



To Your Health

April 2007

Volume 12, Issue 2

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:
July 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.

Focusing on the Positive



I hope that Spring is bringing you more sunshine and happiness. So much is happening on Earth right now that I think it's important for us to keep focusing on what we want on Earth instead of continuously focusing on the horror stories. Positive loving thoughts are contagious. Negative critical thoughts make that which you are focusing on grow. I wonder what would happen if we all started imagining peace, happiness, healing and prosperity for Earth, its creatures and humanity? Hmmm

To your health! Lita

A Liver Nutrition Support Program

The liver has many metabolic functions and has to detoxify *everything* and so many substances/drugs can harm it, including over-the-counter drugs. Below is a simple list of liver support enzymes/foods that nourish, detoxify and protect the liver. These are in addition to your multiple digestive enzyme and others as determined by the Loomis 24-hour urine test. I recently saw an older woman with no history of liver abuse who was diagnosed with "incurable autoimmune hepatitis" and who was prescribed prednisone for the rest of her life. She refused because she had just witnessed a relative die from this drug. In addition to the liver support formulas listed below, the woman followed my pro-thyroid diet, did hormonal balancing and took multiple digestive enzymes according to the Loomis urine test. This simple protocol was followed and the woman's liver enzymes are now almost normal. I then recommended acupuncture plus a Chinese liver herbal formula recommended by an acupuncturist, which I thought would be

a great addition to this protocol. The woman continues to feel fine!

TRMA – This enzyme is for the immune system, soft tissue trauma, anxiety, infection (any kind) and the health of the hair, eyes, nails, skin and *the liver*.

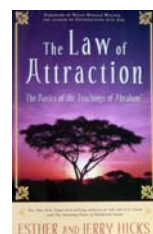
Lvr – An herbal/enzyme formula that nourishes and supports *liver* function. Contains enzymes plus liver supportive herbs.

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, including psoriasis, gallbladder problems and weak vision. It is a COX inhibitor (inhibits free radicals, like aspirin) and provides a gentle *liver* and colon detox. I use a potent organic extract from New Chapter.

Aspirin – According to Dr. Peat, "Because of estrogen's role in liver disease, I think some aspi-

(Continued on page 2)

Book Review: The Law of Attraction



The Law of Attraction, The Basics of the Teachings of Abraham, by Esther and Jerry Hicks

This is the third book by Esther and Jerry Hicks and it is my favorite one. Very simple, easy reading and every page has a profound tidbit of wisdom that will improve your life and your ability to draw to yourself that which you desire.

Part I is a complete history of how Esther and Jerry came to the teachings of Abraham. It is very interesting because Esther was certainly an unwilling student at first. Jerry was the relentless seeker and inquisitor.

Part II defines the Law of Attraction. You will read vivid descriptions of how your thoughts and your feelings always lead to the manifestation of whatever you are thinking and feeling – good or bad. It seems trite to say, 'you get what you focus on' but understanding this is the magic behind the Law of Attraction. You will learn how to go from feeling negative to feeling good in a step by step fashion; how to build your creative workshop; how to change your focus from what you may be currently experiencing to what you really want; and many answers to many questions.

(Continued on page 4)



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,

How can I thank you for changing my life? I have been on Synthroid for 16 years and have gone through some medical horror stories in that period of time. After hearing you on the Frankly Speaking Radio Show and reading the articles on your web site, I asked my doctor to switch me to Armour Thyroid at the beginning of the year. Within just a few days I could feel something had changed, and within two weeks I felt I had come ALIVE. My energy level -- well, I actually have an energy level now whereas before I felt dead, truly. WOW! For example, I used to love to sing but gave that up years ago. I found myself singing to the radio in the car one day, and there was strength to my voice that I haven't had in years. Fatigue is a thing of the past. I suffered for years from severe depression where I was crying every day. (I had tried numerous antidepressants, none of which worked.) I no longer feel that kind of despair, not even the urge to cry. Mood swings are a thing of the past as well. My husband appreciates you for bringing about these changes in me. I NOW HAVE A LIFE WORTH LIVING!!! Thank you from the bottom of my heart. P.S. My husband took the turmeric, and the sores on his arms and legs that he's had for 3 years cleared up.

KG
Springdale, Arkansas

♥ Dear Lita,

I continue to take the supplements and ordered more of the thyroid supplement, in case I ran out of it. The biggest improvement I noticed so far is the weight loss, almost 7 pounds since I met you. Also I feel more centered and focused. I am able to push myself more in the day due to an abundance of energy. My long standing problem of acne is slowly clearing up. This time my period was on time. The progress is slow, steady and gentle.

MS
Bay Area, CA

♥ Dear Lita,

Thank you for all your help. I read a lot of alternative health information, but I always stick to your recommendations. I discovered that what I have learned from you is eventually said by others. Can't tell you how many times my husband has heard, "Lita was right again." One affirmation after another. Thank you for what you have taught me. I am now teaching my children....and they're listening! I enjoy your newsletters and have compiled a large "Lita Lee Binder." Thanks again,

SM
Bay Area, California

(A Liver Nutrition Support Program, Continued from page 1)

rin along with the progesterone and thyroid would help. Aspirin is the only safe antiestrogenic drug, and there's lots of research showing its anticancer value. And coconut oil works with the aspirin, lowering lipid peroxidation and prostaglandins." Fruits and fruit juices are highest in salicylates (aspirin is acetylsalicylic acid), so not only do they *not* contain PUFA (omega-3 and -6 oils) but they are very anti-inflammatory and prothyroid. (It's even better when you add some sea salt to your fruits/fruit juices.)

Reference: *To Your Health*, October 2003.

Progesterone – Ten% oral progesterone provides nutritional support of normal structure and function in people who may have *liver* problems of any kind, seizures, blood pressure irregularities, female problems and many other health issues.

Chinese Herbs – I am not adept in this field, so I recommend going to an acupuncturist to find the right herb for your liver. There are 4 or 5 very good formulas.

Homeopathics – There are many homeopathics that are liver drainage formulas. Acupuncturists and homeopathic doctors are the most common doctors who prescribe these homeopathics.



References: <http://RayPeat.com> for articles, books and newsletter. <http://www.litalee.com> Estrogen, Progesterone And Female Problems; Estrogen – Toxic Side Effects; Estrogen – The HRT Hoax; Progesterone – Absorption And Safety; Progesterone – Anti-Tumor Properties

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 do not provide diagnosis, care, treatment or rehabilitation of individuals, nor apply medical, mental health or human development principles. I do not prescribe prescription drugs nor do I tell you to discontinue them. 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 .

Seizures

According to the research of Dr. Ray Peat, *natural* progesterone can stop a seizure because progesterone opposes the toxic effects of estrogen and acts to quiet the cells. In large doses, natural progesterone has anesthetic properties. I am referring to 10% oral natural progesterone (100% absorbed) and not progesterone creams (10% absorbed transdermally) or synthetic versions (progestins).

“Seizures can be caused by lack of glucose, lack of oxygen, vitamin B6 deficiency and magnesium deficiency. They are more likely to occur during the night, during puberty, premenstrually, during pregnancy, during the first year of life and can be triggered by hyperventilation, running, strong emotions or unusual sensory stimulation. Water retention and low sodium increase susceptibility to seizures. All recognized anti-seizure drugs are teratogenic, and women who are taking such drugs are told that pregnancy might kill them if they stop the drug, but that their babies will have a greatly increased risk of birth defects if they take the drugs during pregnancy. This is why a better understanding of epilepsy is very important.” (Peat, Ray, Ph.D., *Ray Peat’s Newsletter*, July 1997)

A Summary of Major Nutritional Causes of Seizures:

- ◆ Estrogen dominance means not enough progesterone to balance the estrogen, whether it’s low, normal or high. Women should have at least 50 times more progesterone than estrogen. The lower the ratio of progesterone to estrogen, the higher the risk of seizures, especially during menses when there is a surge of estrogen. The major cause of excess estrogen, other than ingesting it in birth control pills, ERT and estrogenic substances is hypothyroidism.
- ◆ Xeno-estrogens are environmental chemicals or substances that act like estrogen (estrogen mimics). These include all pesticides and herbicides, fluoride and unsaturated oils (omega-3 and -6 oils called polyunsaturated fatty acids or PUFAs).
- ◆ Excess unsaturated oils – polyunsaturated oils (PUFA) or essential fatty acids (they aren’t) or omega-3 and -6 oils. This includes *all* liquid oils except extra virgin olive oil.
- ◆ Water retention (edema), excessive water (especially distilled water) consumption (more than two quarts) and inadequate sodium retention, prevalent in hypothyroid people and worse in hypothyroid women.
- ◆ Excitatory amino acids. Glutamic acid and aspartic acid can trigger seizures in their isolated forms. These amino acids are commonly found in mineral formulas, such as magnesium aspartate, monosodium glutamate (MSG) or magnesium glutamate; as isolated amino acid formulas; and in NutraSweet.
- ◆ A deficiency of inhibitory amino acids, such as taurine, glycine and GABA (gamma-aminobutyric acid) can trigger seizures. Low brain taurine concentrations have been found at the site of seizure activity in the brain.
- ◆ Fluoride causes seizures. Found in many water sources, reconstituted beverages, black and green teas, toothpastes and dental treatments. There is no shower filter that removes fluoride.
- ◆ Low blood sugar can cause spaciness, dizziness and seizures whether caused by hypothyroidism, sugar or protein intolerance.
- ◆ Excess refined sugars can cause seizures, whether from soda pop, commercial desserts and candy.

- ◆ Nutrient deficiencies. Mineral deficiencies such as magnesium, calcium, manganese and zinc as well as deficiencies in the B vitamins, especially folic acid and vitamin B-6 (pyridoxine).
- ◆ A sudden increase in body temperature. It is *how fast* the temperature rises, not the temperature itself, which causes seizures.
- ◆ Structural problems. Upper cervical problems, especially in the atlas (especially C1 but also C2, C3) can cause seizures. Head injuries and whiplash injuries can cause atlas problems.



Causes listed by Dr. Ray Peat:

- ◆ Drinking too much water (2 quarts or more daily), especially distilled water, can cause seizures.
- ◆ Hyperventilation can cause seizures.
- ◆ Brain worms that form cysts can cause seizures.

Seizures Success Stories

Maddie, the 10 year-old standard poodle

Maddie had recently begun having seizures. The owner came to me as a client and brought Maddie, his beloved dog with him. Upon telling me about Maddie’s seizures, I recommended that he try 10% oral natural progesterone. The next day, Maddie started having a grand mal seizure and her owner gave her 3 drops of progest-e oil. He said that she shook a bit, laid down for 10 minutes, then went over to the fridge and DEMANDED food....then she ate it up!! He said that this was spectacular because the last time she had even a minor seizure, she went to sleep for over an hour and was exhausted the rest of the day without an appetite.

A case of fluoride toxicity

An 8-year old boy presented with chronic seizures that began when the family moved to a new state. A urine test and physical exam revealed mild digestive problems, not severe enough to induce seizures, I thought. Testing ruled out structural problems. The only thing left was possible fluoride toxicity. I was not surprised to find out that the family was drinking tap water in a state that used fluoridation. In addition, the family used fluoridated toothpaste and the child received regular dental fluoride treatments. I recommended minor dietary changes, gave the child DGST that contains disaccharidases and cautioned against all sources of fluoride. The mother excitedly complied, bought a reverse osmosis water filter, dumped her fluoride toothpaste and requested the dentist to delete fluoride treatments. When this program was initiated, the child’s seizures stopped and never returned.

The girl who got seizures during holidays

A mother brought her six-year-old daughter to me. The child had recently been diagnosed with epilepsy. The doctor said the child would require lifetime usage of anti-epileptic drugs and that there was no cure. The mother refused drugs. The only clue we had to the child’s seizures was their occurrence

(Continued on page 4)

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

(Book Review: The Law of Attraction, Continued from page 1)

Part III is a section on The Science of Deliberate Creation starting with the definition and explaining how you are the sole creator of your experiences. You will learn the delicate balance between *wanting* and *allowing*. How to avoid getting what you don't want. How to get out of a downward spiral. And much more.

Part IV is The Art of Allowing starting with its definition and discussions on protection, the importance of feelings, not just thoughts, how to live the art of allowing, how it affects your health, the subtle difference between *Wanting* and *Needing*, etc.

Part V presents *Segment Intending*. I will leave this one for you to read.

Here are quotes from only two pages!

- ◇ p. 28 "In order to effect true positive change in your experience, you must disregard how things are – as well as

how others are seeing you – and give more of your attention to the way you prefer things to be."

- ◇ p. 28 "By deliberately directing your thoughts – rather than merely observing what is happening around you – you will begin to change the vibrational patterns to which the Law of Attraction is responding. And in time, with far less effort than you may currently believe, you will no longer – by responding to what others perceive you to be – be creating a future that is so similar to your past and present. Instead you will be the powerful deliberate creator of your own experience."
- ◇ p. 39 "There is nothing that you cannot be, do or have."
- ◇ p. 39 "Go forth, giving thought to what you want, attracting life experiences to help you decide what you want, and once you have decided, giving thought only unto that."

This book is a perfect companion to *The Secret* movie which also vividly illustrates the law of attraction.

(Seizures, Continued from page 3)

during special times of the year: Christmas, Easter, on her birthday, and during celebration times when children are more likely to indulge more in sweets. Her mother recalled a seizure following a restaurant breakfast of pancakes and syrup.

I suggested that the mother eliminate all refined and synthetic sugars from the child's diet and use a whole food diet. In addition, I gave her Thera-zyme PAN, a digestive enzyme formula for sugar-intolerant people and Thera-zyme Adr, especially for people prone to dizziness and seizures. She followed my suggestions, and the child's seizures stopped and have never returned.

References: From <http://www.litalee.com> : Seizures And Convulsions; Estrogen Toxic Side Effects; Estrogen - The HRT Hoax; Estrogen, Progesterone And Female Problems; Fluoride Notes; Fluoride –A Modern Toxic Waste