New Year, New Beginnings

Dear Friends,

Welcome to 2011! I must say that I am glad that 2010 is over and welcome this New Year with great hope for improved planetary conditions, less suffering, more compassion and goodwill among us. In this issue I cover a controversial topic — DIET! I write about why organic animal protein is so important, why Great Lakes Gelatin is the best prothyroid protein powder, vegan and vegetarian myths, why soy is not a substitute for animal protein, the “Blood Type Diet” hype and more.

May your 2011 be blessed with new beginnings, wellbeing, joy, abundance and health.

To your health!
Lita

What’s Wrong With Low Animal Protein Diets: Vegetarians and Vegans vs. the Prothyroid Diet

Animal Protein — Why It’s So Important

Inadequate animal protein consumption is so widespread that I thought I would write an article on why everybody needs animal protein!

Digested protein is transported to the liver where it is used as food and has three important functions:
- Growth and repair
- Formation of essential compounds, such as enzymes, hemoglobin, insulin, thyroid hormone, epinephrine, neurotransmitters and eye photoreceptors
- Formation of antibodies (immune system function).

Plasma proteins circulate in the blood to maintain homeostasis (balances pH, temperature, volume, blood pressure, tonicity, electrolytes, etc.) Plasma proteins aren’t used a food. These have three basic functions:
- Maintains pH (acid-alkaline balance) by buffering excess acid (H+) an alkalinity (OH-)
- Maintains water balance and the other functions important in homeostasis listed above
- Transports nutrients (cholesterol, ionic calcium, hemoglobin, amino acids, etc.)

Source: Associates Seminar by Dr. Howard Loomis of EFI; San Francisco, February 2001 and Ft. Lauderdale, FL, February 2002. For books written by Dr. Loomis, please contact EFI at 1-800-614-4400.

All digested foods (protein, carbohydrates and fats) are a source of energy. In addition, digested protein has the following functions critical to life and health. Protein is used in two different ways. Digested protein is transported to the liver where it is used as food. Plasma proteins circulate in the blood to maintain homeostasis (balance within narrow ranges).

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and detoxifies wastes (dead pathogens and other wastes) and drugs (including prescription drugs).

Protein (and calcium) deficiency symptoms (either not eating or not digesting protein (protease deficiency):

◊ Mucous membranes too wet (runny nose, runny eyes)
◊ Edema (water retention) — because protein holds water in the extracellular fluid (blood) and if you have low protein, water leaks out
◊ Can’t or won’t exercise because become stiff and sore
◊ Muscle cramps (calcium or potassium deficiency)
◊ Menstrual cramps and other female problems always involve protein deficiency
◊ Hypoglycemia (because 45% of protein is converted to sugar, so if you cannot digest protein, you cannot convert it to sugar)
◊ Cold hands and feet
◊ Arthritis, joint problems
◊ Gum problems
◊ Anxiety
◊ Immune system problems anywhere, such as lung problems, frequent infections, etc.
◊ Tendency towards blood clots.

The symptoms above are also signs of hypothyroidism, which requires eating and digesting adequate animal protein and avoidance of anti-thyroid substances. So if you have trouble digesting protein (protease deficiency) or eat inadequate amounts of it, you will become hypothyroid.

For more information on hypothyroidism:

◊ Hypothyroidism http://www.litalee.com/shopexd.asp?id=180
◊ Thyroid Myths http://www.litalee.com/shopexd.asp?id=212
◊ Thyroid Resistance http://www.litalee.com/shopexd.asp?id=213
◊ Dr. Ray Peat, an expert on hormonal balancing, diet, nutrition and much more, www.raypeat.com

How much animal protein is optimum per day?
Below is a paragraph from Dr. Ray Peat, private consultation: Four ounces of meat contains about 25 grams of protein, so having that three times a day would meet the basic (low) requirement. A quart of milk contains 33 grams of protein, so 3 quarts a day would be close to the optimal amount of protein. A dozen eggs per day would do it, but this would provide too much PUFA (omega-3 and -6 fats).

For the average slightly hypothyroid person, I’ve seen very sick people suddenly get well when they increased their protein to 70 grams, but it isn’t the amount I recommend for good sustained health.

Muscle meats and liver contain too much tryptophan for an adult if those are the main protein source, and will contribute to hypothyroidism, etc., but when the metabolic rate is optimal, most adults who aren’t completely sedentary probably should have around 130 to 150 grams. If their calorie consumption is around 3000 kcal per day, that’s about 25% of the calories as protein.

Great Lakes Gelatin (cooked collagen), a prothyroid protein from the hydrolyzed skin and bones of animals is recommended to balance the anti-thyroid amino acids in muscle meats. It’s the only prothyroid protein powder I recommend. Gelatin (cooked collagen) is truly a pro-thyroid protein. This brief excerpt on gelatin (cooked collagen) is from Dr. Ray Peat’s January, 2004 newsletter, Gelatin, Stress, Longevity. Get the complete newsletter and references from Dr. Ray Peat, P.O. Box 5764, Eugene, OR 97405, $4.50.

The above excerpt is from To Your Health, January 2005 issue: http://www.litalee.com/shopexd.asp?id=150.

I do not recommend soy, whey or rice protein. Here’s why:

Soy protein powder: Soy has 3 isoflavones (estrogens), enzyme inhibitors and other toxins. For excellent articles and documented research on the many adverse health effects of soy go to http://www.westonaprice.org/soy/index.html. I have discussed soy health dangers in several newsletters including January 2007, April 2002 and others.

Whey protein powder: Whey is unhealthy because it has an excess of tryptophan, which (through its conversion into serotonin, mostly) is associated with heart failure, and other things, since it’s strongly antithyroid. Tryptophan/serotonin stimulates cell division, causing thickening of the lining of blood vessels and cancer growth, so many of the problems of aging are the same as serotonin dominance. Whey reduces the value of good proteins such as eggs, milk, cheese and meat. As tryptophan intake increases, formation of serotonin tends to increase, with the potential of increasing clotting, edema, lethargy, inflammation, cancer, etc.

Rice protein powder: There are claims that rice protein powder is 80% protein. Yet the assay for whole grain rice says that the % protein is 5.2–10.2%. How can rice with only 10% protein be “processed” into a powder that claims to have 80% protein without a tremendous amount of chemical processing? I don’t recommend this either.

“Resentment is like drinking poison and then hoping it will kill your enemies.” — Nelson Mandela
1) Our Ancestors Were Vegetarians Myth Exposed by Dr. Weston Price
From an article by Stephen Byrnes, ND, PhD, RNCP, reprinted from Mercola

Dr. Weston Price, DDS, travelled around the world in the 1920s and 1930s, investigating native diets. Without exception, he found a strong correlation among diets rich in animal protein and animal fats, with robust health and athletic ability. Special foods for Swiss athletes, for example, included bowls of fresh, raw cream! In Africa, Dr. Price discovered that groups whose diets were rich in fatty fish and organ meats, like liver, consistently carried off the prizes in athletic contests, and that meat-eating tribes always dominated peoples whose diets were largely vegetarian (42).

On his journeys, Dr. Price never once found a totally vegetarian culture. Anthropological data support this: throughout the globe, all societies show a preference for animal foods and fats and people only turn to vegetarianism when they have to (50). Nutritional anthropologist H. Leon Abrams, Jr., has shown that prehistoric man’s quest for more animal foods spurred his expansion over the Earth, and that he apparently hunted certain species to extinction (50).

Dr. Price also found that people who, out of necessity, consumed more grains and legumes, had higher rates of dental decay than those who consumed more animal products (51). Archaeological evidence supports this finding: skulls of prehistoric peoples who were largely vegetarian have teeth containing caries and abscesses and show evidence of tuberculosis (50, 51).

Furthermore, in his travels, Dr. Price always noted the extreme happiness and ingratiating natures of the peoples he encountered, most of whom were heavy meat-eaters — which dispels the myth that meat eaters are violent.

Based on all of this evidence, it is certain that the diets of our ancestors, the progenitors of humanity, ate a very NON-vegetarian diet that was rich in saturated animal fat.

2) B12 Can be Obtained from Plant Foods Myth
Vitamin B12 cannot be obtained from plant sources. Vegans who do not supplement their diet with vitamin B12 will eventually get B12 anemia, which can be fatal if not treated (6). Claims are made that B12 is produced by certain fermenting bacteria in the intestines. This may be true, but it is in a form unusable by the body. B12 requires intrinsic factor from the stomach for proper absorption in the ileum. Since the bacterial product does not have intrinsic factor bound to it, it cannot be absorbed (9).

Some vegetarian authorities claim that B12 is produced by certain fermenting bacteria in the intestines. This may be true, but it is in a form unusable by the body. B12 requires intrinsic factor from the stomach for proper absorption in the ileum. Since the bacterial product does not have intrinsic factor bound to it, it cannot be absorbed (9).

It is true that vegans living in certain parts of India do not suffer from vitamin B12 deficiency. This has led some to conclude that plant foods do provide this vitamin. This conclusion, however, is erroneous as many small insects, their eggs, larvae and/or residue, are left on the plant foods these people consume, due to non-use of pesticides and inefficient cleaning methods. This is how these people obtain their vitamin B12. This contention is borne out by the fact that when Indian Hindus migrated to England, they came down with B12 anemia within a few years. In England, the food supply is cleaner, and insect residues are completely removed from plant foods (10).

The only reliable and absorbable sources of vitamin B12 are animal products, including meat, eggs and dairy. (11). Vegans, therefore, should consider adding dairy products into their diets. If dairy cannot be tolerated, eggs, preferably from pastured soy-free chickens are recommended.

That vitamin B12 can only be obtained from animal products is one of the strongest arguments against a vegan diet.

3) Soy Products are Adequate Substitutes for Meat and Dairy products Myth
This is a partial summary of a Soy Alert Brochure on “Myths and Truths About Soy” by the Weston A. Price Foundation on the health effects of soy products.

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Babies fed soy-based formulas have 13,000 to 22,000 times more estrogen compounds in their blood than babies fed milk-based formula. Infants exclusively fed soy formula receive the estrogenic equivalent of at least five birth control pills per day.

In infants, consumption of soy formula has been linked to hypothyroidism due to the 3 isoflavones in soy (estrogens).

A high intake of phytoestrogens during pregnancy may have adverse effects on the developing fetus and the timing of puberty later in life. Soy phytoestrogens are carcinogenic and anti-thyroid and thus promote hypothyroidism, which can cause infertility and promote cancer.

High levels of phytic acid in soy reduce assimilation of calcium, magnesium, copper, iron and zinc. Phytic acid in soy is not neutralized by ordinary preparation methods such as soaking, sprouting and long, slow cooking. High phytate diets have caused growth problems in children.

Trypsin inhibitors in soy interfere with protein digestion. In test animals soy containing trypsin inhibitors caused stunted growth.

Vitamin B12 analogs in soy are not absorbed and actually increase the body’s requirement for B12.

Soy foods increase the body’s requirement for vitamin D.

Fragile proteins are denatured during high temperature processing to make soy protein isolate and textured vegetable protein.

Processing of soy protein results in the formation of toxic lysinoalanine and highly carcinogenic nitrosamines.

Free glutamic acid or MSG, a potent neurotoxin, is formed during soy food processing and additional amounts are added to many soy foods.

Soy foods contain high levels of aluminum which is toxic to the nervous system and the kidneys.

Sources:
- The Weston A. Price Foundation, PMB Box 106-380, 4200 Wisconsin Avenue, NW, Washington, DC 20016, (202)333-HEAL
- http://www.soyonlineservice.co.nz/
- http://www.westonaprince.org

"May you always have love to share, Health to spare and Friends that care!"
— Jackie Bourne

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.

Here is a summary of the prothyroid diet recommendations.

**Healthy Diet Rules Summary**

Avoid synthetic vitamins, minerals and isolated substances such as an isolated mineral. However, I strongly recommend taking Vitamin D₃ (Cholecalciferol) from lanolin, not fish oil. Very few companies sell lanolin-based Vitamin D₃. Country Life and Carlson’s do.

Avoid junk foods, refined foods, fast foods and fake foods, especially fake sugars (NutraSweet, Splenda or Sucralose, Saccharin, etc.).

Seek organic whole foods as best you can. Whole milk. The whole egg. Here is a list of foods to avoid or use very rarely: all gluten and high PUFA (omega-3 and -6 oils) foods which include seeds, nuts, nut butters, beans (except green), wheat, rye and barley. Raw seeds and nuts are even more toxic than roasted seeds and nuts because they contain protease inhibitors which stress the kidneys. Sprouted seeds contain various amounts of cyanide. Eating 100 grams of alfalfa sprouts can be lethal.

Organic oats, rice and corn are okay if you can tolerate them. Also, heirloom grains are good (spelt, quinoa, kamut, amaranth, etc.). Make sure the heirloom breads contain no PUFA.

Avoid PUFAs (all omega — 3 and -6 oils) which include all oils that are liquid at room temperature (such as flaxseed, fish oils, borage, Canola, and all seed, nut and bean oils, etc.). Avoid all foods containing PUFA such as most bread, most cereals, vegetable juices, etc. When you suck the juice from a vegetable, you get various amounts of toxic PUFA with no protection from the mother fiber. Fruits and potatoes are the only two foods that do not contain PUFA. Fruit juices are high in salicylates so it’s like drinking organic aspirin (very anti-inflammatory). Potatoes are the best vegan source of protein and have an excellent protein efficiency ratio.

Use only coconut oil in your cooking and coconut water daily plus coconut milk. These are the healthiest fats you can eat and very prothyroid. Butter and Olive oil are healthy too, but not for cooking.

The best mineral sources are non-iodized white sea salt and coconut water. Avoid colored salts. The color is either dirt or toxins. For example, pink or orange color in Himalayan sea salt is toxic inorganic iron.

Avoid raw cruciferous vegetables — they must be cooked to destroy the thyroid inhibitors (goitergens). These include broccoli, cabbage, cauliflower, Brussels sprouts, kale, collard greens, Chinese broccoli, kohlrabi, bok choy, turnip root and greens, and rutabaga. Fermenting cruciferous vegetables does not destroy the goitergens.

Seek organic grass fed, soy-free animal protein. Most chickens, turkey and pork are fed soy (in the United States) even if they are labeled organic and free range. Same with eggs. Search for pastured soy-free chicken eggs and grass-fed chickens. It is easier to find grass-fed beef, bison and lamb than grass-fed poultry. Avoid farmed fish, which are also fed soy, food coloring and drugs. Seek raw or at least organic milk. Organic Valley is excellent. They have raw organic cheeses that are excellent. Organic goat milk and goat cheese are also fine. Avoid Horizons — they are not organic.

My dietary goal is: 4 oz (25 grams) organic animal protein 3x/d, fruits 3x/d, fresh fruit juices 3x/d, carrots daily, white sea salt on all foods and in juices, coconut oil as your main oil and Great Lakes Gelatin as the best protein powder.

NOTE: this is the adult amount and would be less for a child.

Eat ripe fruits (except grapefruit) and drink fruit juices (except apple or grapefruit juices) daily. In a ripe fruit (bananas, pears, peaches, nectarines, etc.), the starch is converted into healthy sugars. Put white sea salt on your foods and in your fruit juices. I recommend organic coffee (not decaf) with milk, cream or ½ & ½. If you drink green tea, I recommend buying organic, fluoride-free Matcha green tea from Japan. Commercial green, black and white teas absorb lots of fluoride from water, air and soil.

Do not drink water from plastic bottles. Not only do they contain endocrine disruptors, but many brands are tap water plus added synthetic vitamins/minerals. Additionally, tons of plastic bottles are contaminating our oceans and killing our marine life.

I recommend a filter to remove fluoride and all the other impurities from your sink and your shower from Tim Hickey of Friends of Water (see below for address). Distillation and RO water purification methods produce unhealthy water.

**Friends of Water**

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

Carbonated water is good for you if it doesn’t contain fluoridated tap water (like club soda). My favorite brands include Perrier, Pellegrino, both of which come in glass bottles. ☀️
Everybody needs enzymes from birth to death. Even your pets need enzymes. Here is a brief list.

**Multiple Digestive Enzyme List from Thera-zyme**

**Thera-zyme Bil** (Biliary): Nutritional support for difficulty digesting fat (fat intolerance). A multiple digestive enzyme that emphasizes fat and protein digestion. Contraindication: gastric problems. People with gastric problems cannot tolerate high doses of protease with foods. These people need **Stm** multiple digestive enzyme.

**Thera-zyme DGST** (Digest) (caps or powder): A pediatric multiple digestive formula for digestive problems and colic in babies. Comes in caps or in powder form.

**Thera-zyme HCL** (contains no hydrochloric acid): A multiple digestive enzyme formula for difficulty digesting sugar, protein and fat. For people who may be low in hydrochloric acid. Contraindication: gastric problems. People with gastric problems cannot tolerate high doses of protease with foods and need the **Stm** enzyme.

**Thera-zyme PAN** (Pancreas): A multiple digestive enzyme for people who are sugar intolerant (have difficulty digesting sugars) or eat excessive amounts of sugar — cane sugar (sucrose), grain sugar (maltose) and milk sugar (lactose). May have environmental sensitivities.

**Thera-zyme Stm** (Stomach): Multiple digestive enzyme for people who have gastric problems (acid reflux, GERD, ulcers, frequent heartburn, etc.) and need to nourish the lining of the gastrointestinal tract. People with gastric problems can find relief by avoiding certain starches (carbohydrates) in descending order which are: seeds, nuts, grains (especially gluten), beans, bread and pasta. The safest grains are rice, corn and oats but not everyone can tolerate these. Potatoes are okay. Try eliminating or rarely eating seeds, nuts, grains (especially gluten — wheat, oats, rye and barley), beans, bread and pasta to begin with and see what happens. The storage proteins in seeds, nuts and beans have a very similar toxicity to the toxicity of the gluten in grains.

**Thera-zyme VSCLR** (Vascular): A multiple digestive enzyme for people who have trouble digesting fat and have health problems resulting from severe lipase deficiency such as high blood pressure, high blood sugar and weight problems. The enzyme connection to gallbladder problems, gastric problems and diabetes is lipase. Also for headaches at the temples.

**Vet-zymes 1 and 2**: For dogs and cats (respectively). Just sprinkle some on their food.

“The power of love overcomes the love of power, the world will know peace.”
— Jimi Hendrix

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