



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 503-775-2251 to order or visit: www.litalee.com

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

Newsletter Editor
Michelle Nicolson

Next Newsletter:
January 2010

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

Lita Lee Ph.D.
5526 70th Avenue
Portland, OR 97206

Office: 503-775-2251

Fax: 503-788-7974

Email
lita@litalee.com

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

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Dispelling the Myths

Dear Friends,



Welcome to this autumn issue of *To Your Health!* You may be surprised by some of the information I have written for this issue. This newsletter contains myths regarding some very popular supplements, resveratrol and HGH (human growth hormone). As well, I have enlarged my list of natural and non-toxic nutritional support for the flu season. Finally, I have put in some very important information for those of you who are still deciding if you want to take a flu shot. This controversy is much deeper than any of us can imagine.

To your health!
Lita

Nutritional Myth: Resveratrol, Rate of Living, CO₂ and Aging Notes from Ray Peat's Newsletter, September 2009

From time to time, I will include this section in my newsletters and blogs.

This is a brief abstract of the above newsletter from Dr. Ray Peat. To order the complete newsletter, please contact Dr. Ray Peat at P.O. Box 5764, Eugene, OR 97405. Cost each is \$4 for shipment in the United States and \$5 for International.

"A year ago GlaxoSmithKline bought Sirtris, a company focusing on the biological effects of resveratrol, for \$720,000,000. Harvard Medical School's website and broadcasts by Barbara Walters and Morley Safer have publicized resveratrol as a longevity-increasing drug, and millions of people are spending large amounts of money for resveratrol capsules."

"The main claim about resveratrol is that it can mimic the anti-aging effects of calorie restriction, without having to restrict food consumption."

There follows a fascinating discussion of anti-aging genes, aging theories and the "longevity gene."

Here is the most important information you should know if you are one of many taking resveratrol.

Resveratrol is a defensive fungicidal antibiotic (phytoalexin), and it's also a phytoestrogen (e.g. plant estrogen). Estrogenic substances such as resveratrol can be very dangerous if consumed in excess amounts. Resveratrol is a stilbene, similar in structure to diethylstilbestrol (DES), the toxic-carcinogenic pharmaceutical that caused birth

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Unsolicited Testimonial

♥ Dear Lita,
I was wondering what these enzymes were doing anyway. I ran out of several, and it just so happened that it coincided with bouts of fatigue, bloating, sugar cravings, anxiety and constipation. WOW! I have never had what I would consider a regular healthy bowel movement until I started on your program. Since I ran out, I am missing my great morning BM! Can't wait to receive my order!!! Amazing. Thank you, Lita.
In gratitude,
LJ

Reply from Lita:
Thank you for writing. I have heard this many times. I think it's a good idea to really know the effect of these enzymes! In fact, I always tell my clients, when the conditions for which you are taking the enzyme goes away, try decreasing the dosage or stopping the enzyme and see what happens. Your body will always tell you what you need.
Blessings,
Lita Lee

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."

(Nutritional Myth: Resveratrol, Rate of Living, CO2 and Aging, Continued from page 1)

defects. Estrogens affect all of the systems affected by resveratrol, and for 67 years, the estrogen industry has been telling us that whatever estrogen does is beneficial. According to the medical literature and pharmaceutical advertising, more than 200 medical conditions have been benefited by estrogen treatment.



There should be skepticism about the claims being made by the resveratrol advertisers.

A little stress can make an organism a bit more resistant to subsequent changes. However, resveratrol failed to extend the lifespan of normal mice (with one exception, only in a strain of mice that becomes abnormally fat on a normal diet).

Nitric oxide: Promoted by resveratrol and estrogens, including some phytoestrogens, nitric oxide causes chromosomal damage that contributes to cancer and possibly to birth defects. Nitric oxide has been proposed to be a major factor in causing the degenerative diseases of aging.

Niacinamide: In the claims that resveratrol increases lifespan, it was reported that **niacinamide** had the opposite effect, suppressing the longevity gene and shortening the lifespan. But from many experiments involving the use of niacinamide: It protects nerves, vascular cells, insulin-producing cells in the pancreas and other types of cells from cell death produced by lack of oxygen. In many ways, niacinamide acts as a negation of resveratrol. Niacinamide protects mitochondrial respiration from many age-related factors that can damage mitochondria and decrease energy production.

The huge marketing campaign for resveratrol will directly affect people's health adversely, but it is also polluting the culture by reinforcing the doctrine that torpor, slowing the life process, is beneficial. 🌱

"The body's ability to heal itself is far more amazing than anything modern medicine could create."

Nutritional Myth: Human Growth Hormone (HGH) – Is It Healthy?

Human growth hormone (HGH) is a very popular "anti-aging" substance, but is it really anti-aging? This information is from *Ray Peat's Newsletter*, April 2000, "Growth Hormone: Hormone of Stress, Aging & Death?"

In his newsletter, Peat gives references to show that human growth hormone is a stress hormone. Below is a summary of Dr. Peat's conclusions on the effects of HGH without the technical information and references provided in his newsletter.

- ◇ Estrogen causes increased secretion of HGH.
- ◇ Estrogen induces a pro-aging free radical, nitric oxide which releases HGH. All three produced edema (increased fluid retention).
- ◇ HGH is very high during heart failure, and edema contributes to this problem.
- ◇ HGH treatments have produced carpal tunnel syndrome, myalgia, tumor growth, gynecomastia and many other problems.
- ◇ HGH, like adrenalin, mobilizes fatty acids from storage and increased free fatty acids block the oxidation of glucose. This is one reason why HGH is known to antagonize insulin.
- ◇ Heat (but not cold), hypoglycemia, running and some kinds of shock are known to stimulate HGH — sometimes to levels 10 or 20 times higher than normal.
- ◇ HGH causes edema and the increased muscle weight following GH treatments is due to edema, not "growth."
- ◇ HGH increases during sleep as do other stress hormones, adrenalin, cortisol and prolactin whereas thyroid and progesterone functions decrease at night.

Dr. Peat also told me that people who buy their "growth hormone" over the Internet probably don't have to worry — the ones I looked at contain about one small dose per bottle, making each dose about 100 times smaller than would be either "effective or harmful." 🌱

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.

Disclaimer: 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.

Swine Flu Tidbits: Be Informed Before You Get a Flu Shot

Swine Flu Tidbits: Be Informed Before You Get a Flu Shot Things You're Not Supposed to Know about the Swine Flu Vaccine

by Mike Adams, the Health Ranger, *NaturalNews* Editor
From [NaturalNews.com](http://www.naturalnews.com/z026717_swine_flu_flu_vaccine_swine_flu_vaccine.html) printable article, originally published July 28, 2009. http://www.naturalnews.com/z026717_swine_flu_flu_vaccine_swine_flu_vaccine.html



Swine flu vaccines now being prepared for mass injection into infants, children, teens and adults *have never been tested* and won't be tested before the injections begin. In Europe, where flu vaccines are typically tested on hundreds (or thousands) of people before being unleashed on the masses, the *European Medicines Agency* is allowing companies to skip the testing process entirely.

Swine flu vaccines contain dangerous adjuvants that cause an inflammatory response in the body. This is why they are suspected of causing autism and other neurological disorders.

Even if the swine flu vaccine kills you, the drug companies aren't responsible. The U.S. government has granted drug companies complete immunity against vaccine product liability. Thanks to that blanket immunity, drug companies have no incentive to make *safe* vaccines, because they only get paid based on quantity, not safety.

Drug companies are making billions of dollars from the production of swine flu vaccines. That money comes out of your pocket — even if you don't get the jab — because it's all paid by the taxpayers.

History: The 1976 Swine Flu Vaccine Disaster from 60 Minutes, November 4, 1979

In 1976, a failed swine flu vaccine caused irreparable damage to the nervous systems of hundreds of people, paralyzing many. Medical doctors gave the problem a name — Guillain-Barre syndrome.

Here is a brief comment from the *60 Minutes* show aired on November 4th, 1979. To read the entire transcript, go to. http://www.litalee.com/documents/HistoryoftheSwine-Flu_MikeWallaceinterview2009.pdf

This transcript is from a 1979 episode of *60 Minutes* where Mike Wallace talks to President Ford, Judy Roberts (injured by the 1976 swine flu vaccine, paralyzed similar to Gardasil injury), Dr. David Sencer and others about the Swine Flu vaccine of 1976. Note the admitted lack of safety and informed consent to the public, even as TV ads frightened American citizens into getting a shot. Think anything has changed today?

“The flu season is upon us. Which type will we worry about this year, and what kind of shots will we be told to take? Re-

member the swine flu scare of 1976? That was the year the U.S. government told us all that swine flu could turn out to be a killer that could spread across the nation, and Washington decided that every man, woman and child in the nation should get a shot to prevent a nationwide outbreak, a pandemic.” (Mike Wallace)

“Forty six million people obediently took the shot, and now 4,000 Americans are claiming damages from Uncle Sam amounting to three and a half billion dollars because of what happened when they took that shot. By far the greatest number of the claims — two thirds of them are for neurological damage, or even death, allegedly triggered by the flu shot.” (Mike Wallace).

Vaccine Creators Refuse to Take H1N1 Vaccine

Russia Today... scientists involved in creating previous vaccinations are telling family and friends not to take the H1N1 vaccine. Madsen warns that the government may make the vaccination mandatory creating problems such as banning children from attending school. Source: <http://atomicnewsreview.org/2009/08/28/vaccine-creators-refuse-to-take-h1n1-vaccine/>

WHO Issues H1N1 Swine Flu Propaganda, Sept. 6, 2009

From Tetrahedron, LLC. For the full report, go to: <http://www.mtl911truth.org/?p=2222>

Pharma is Testing "Mock" Viruses in Vaccines

Los Angeles — The World Health Organization (WHO) is spreading propaganda like the flu to convince people that “live” new, genetically-engineered, “mock” influenza viruses in vaccines are safe.

On August 6, 2009, following news that more than half the world's health professionals will refuse vaccinations this fall, the WHO issued a directive to governments to reassure people the new flu vaccines, still being tested, are “safe.” A major U.S. media blitz followed featuring Barack Obama telling Americans to get vaccinated, and network broadcasts maligning vaccination opponents.

“From the White House to Oprah.com, H1N1 swine flu vaccine promoters and promotions, costing taxpayers tens of millions of dollars, are serving Pharma advancing a genocidal agenda,” reports public health expert and media analyst, Dr. Leonard Horowitz. “Dismissing harmful vaccine side effects that may sicken millions of people following injections of immune-system intoxicating chemicals, heavy metals, viral proteins and foreign genetic materials reflects gross criminal malfeasance,” he says.

Adverse Effects of Tamiflu

<http://articles.mercola.com/sites/articles/archive/2008/03/15/tamiflu-s-effects-on-your-brain.aspx>

Tamiflu's Effects On Your Brain

Posted by: [Dr. Mercola](http://www.mercola.com) March 15, 2008

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Nutritional Support for Flu Season

Because so many people have nearly died from the adverse effects of flu shots or from getting a severe case of influenza following vaccination which required hospitalization, I am summarizing my nutritional program for normal support and function in people who may be exposed to the flu. Take the formula(s) you need that will relieve your particular symptoms. If you need more information, email Lita at lita@litalee.com.

- ◇ **A multiple digestive enzyme** you usually take, as determined by the Loomis 24-hour urinalysis (PAN, Stm, HCL, Bil, VSCLR and DGST).
- ◇ **Thera-Zyme TRMA** — enzymatic nutritional support during infections, 4 caps *between* meals 3-5x/d until well. TRMA is also excellent for fluid anywhere, including the ears.
- ◇ **Thera-Zyme Rsp** — enzymatic nutritional lung support during bronchitis, infection, wheezing, etc., 3-4 caps as needed until relieved.
- ◇ **Thera-Zyme Kdy** — enzymatic nutritional lymphatic support for swollen glands, 3 caps *between* meals 3-5x/d until relieved. Good for allergies.
- ◇ **Thera-Zyme SvG** — enzymatic nutritional support for a sore throat, 4 caps 3-5 x/d until relieved.
- ◇ **Thera-Zyme Nsl** — enzymatic nutritional nasal support for a stuffy/congested nose, 4 caps 3-5 x/d until relieved. If more help is needed, add the Citricidal Nasal Spray. Also, I

recommend a Neti Pot daily.

- ◇ **Thera-Zyme Opt** — enzymatic nutrition support for a runny, drippy nose, 4 caps 3-5 x/d until relieved.



- ◇ **Tulsi (Holy Basil)** — Ayurvedic herb well known for its remarkable healing properties. The anti-flu property of Tulsi has been discovered by medical experts across the world quite recently. Tulsi improves your body's overall defense mechanism, including its ability to fight viral diseases. Apart from acting as a preventive medicine, Tulsi can also help a patient recover faster. Source: Yahoo News, August 12, 2009-09, http://in.news.yahoo.com/242/20090812/1512/tls-indian-natural-herb-tulsi-to-fight-b_1.html
- ◇ **Lagundi** — Ayurvedic herb for flu and lung symptoms (fever, sore throat, aches and pains, lung congestion bronchitis, pneumonia, asthma), 1-3 caps 3x/d until relieved.
- ◇ **Lagundi Spray** — Ayurvedic herbal tincture spray, for clearing the throat and the irritation from the flu or the mucous from allergies. It also improves breathing when you are congested.
- ◇ **Vitamin D3 (Cholecalciferol)** — at least 4000–5000 iu daily for adults. Children need about 1,000 iu per 25 pounds of body weight. This is of

major importance for protecting from many health problems, including the flu.

- ◇ **Citricidal tabs** — natural antiseptic from grapefruit pulp and seeds. 2 tabs per meal 3x/d. During

active infection, take 1 tab every hour until you feel better. Or, use **Citricidal Liquid**. Four drops are equivalent to one Citricidal tablet.

- ◇ **New Zealand Colostrum Powder or Caps** (from Sedona Labs) — a total body immune system support food that is baby's first food of life. Good for humans of all ages and also your pets! Put some into mouth and let trickle down throat to relieve a sore throat.
- ◇ **Aspirin** — good for inflammation and pain. See aspirin article in the October 2003 *To Your Health* newsletter. Did you know that fruits and fruit juices are naturally high in salicylates, part of the aspirin molecule? That's why I recommend them.
- ◇ **Umcka Homeopathic Flu** formula — shortens duration of the flu without suppressing symptoms. Follow directions on the label.
- ◇ **Thyroid glandular nutrition** and the **pro-thyroid diet** are essential in supporting your immune system. See articles from www.litalee.com: Hypothyroidism; Thyroid Myths; Thyroid Resistance. 📖

(Swine Flu Tidbits, Continued from page 3)

The FDA has been reviewing reports of abnormal behavior and other brain effects in more than 1,800 children who had taken the flu medicine Tamiflu. The symptoms have included convulsions, delirium or delusions, and in Japan, five deaths have been reported in children under 16 as a result of neurological or psychiatric problems. Four were fatal falls, and one was a brain infection in a patient with leukemia. There have also been nine deaths among older teens and adults, attributed to neuropsychiatric problems or brain infections. Sources: *USA Today*, December 1, 2007

August 13, 2009

TAMIFLU Turned My Children in to Hallucinating, Sobbing Wrecks

By Richard Price

Read this anguished father's report on the effect of Tamiflu on his young children in the Health Freedom Alliance: <http://>

blogs.healthfreedomalliance.org/blog/2009/08/13/tamiflu-turned-my-children-into-hallucinating-sobbing-wrecks/

Here are links to other information on adverse health effects of vaccinations and on the Swine Flu:

- ◇ Historical Facts about the Dangers and Failures of Vaccines: <http://www.litalee.com/blog/2009/09/historical-facts-about-dangers-and.html>
- ◇ Vaccinations: <http://www.litalee.com/shopexd.asp?id=216>
- ◇ Putting Swine Flu into Perspective: <http://www.litalee.com/blog/2009/09/putting-swine-flu-into-perspective.html>
- ◇ The Swine Flu Epidemic – Fact or Fiction? <http://www.litalee.com/blog/2009/09/swine-flu-pandemic-fact-or-fiction.html>
- ◇ Gardasil – the HPV Vaccine: <http://www.litalee.com/blog/2008/11/update-on-gardasil-hpv-vaccine.html> 📖