



# To Your Health

January 2008

Volume 13, Issue 1

## Healthy Reading

Dr. Lee's book, *The Enzyme Cure*, is available from her office or her website. Call 503-775-2251 to order or visit: [www.litalee.com](http://www.litalee.com)

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

Newsletter Editor  
Michelle Nicolson

Next Newsletter:  
April 2008

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

Lita Lee Ph.D.  
5026 70th Avenue  
Portland, OR 97206

Office: 503-775-2251

Fax: 503-788-7974

Email  
[lita@litalee.com](mailto:lita@litalee.com)

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

©2001-2008

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, Time for New Possibilities

Dear Friends,



Greetings from Portland, Oregon, in 2008! In this newsletter you will find a new section called Baby Bits in honor of my granddaughter, Sophia. Plus I'll discuss a nutritional support system for depression, anxiety, panic and nervousness. In today's tumultuous world, I am happy to report that there are drug-free choices to help us

through difficult times. May your 2008 be blessed with joy, health and prosperity, and may all your wishes come true.

To your health!  
Lita

## Are You Depressed?

I believe that in most instances, depression is a nutritional problem caused by low thyroid function, an anti-thyroid diet, anti-thyroid substances and stress of any kind (physical, mental, emotional or spiritual). I have articles on this topic should you seek more information. See *Mental Problems, Hypothyroidism, Thyroid Resistance and Thyroid Myths* on [www.litalee.com](http://www.litalee.com)

### Nutritional support for depression, anxiety, panic, stress, insomnia and nervousness

Take your appropriate multiple digestive enzyme — usually PAN (sugar intolerance) is indicated, 2 caps with each meal 3x/d. But, sometimes additional formulas are required. The Loomis 24-hour urine test will determine the exact enzyme formulas needed.

*Enzymes for nutritional support to relieve depression, panic, anxiety, etc.*

- ◇ **SvG** — nutritional support to relax a racing mind so you can stop thinking, become serene or meditate. Usage: 4 caps between meals as needed or before bed to quiet the mind.
- ◇ **Adr** — digests sucrose and puts glucose into the brain. Nutritional support for those who have stress, panic or anxiety, or who wake up at night. Usage: 4 caps between meals and anytime needed and as often as needed until relieved.
- ◇ **CLM** — nutritional support for people who suffer severe emotional, mental or physical stress and nervousness. Usage: 4 caps as needed anytime.
- ◇ **TRMA** — nutritional support for anxiety, sighing a lot, plus immune system problems due to protease deficiency (protein intolerance or lack of intake). Usage: 4 caps between meals 3-5 x/d. Dosage is dependent

(Continued on page 2)

## Baby Bits



Here is a new section inspired by my beautiful granddaughter, Sophia, now 4 months old and 16 pounds.

### Cat Allergy in Newborn: Enzymes and NMT

Sophia was about 3 weeks old when her mama (Veronica) noticed the baby sneezing and sounding congested. It was worse at night and sometimes went away, but she soon noticed that it occurred when the family long-haired cat, who has severe dander, was present. Since the cat slept on the bed, the connection was logical. One day Veronica was sitting on her couch when the cat hopped up and Sophia started sneezing and getting congested. Veronica and Sophia came running over to my house to get away from the cat, and this time she was sure that the cat was the allergic culprit. I gave mama Kdy and DERM and told her to take 3 of each before bed and 1-2 times daily. This helped a lot, and Sophia's sneezing and congestion decreased. Then Sophia received an NMT treatment from Sue DeWhitt

(Continued on page 3)

(Are You Depressed?, Continued from page 1)

upon symptoms. Contraindication: gastric problems (although some people with gastric problems can tolerate TRMA on an empty stomach or by opening the caps and adding to water).

### Anti-stress adaptogen: *Rhodiola rosea*

This information was taken from "The Herb That Came In From The Cold," by Peter Jaret and appeared in *Alternative Medicine*, January 2005.



*Rhodiola* relieves depression and increases stamina. *Rhodiola rosea* has been used for centuries in the traditional medicine of Russia and Scandinavia. There is a 1755 entry on *Rhodiola* in the first Swedish

pharmacopoeia. Over the past 40 years, over 180 studies were conducted, mostly by Russian researchers. Soviet interest was prompted by goals to give the Soviet military an edge and to improve stamina and performance of astronauts as well as Olympic athletes. Soviet researchers classified the herb as an adaptogen, a substance that can increase resistance to stress. *Rhodiola* has a positive nutritional effect on the mitochondria (the lungs of the cell) and may also increase metabolism and improve overall brain metabolism. By providing this energy boost, *Rhodiola* appears to help cells function better under stress. As well, antioxidants in this herb help protect cells and DNA from peroxidative (free radical) damage. The mechanism by which *Rhodiola* reduces depression has not been proven. Here is a summary of clinical benefits reported with *Rhodiola*:

- ◇ Decreases fatigue whether from illness, jet lag or hard work
- ◇ Improves physical performance
- ◇ Eases mild to moderate depression
- ◇ Nutritional support for the immune system
- ◇ Improves mental performance and rate of learning

### Hormonal Balancing

- ◇ **Pregnenolone** — anti-panic, pro-memory formula. Stops chemical cascade in the brain that leads to panic attack. If a pure brand of pregnenolone is used, large doses can be taken with no side effects. This is a great formula for the

### Ask Lita an In-Depth Question — New Email Policy

#### *Enquirers and Over-the-Counter Clients:*

Here is your chance to find answers to your in-depth question to Dr. Lee. You may want to describe a health condition you have and ask if there are natural, non-toxic solutions. You may also book a phone consultation with Dr. Lee, and she may recommend this if she believes that she could provide more information on your question after discussing your condition with her.

#### *Clients (who have done the Loomis 24-hour urine test):*

If you are already a client, Dr. Lee will be able to provide a more complete answer to an in-depth question since she has your complete health history and urine test results. The more detailed your question, the better she can answer it. If your question requires research or more detailed information than what you have provided, Dr. Lee may also recommend a phone consultation.

**Fees:** \$25.00 per in-depth answered question  
Phone consultations are \$110 per hour pro-rated.  
VISA and Master Card accepted.

Note: there is no charge for a simple, yes or no question or a question about which enzyme to take for a certain condition. Examples:

- ◇ Is fish oil good for me?
- ◇ What foods contain prolamines (gluten-like storage proteins)?
- ◇ What is the prothyroid diet? (a chart will be provided)
- ◇ What enzyme should I take for a sore throat?
- ◇ What enzymes can I take for a cold/flu? (a list will be provided).

"pre-performance jitters." If you take the tabs, chew at least 2 tabs 3x/d and even hourly if needed. If you take the powder, 1/16<sup>th</sup> tsp = 200 mg. This is one formula you can take hourly as well until you feel better.

- ◇ **Thyroid** — a major anti-stress glandular. The need for thyroid will increase with stress (any kind), winter (darkness) and sickness.
- ◇ **Progesterone in vitamin E oil** — for women. Usage: 3 drops daily or from midcycle to menses. Some women need more than this.

### Positive Thinking

I consider how we think, feel and focus just as important as what we eat. The *Law of Attraction* — you get what you focus on, whether you want it or not — is a very important part of healing, so much so that I can almost predict which of my clients will allow self-healing and which ones will have trouble allowing self-healing. It is directly proportional to what they are focused on. I give all of my clients a compilation of articles on positive thinking. Take your pick: Dr. Masaru Emoto, Esther and Jerry Hicks, Louise Hay, Dr. Wayne Dyer, Lynn Grabhorn, Doreen Virtue and many others. There are many books, DVDs, CDs and seminars available. 



# 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,  
If you compare this questionnaire with my previous one, you will notice that major health improvements have taken place. I am delighted and very happy with such improvements. Thanks a lot for giving me back my life.  
EK  
Janesville, WI



♥ Lita:  
I just wanted to thank you for the guidance you have provided to me on thyroid and enzymes. I am now taking 4 grains per day and following your thyroid guidelines....the hoarseness and muscle weakness I suffered with for so long have completely disappeared...my mind is becoming very clear and my depression and irritability much diminished. My morning temperature has risen from the mid 96 range to the mid 97 range...I suffered for five years and visited many expensive doctors who never once suggested that my thyroid could be an issue...so I owe you a great deal of thanks. I recently read Broda Barnes and Mark Starr's books on thyroid....its astounding that their findings are not receiving the attention they deserve. I have referred a number of people to you for consultations....I think its wonderful that you provide the service that you do at such an economical price!! I have ordered another one of your enzyme tests and am looking forward to consulting with you again in the near future....Many thanks!!

♥ Thank you Lita  
I don't know what I would do without you, your dedication and these wonderful products.... they have saved my life!  
JR  
Renton, WA

CC  
Arlington, VA

*"There is nothing for you to go back and live over, or fix, or feel regret about now. Every part of your life has unfolded just right. And so — now — knowing all that you know from where you now stand, now what do you want? The answers are now coming forth to you. Go forth in joy, and get on with it."*  
**Abraham Hicks**

(Baby Bits, Continued from page 1)  
of Eugene, Oregon, and Sue also confirmed that the baby was indeed allergic to cat dander. The combination of enzymes and NMT brought relief to Sophia and her parents. For more information on NMT, go to [www.neuromodulationtechnique.com](http://www.neuromodulationtechnique.com). Sue DeWhitt, Lac, is at Active Life Acupuncture in Eugene, OR. Phone: 541-284-2084.

### Infant Colic

This is another word for poor digestion, although it's not always recognized. I have had success with both breast-fed and bottle-fed infants. Here is the program:

- ◇ A multiple digestive enzyme for the mother if nursing (PAN, Stm, HCL, Bil, etc.). In addition, many nursing mothers discover which foods cause colic in their infant, and these should be minimized or avoided.
- ◇ DGST, a pediatric enzyme for the infant, about ½ cap per feeding (given in a small amount of water with a dropper or pediatric spoon).
- ◇ In bottle-fed babies, I encourage the mother to try goat milk (raw if possible) instead of formulas, especially soy formulas in addition to the DGST. I also recommend

LAC (lactase) if the milk is pasteurized.

- ◇ I recommend Stm in cases where the infant has been diagnosed with GERD and given antacids (although this usually isn't necessary).



Homeopathics are always a useful and excellent addition to enzymes, and these are readily available online or from health food stores.

To read case histories on both nursing and bottle fed infants, see *To Your Health*, October 2006.

Sources of homeopathic remedies:

- ◇ The Little People Kit for children [www.1800homeopathy.com](http://www.1800homeopathy.com)
- ◇ Boiron Homeopathics [www.boiron.com](http://www.boiron.com) Also available in health food stores.
- ◇ Hyland's Homeopathics [www.hylands.com](http://www.hylands.com) Also available in health food stores.

# To Your Health

Lita Lee, Inc.  
5026 70th Avenue  
Portland, OR 97206

To Your Health

## ***Dr. Lee's Radio Shows Are Now Available Online!***

**Radio Show — Lita Lee on the Nutritional Show, KWAH  
1080 Hawaii radio — Karen and Damian Paul**



These broadcasts are an informal discussion between individuals — a spoken exchange in which thoughts, opinions and feelings are expressed. It is comprised of sentence fragments and may include unusual terminology as

the participants endeavor to articulate their unique experiences and knowledge. Rebroadcasted with permission from the Nutritional Show.

To listen to these broadcasts, go to <http://www.litalee.com/shopdisplayproducts.asp?id=27>.

**Topics covered:** Enzyme therapy and hormonal balancing with thyroid nutrition and natural, oral progesterone. Lita describes what enzymes are and how they help relieve many health conditions created by poor digestion. She gives case histories and describes the enzyme connection to these health conditions.

**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.

**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 .