies, gastrointestinal problems, constipation or diarrhea, itchy skin, skin rashes and so on.

A nutritional support program for candidiasis:

- ◆ SmI — contains cellulase which digests unwanted species of yeast plus probiotics required to establish healthy intestinal flora.
- ◆ TRMA — a high protease formula which is for nutritional support of the immune system.
- ◆ Citricidal Tabs — a botanical formula for many kinds of parasites.

References: from <http://www.litalee.com>: April 2003 *To Your Health*; Candidiasis And Other Parasites.

"In every culture and every medical tradition before ours, healing was accomplished by moving energy"

— Albert Szent-Gyorgyi

Awarded the 1937 Nobel Prize in medicine