Dear Friends,

Welcome to this 2010 spring issue of To Your Health. I hope that you are enjoying the burst of spring flowers, bird songs and the warm spurts of sunshine.

In this issue are some great testimonials, nutritional myths, nutritional remedies for dizziness and foods that help prevent senior moments!

To your health!

Lita

Nutritional Myths: Is Melatonin Safe for Insomnia?

Answer: No! Melatonin is a hormone made in the pineal gland from the amino acid tryptophan. As we consume tryptophan in our food during the day, the body converts it into serotonin. Serotonin, in turn, is converted into melatonin. This conversion occurs most efficiently at night. Melatonin creates stupor, raises estrogen and is thus anti-thyroid and carcinogenic (Dr. Ray Peat, www.RayPeat.com). See below for my nutritional suggestions for insomnia.

A Burst of Spring!

Is there nutritional support for insomnia?

Answer: Yes! Insomnia has many nutritional causes. Are you worried, anxious, in pain, thinking too much, nervous, etc.? Below are enzymatic and nutritional support formulas for insomnia.

◊ SvG for trouble falling asleep because you can’t relax, become serene or stop your racing mind. SvG is also for throat problems (irritated or sore throat, hard marbles under the jaw bone, speech problems, etc.)

◊ Adr for waking up after falling asleep, to relieve stress. Adr is also for depression, moody or irritable or violent behavior, attention deficit, ADHD, stress and panicky feelings.

◊ CLM for difficulty sleeping because of nervousness or inability to calm down.

◊ TRMA for insomnia due to anxiety. Note: if gastric problems are present (gastritis, hiatal hernia or ulcers), it is very important that TRMA be taken on an empty stomach with only water.

◊ Thyroid glandular is an excellent nutritional support for people who have insomnia because of a sluggish thyroid function.

◊ Low potency homeopathics are sometimes a great and

Unsolicited Testimonials

Here is a happy testimonial from a young mother who weaned herself from a toxic drug. Her husband is doing the same with another one.

Note: I do not give any medical advice on drugs, do not prescribe nor tell clients to stop them. This young couple slowly weaned themselves while changing their diet to organic, whole prothyroid foods, optimizing their digestion with Thera-zyme plant enzymes and are doing hormonal balancing. See http://www.litalee.com/documents/Diet_rules_table_Pro-Thyroid_2008.pdf for the prothyroid diet.

Hi there,

I haven’t talked to you in a while so I thought I would say “Hi.” It’s because I have been feeling sooooo good. It has been a week with no Cymbalta!!!!!! Yipeeeeee! Hooray for me! I did it! Thanks to you! I don’t have any more dizziness or stomach pain! I am just re-learning how to deal with regular life...in retrospect I felt like I have been a zombie for years. It is great to finally be back to the real me I haven't seen for a while. I like her much better. My husband is doing well also, still slowly weaning from Xanax, but getting close.

A. and T., Oregon

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Pregnenolone

Pregnenolone is the major anti-aging steroid that is produced from adequate LDL cholesterol in the presence of adequate thyroid hormone. Despite what you have been told or have heard online or in magazines etc., LDL cholesterol is not “bad” because you cannot make pregnenolone without it. Pregnenolone is or should be the second most abundant anti-aging steroid in the body. Cholesterol (a steroid alcohol or sterol) is or should be the most abundant steroid we make.

Why is pregnenolone so important? Because it is the major anti-aging steroid we make and is also the precursor to both progesterone and DHEA. All hypothyroid people cannot make adequate pregnenolone, either because they have low LDL cholesterol and/or inadequate thyroid hormone.

Pregnenolone has amazing health benefits. It prevents “senior moments” (e.g., improves memory), prevents formation of substances that can cause anxiety and panic. It also opposes cortisol (which can cause seizures, diabetes, hot flashes or night sweats and glaucoma).

If you need pregnenolone, you will also need thyroid glandular nutrition and, if you are a woman, you will need Dr. Peat’s oral natural 10% progesterone in natural vitamin E. This is what I call hormonal balancing. To read many articles on hormonal balance, go to my website or to this link:
http://www.litalee.com/shopdisplayproducts.asp?id=33&cat=Hormonal+Balancing

Hormonal balancing requires an adequate prothyroid diet, adequate plant enzymes for digestion as well as a good thyroid glandular, pregnenolone and progesterone (for women). For the prothyroid diet, please go to:

In addition, Dr. Ray Peat has many free articles on his website: www.RayPeat.com.

Article: http://www.litalee.com/shopexd.asp?id=205

Coconut Oil

Coconut oil has many benefits because it is so prothyroid (see article below) but I had never heard that there have been reported health benefits in treating memory loss which Dr. Fife reported in his newsletter: Coconut Oil and Alzheimer’s Disease, Healthy Ways Newsletter by Dr. Bruce Fife, N.D., Volume 5 Number 3, July 15, 2008. For complete article, go to http://www.litalee.com/documents/alzheimers_coconut_oil_document.pdf

Here is a quote from his newsletter: “The most effective treatment for Alzheimer’s may be sitting on your cupboard self. Doctor discovers effectiveness of coconut oil in fighting neurodegeneration. From time to time I receive testimonials from people who attest that coconut oil helped them or a family member overcome neurological problems. These problems include Parkinson’s disease, multiple sclerosis, autism, dementia, epilepsy and various emotional disorders. Of these conditions, the effects of coconut oil or the fatty acids in coconut oil on epilepsy are the most thoroughly studied and documented. However, new research on Alzheimer’s disease has shown that coconut oil may be the best alternative treatment for this otherwise untenable condition.”

Article on coconut oil benefits: http://www.litalee.com/shopexd.asp?id=137

Rhodiola

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, more than 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. Source: “the Herb That Came In From The Cold,” by Peter Jaret, Alternative Medicine, January 2005.

Rhodiola rosea grows in the Arctic regions of eastern Siberia. Rhodiola is a popular plant in traditional medical systems in Eastern Europe and Asia. Russians have drunk rhodiola tea for centuries as an energy booster. Russian and Chinese scientists

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Nutritional Causes and Remedies for Dizziness

The following are nutritional (not medical) causes of dizziness and natural remedies for relieving them.

**Low blood sugar**, which comes from poor sugar digestion, requires PAN Thera-zyme multiple digestive enzyme and hypothyroidism (requiring hormonal balancing with thyroid glandular nutrition). Thera-zyme Adr enzyme is also excellent for dizziness due to low blood sugar.

**Inner ear problems** can cause dizziness. Thera-zyme TRMA enzyme is good nutritional support for ear fluid or ear (and other infection). Labrynthitis means an inflammation of the inner ear structure called the labyrinth. Sometimes the term labrynthitis refers to other causes of inner ear problems that have no inflammation because those problems produce similar symptoms.

**Low blood pressure** can cause dizziness and fainting. This is exacerbated or triggered by certain drugs such as diuretics and drugs for hypertension. Thyroid glandular can normalize both low and high blood pressure because of its effect on normalizing the causes, cortisol and adrenalin dominance, respectively.

**Neck or upper cervical problems** (C1 or atlas, C2 or C3) can cause many symptoms including abnormal gate, dizziness sometimes leading to nausea and even vomiting, headaches including migraines, hypertension and other health conditions. The recommended enzyme is Thera-zyme Sym plus chiropractic therapy.

**Fluoride**, in water, toothpaste, black, green and white teas and in commercial foods, can cause dizziness and even seizures in susceptible people because of its very toxic effect on thyroid function. Susceptible people can get a seizure while taking a hot shower. The most effective way to avoid fluoride is to use an efficient ion exchange water purification system that also removes fluoride from the sink from Tim Hickey of Friends of Water. He also has a shower filter that reduces but doesn’t completely eliminate fluoride. Here is his contact information:

**Friends of Water**
Tim Hickey, owner
14618 Tyler Foote Road #169
Nevada City, CA 95959
(360) 326-8834
(866) 482-6803
sales@friendsofwater.com

(How to Prevent Senior Moments and Increase Mental Focus at Any Age, Continued from page 2)

have researched the benefits of rhodiola root for several decades. Rhodiola root is also called rhizome. Dozens of species of Rhodiola plant grow wild in nature. Rhodiola root has a reputation for stimulating the nervous system, decreasing depression, enhancing work performance, decreasing fatigue and reducing high altitude sickness. Rhodiola rosea has been categorized as an adaptogen by Russian researchers due to its observed ability to increase resistance to a variety of chemical, biological and physical stressors. The adaptogenic, cardiopulmonary protective and central nervous system activities of Rhodiola rosea have been attributed primarily to its ability to influence levels and activity of monoamines and opioid peptides such as beta-endorphins.

◊ Nutritional support for the immune system
◊ Improves mental performance and rate of learning


**Thera-zyme Adr**
The Adr enzyme formula contains a food source of B-vitamins and sucrose. It provides nutritional support for symptoms related to poor sugar (sucrose) digestion. Adr will support normal structure and function in people who may feel stressed, have trouble concentrating or focusing (ADD or ADHD) and who may feel panicky, hyperactive, depressed or sad, moody, irritable or angry, wake up at night and cannot go back to sleep, or who may become dizzy due to low blood sugar. While Adr is not specific for memory, it really helps to increase mental focus, so I include it here as a “brain food.”

Link to Thera-zyme Plant Enzymes: http://www.litalee.com/shopdislayproducts.asp?id=36&cat=Plant+Enzymes
Inexpensive way to support insomnia and are available from health food stores and grocery stores.

See links to articles:
Hypothyroidism: http://www.litalee.com/shopexd.asp?id=180
Pregnenolone – A Fruit of Cholesterol: http://www.litalee.com/shopexd.asp?id=218
Progesterone – Absorption and Safety: http://www.litalee.com/shopexd.asp?id=218

Insomnia Notes from Dr. Ray Peat
There may be dietary connections to your insomnia as Dr. Ray Peat notes below. Record your diet and your insomnia patterns to see the connection(s).

“The most effective foods to avoid insomnia include salty fruit juice or milk with honey, salty beef broth, foods containing calcium, gelatin and progesterone. Reducing muscle meats, starches and vegetables in the afternoon and evening could help. Muscle meats are good if they are balanced with collagen (gelatin), but when muscle meats are taken late in the day without gelatin, their antithyroid function can disturb sleep. Although indigestible fiber helps to reduce toxin absorption that poisons sleep, many fibers (for example, apples and beans and bran) feed the toxicity. In apples the starch and pectin can feed bacteria, causing formation of gas and endotoxin. Beans are much worse. Usually, raw carrots suppress bacterial growth; bamboo shoots are another relatively safe fiber.”

I recommend Great Lakes Gelatin, the purest and least expensive form of gelatin (cooked collagen). It’s a wonderful source of protein and pro-thyroid amino acids to balance the antithyroid amino acids in muscle meats. There are two kinds — the gelling porcine kind and the non-gelling bovine hydrolysate.

Quotes from Abraham (Esther and Jerry Hicks)
Complaining about anything holds you in the place of refusing to receive the things you’ve been asking for. Justifying anything holds you in the place of refusing to let in the very things that you’ve been asking for. Blaming someone holds you in the place of refusing to let in the things that you’ve been asking for. Feeling guilty, feeling angry, it doesn’t matter what you call it, it is a refusal but not a conscious one. You’re asking; you can’t help but ask. The Universe is yielding; it must yield. It’s a big question, folks: why aren’t you letting it in?

Many around you want to point out “reality” to you. They say, “Face the facts. Look at what-is.” And we say to you, if you are able to see only what-is—then, by Law of Attraction, you will create only more of what-is... You must be able to put your thoughts beyond what-is in order to attract something different or something more. Worrying is using your imagination to create something you don’t want. Never face reality unless your reality is just the way you want it to be.

Whatever you’re thinking about is literally like planning a future event. When you’re worrying, you are planning. When you’re appreciating you are planning... What are you planning?