

# Childhood Conditions

by Lita Lee, Ph.D.  
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Here is a brief compilation of nutritional remedies to help support structure and function in children who may have childhood health problems.

## Asthma

There are many health conditions that can trigger asthma. They include: allergies, hypothyroidism, environmental factors such as toxic chemicals and geopathic zones as well as emotional factors. These are discussed in the chapter on asthma. Childhood asthma is always associated with sugar intolerance, according to Loomis. I will add low thyroid function as well, simply because all of the children I have seen who have asthma also have hypothyroidism.

Children often respond to simply a change in diet, with avoidance of all refined sugars plus a multiple digestive formula that includes the sugar digesting enzymes or disaccharidases (PAN). Since sugar consumption is difficult to control in children, often other formulas are needed such as the respiratory formula (Thera-zyme Rsp) which is used for all lung problems, including asthma, bronchitis and a wet or dry cough. If environmental allergies are a trigger, you can relieve this by using the allergy formula, Thera-zyme Kdy. If emotional factors are the trigger, be aware of what upsets your child. The herb Lagundi (caps or tincture spray) is also very helpful nutrition for asthma at any age.

**Case history: *the boy who wheezed when he got upset:*** Eric was blond, brown-eyed and small for his age. He was sensitive, outgoing and laughed a lot. His first onset of asthma occurred at around the age of five years following exposure to pesticides and excessive cigarette smoke. At that time, his parents used only homeopathics to control his condition. These kept him out of the hospital but not out of trouble. When his parents brought Eric to me, I immediately placed him on enzyme therapy. By this time he was about eight years old. He now lived in a relatively pesticide-free environment and his major environmental trigger was smoke of any kind, including cigarettes and the fireplace. These were relatively easy to recognize and avoid. As time passed, emotional triggers gained prominence and became the main trigger for his asthma. In other words, this boy had an asthma attack whenever he was really upset, whether it came from teasing at school, or a bad relationship, or fear of not succeeding at something, etc. In my opinion, emotionally-induced asthma is the most frightening, because it is not predictable. The only thing I could do was to recommend a strict diet plus enzyme and thyroid therapy to the parents and caution them to become aware of upsetting situations in the child's life. Time passed. Eric became a teenager. Now, he is aware of his condition and the factors which trigger it. These include excessive sugar consumption and emotional upsets. This bright young man now knows how to treat his condition. When he is upset, he avoids sugar, gets more rest and takes whatever enzyme formula is indicated in addition to Thera-zyme Pan for digestion plus Thera-zyme Rsp for asthma and Lagundi, an herb that is very important nutrition in case of any lung problem including asthma, bronchitis, pneumonia, etc.

**Case history: *the boy who slept in a geopathic zone and got sick:*** A handsome teenager named Tom came to my office complaining of asthma attacks. He was upset because his asthma had been under control for several years. The family had moved to a new home and Tom had enjoyed an asthma-free life for the first two years in the new home. Puzzled, I started asking questions. "*What happened before the onset of the renewed asthma? Did you do anything differently? Did you have any bad experiences?*"

Tom replied, “no.” Later, I visited his family, who were close friends of mine. As I walked through their house I noticed that Tom had moved to a new bedroom. I asked when. Tom had moved to this new room several months *before* his asthma attacks and other lung problems began to reoccur. “*Geopathic zones*,” I wondered. I rushed home, got my hazard field detector and returned to my friend’s house. I was not surprised to find a very severe geopathic zone running right down the middle of Tom’s bed. Since geopathic zones are usually very narrow, it was easy to move Tom’s bed away from the zone. Gradually, his asthma got better, and then was completely controlled by diet and enzyme therapy.

If you suspect a geopathic field, you can confirm it by calling a qualified douser.

See Asthma: <http://www.litalee.com/shopexd.asp?id=222>

## **Bedwetting**

**Case history: *The Little Bedwetter:*** A 7-1/2-year old girl presented with bedwetting, lung problems and was overweight. She was a classic picture of hypothyroidism - round face, goiter, round belly and knock-kneed. Her average oral temperature was less than 97 degrees. She had allergies to dust, cats and certain foods, including diary, chocolate, strawberries, raspberries and peppermint. She also complained of upper respiratory congestion throughout the year. Her 24-hour urinalysis indicated a toxic colon (high indican from poor digestion), poor sugar metabolism, excess fat intake, and vitamin C and calcium deficiencies.

Here is her initial program:

- A multiple digestive enzyme (Thera-zyme PAN)
- An enzyme for respiratory problems and parasympathetic dominance (Thera-zyme Rsp).
- An enzyme especially for allergies (Thera-zyme Kdy)
- A natural thyroid glandular.

I recommended avoidance of all of the processed foods in her diet which included white flour, white sugar, margarine, frozen juices and commercial sugar. Five weeks later, I saw this girl again and almost did not recognize her. Her whole body shape had changed from the round, chubby shape I had first observed to a thinner, less bloated, more natural looking shape. Gradually, her bedwetting ceased.

There are many factors associated with bedwetting, both physiological and structural. They are briefly described below.

### *Hypothyroidism*

The following came from an interview with Dr. Ray Peat. Hypothyroidism suppresses the sympathetic nervous system, so in general, hypothyroid people tend to lean towards parasympathetic dominance. At night, it gets worse, because there is a shift towards parasympathetic dominance during sleep. Peat believes that hypothyroid adults are not bedwetters because they have trained themselves to wake up and are more sensitive to visceral irritations including a full bladder. Also, Peat suggests that the lack of sex hormones in children may account for the difference between children and adults. Estrogen and testosterone are brain excitants. In women, one function of estrogen is to make women wake up easily with children!

See Hypothyroidism: <http://www.litalee.com/shopexd.asp?id=180>

### *Iron Anemia*

*Sometimes iron anemia can cause bedwetting. Dr. Howard Loomis told me that he stopped a child's bedwetting by giving him raisins. Caution: I do not recommend any form of inorganic iron (ferrous sulfate, ferrous fumarate, etc.) because these forms are toxic.*

### *Poor Sugar and Protein Digestion (Sugar and Protein intolerance)*

According to Loomis, bedwetting is always related to sugar intolerance (poor digestion of sugar usually with excessive sugar consumption). The multiple digestive enzyme for sugar intolerance is Thera-zyme PAN plus a diet of whole organic foods and low in refined sugars. Thera-zyme Adr can be added for increased sucrose digestion.

### *Immune System Problems*

Although immune system problems aren't a cause of bedwetting, Loomis found immune problems bedwetters he examined. Many of them had a spleen reflex, showing the need for Thera-zyme Spl with this include anemia, get out of breath running up the stairs, bruise easily, frequent Infections

*1) The phrenic reflex:* This information came from Howard Loomis. The phrenic nerve is the motor nerve to the diaphragm, the chief muscle of respiration. The phrenic nerve emerges between the 3rd and 4th cervical vertebra. The phrenic reflex can be disturbed by subluxations of the 3<sup>rd</sup> and 4th cervical vertebra or can be the result of slow development of the phrenic reflex. This can lead to bedwetting. This is a respiratory problem having to do with the diaphragm not being able to move adequately. When the diaphragm is "locked" in exhalation mode, the patient becomes sympathetic dominant which can lead to many symptoms, such as headaches, high blood pressure, dizzy spells, seizures and bedwetting or the opposite - inability to urinate. Thera-zyme Sym is the enzyme formula for this problem and many bedwetters need this formula.

*2) A misaligned pelvis and the need for calcium:* I always recommend chiropractic treatment for bedwetters because structural problems can cause or contribute to this condition. For example, the patient may have a sacral problem from the 8th thoracic to the 3rd lumbar. Chiropractic adjustments can correct this condition and often bring relief to the bedwetter. Thera-zyme Para a calcium-enzyme formula is commonly needed in patients with sacral problems, whether mild, as in trouble holding urine, or severe as in bedwetting.

### *3) Psychological problems*

Any emotional stress can cause bedwetting, whether from family, school, or social problems. These problems, if recognized, can be treated accordingly.

### *Spiritual problems*

Some children are simply not "in their bodies" enough to control their functions during sleep. This is not a physical problem and self-corrects over time, as the child becomes more conscious of his physical nature.

### *Some herbal remedies*

*Dandelion (Taraxacum officinale)*: This herb has diuretic properties which is why the French word for dandelion is “pissenlit” (literally, “piss-in-bed”). Some doctors recommend giving dandelion to children earlier in the day to help readjust the child’s diurnal rhythm (Simon Y. Mills).

*Century herb*: An herb traditionally used for bedwetting.

### **Ear Problems: Ear Infections, Fluid in the Ears**

Most parents who have children with ear problems opt for antibiotics AND ear tubes. Fortunately, there are natural remedies which remediate ear and other problems. The major enzyme needed for both ear infections and fluid in the ears is protease (Thera-zyme TRMA). In addition Citricidal Ear Drops (a grapefruit seed/pulp extract) is wonderful for ear problems in young and old alike. Here is a story to illustrate.

**Case history: The boy who couldn’t hear, talk or walk:** A mother brought her 5-year-old boy to Loomis’ office. He had cerebral palsy, rickets, was mentally retarded, could not hold his head up, could not speak or hear, grunted and expressed displeasure when his needs were not met, and could not walk. Surgeons refused his mother’s request for surgery to enhance his ability to walk, saying his problems were too great to be remediated by improved walking. Loomis tested the boy’s urine. It was too alkaline, showed signs of kidney disease, extreme colon toxicity (high indican level), and indicated extremely poor protein digestion. Loomis recommended both pure protease (Thera-zyme TRMA) and the high proteolytic digestive formula (Thera-zyme Bil). Within 3 months the child began to hear, then speak. The protease cleared up a long-standing ear infection which had caused fluid retention and diminished hearing. Protease is required for adequate protein digestion and resultant delivery of calcium to the bones. Now, the previously immobile child began to crawl. The surgeons operated. The child now talks, walks and learns, even though he is mentally retarded.

### **Colic in Infants**

Although colic is more common among bottle-fed infants, nursing babies can also have colic. Colic is a crampy abdominal pain caused by bad digestion. Frequently it is accompanied by projectile vomiting. Colicky babies fuss and cry and are inconsolable. This is a very easy problem to remediate using a multiple digestive enzyme formula, Thera-zyme DGST, a pediatric formula. Giving the baby one half capsule of DGST three times daily will remediate colic, usually in one day. This is a lot better than the drugs sometimes used for infant colic, such as tranquilizers like Valium or antacids, like Prevacid.

If nursing is not possible, I recommend either *raw* goat milk or *raw* cow milk from pastured (grass fed) cows. If you cannot find *raw* milk, add Thera-zyme LAC (lactase) to the DGST multiple digestive enzyme.

### **Hyperactivity Attention Deficit Disorder (ADHD)**

This has two major nutritional causes: low thyroid function and sugar intolerance (poor sugar digestion of sucrose, lactose and maltose). The hypothyroid connection to hyperactivity is discussed in the chapter on hypothyroidism or online: <http://www.litalee.com/shopexd.asp?id=180> . Here is a summary. Hypothyroid function has a direct effect on the frontal lobes of the brain, the part that gives us the ability to understand things that require prolonged attention. This part of the brain has a very high energy requirement. When this part has inadequate energy, people and animals become hyperactive and unable

to concentrate. Thyroid hormones are essential for providing the energy to keep the brain at a high energy level. Without adequate thyroid function, stimulants, such as Ritalin (amphetamine) or coffee must be taken to support thyroid function. This makes anyone, even those without ADD more attentive and focussed. For many years, some physicians have used thyroid not only to quiet hyperactive children but also to increase energy in lethargic ones and for children with “growing pains” (Peat, *Townsend Letter for Doctors*, April 1994, p. 385).

Sugar intolerance is easy to correct by giving a multiple digestive enzyme formula such as Thera-zyme PAN or DGST (pediatric digestive enzyme) which includes the sugar digesting enzymes (disaccharidases) – lactase (for lactose or milk sugar), sucrase (for sucrose or cane sugar) and maltase (for grain sugar). Thera-zymes Adr provides additional digestion for lactose and LAC is for lactose intolerance which does not usually occur with raw organic milk, raw organic cheese or other cultured milk products. In addition all refined and processed sugars should be avoided.

**Case history: *The Hyperactive Boy Whose Mom Refused Ritalin:*** This four-year old boy was extremely handsome, intelligent, creative and was diagnosed with hyperactivity - attention deficit disorder (ADHD). The boy’s school pressured his mother to give him Ritalin (synthetic amphetamine). His frantic mother called me and asked if I could help. She did not want to use Ritalin but was in a bind. Her son was very bright but could not sit still long enough to learn. He also had multiple allergies, a chronic skin rash, sores on his tongue, headaches and couldn’t gain weight. A 24-hour urinalysis revealed his sugar intolerance. It also showed the allergy pattern plus low calcium, severe vitamin C deficiency and a toxic colon. His oral temperature was low. In fact, his mother could predict his temperature by observing his behavior. When it increased towards normal, he calmed down. When it decreased, he became more agitated and hyperactive. Here is what I gave him.

- Thera-zyme DGST, a pediatric multiple digestive enzyme which includes the disaccharidases.
- Thera-zyme Nsl, an antioxidant-vitamin C enzyme formula.
- Thera-zyme Kdy, the enzyme herbal formula for allergies.
- Thera-zyme Adr, high in sucrase and B-vitamins for many blood sugar problems including ADD and ADHD
- Thyroid glandular. A very small dose of thyroid was used, less than one fourth grain. She carefully monitored his temperature and observed his behavior. She tried to eliminate all refined sugars and processed foods from his diet, a more difficult task for this picky little eater.

Two months later, she called me. She said, “My son is doing very well although he still has bad times. We are not there yet. His psychologist said that he is so much calmer. His teacher said, this is fantastic. He is doing very well.” She was very happy. She also reported that all of the above mentioned symptoms, including the rash disappeared. I did not treat the rash. It went away just by improving his diet, and using enzymes and thyroid glandular.

A months later, the young boy got strep throat and tonsillitis. Frightened, the mother gave him an antibiotic prescribed by the pediatrician (Keflex). A severe rash developed which persisted even after the drug was discontinued. I rushed Thera-zymes DERM for the rash and TRMA to him to help build the boy’s immune system and help reduce the infection and swelling. Because any kind of stress including illness plus the use of drugs can worsen a hypothyroid condition, during this time his temperature dropped and his hyperactivity worsened. He also had stomach aches and dizziness. It was several weeks before he was back to his normal self and all of these symptoms disappeared. Currently, the boy continues to improve, with relapses closely connected to diet.

## **Nursing Benefits vs. Infant Formulas**

There are many benefits to mother's milk besides being always available, always fresh and always sterile. Nursing provides protection for the baby that cannot be obtained from any substitute. Breast-fed babies have more radioprotection, less infections, less eczema, less wheezing, less hypocalcemia, or depressed calcium levels), lowered incidence of crib death, less hypernatremia (increased sodium) and fewer behavioral disorders. The nursing baby has less access to allergenic materials and breast milk itself is less allergenic because it's low in beta-lactoglobulin, a substance to which 80% of infants are allergic. Also, breast milk is antimicrobial. It contains anti-infective factors and antibodies.

According to Dr. R. Chandra, internationally known immunologist, breastfed infants have less infections, especially ear infections. I believe it's because mother's milk is raw (high enzyme) milk which is not only more readily digested and assimilated, but has many other protective qualities, some of which I have listed below.

Breast milk has "survival selectivity". For example, it may protect infant hearts. In a recent survey, heart disease was rarer in infants breastfed for at least one month or more than in bottle-fed infants. Breast milk contains more cholesterol than cow milk or infant formula. Researchers think that these high levels of cholesterol may be important in developing the immune system in infants.

Breast feeding may contribute to straighter teeth because nursing infants use their tongues differently than bottle-fed infants. Nursing requires a forward tongue thrust and infants must use mouth muscles more vigorously. Infants nursed for one year had 40% less mis-aligned teeth than infants bottle-fed for one year. Nursing is also important for babies with a high risk to allergies. Even so, one out of five breast fed infants may develop conditions such as eczema, allergies and asthma.

There are several ways you can decrease the risk for allergies. These include:

- Exclusive nursing for the first nine months and prolonged nursing for two years;
- If you don't nurse, use a hypoallergenic formula such as raw goat milk or raw cow milk from *grass* fed cows.
- Delaying food introduction up to one year and especially avoiding common allergic foods such as wheat, eggs, meat and peanuts.
- Decreasing your baby's exposure to dust and other environmental pollutants as much as possible.
- Consider using food enzymes to prevent colic and allergies from poor digestion.

## **Health Effects of Soy-based Infant Formulas**

This is a brief summary of nutritional problems with soy products, namely soy meal (used in infant formulas, soy milk, and protein drinks) TVP or textured vegetable protein and tofu. There are a number of anti-nutrients and toxins in soybeans:

*1) Trypsin and other proteolytic enzyme inhibitors.* These enzyme inhibitors block the action of trypsin and other digestive enzymes needed for protein digestion which is why some people experience digestive symptoms when consuming soybeans. These trypsin inhibitors are only partially deactivated during cooking and even during the high temperature process for producing defatted soybean meal (soy protein isolate).

2) *Phytic acid (phytates)*. This is an organic acid which blocks the absorption of important minerals, such as calcium, magnesium iron and especially zinc, in the intestinal tract. Although it is present in the bran or hulls of all seeds, the soybean has more phytic acid than any other legume or grain. (Ref: El Tiney, A. H., "Proximate Composition and Mineral and Phytate Contents of Legumes Grown in Sudan," J. of Food Composition and Analysis, V. 2, 1989, pp. 67-78). Unfortunately, long, slow cooking will not reduce phytates. (ref: Ologhobo, A.D., et al., "Distribution of phosphorus and phytate in some Nigerian varieties of legumes and some effects of processing," J. Food Sci., V. 49, (1), Jan/Feb, 1984, pp. 199-201) Only a long period of fermentation will reduce the phytate content of soybeans (as in tempeh and soy sauce).

This is really bad news for infants who drink soymilk and soy-based infant formulas. Zinc controls iron uptake and when soy chelates the zinc from the baby, abnormally high iron levels develop which is toxic. Zinc is essential for growth and the development of the brain, the nervous system and the immune system and for normal insulin function.

3) *Hemagglutinin*. This is a toxic, clot-promoting substance present in soybeans. Not something anyone prone to strokes or heart problems would relish.

4) *Isoflavones – phytoestrogens and sexual health*. Soy contains two potent phytoestrogens (isoflavones) called daidzein and genistein. These are potent enough to be prescribed in ERT therapy. In fact, toxicologist Mike Fitzpatrick estimated that giving a baby soymilk or soy-based formula is equivalent to giving the baby at least 5 birth control pills daily. Infants have been shown to have their phytoestrogen levels raised from 13,000 to 22,000 times the normal blood levels of estrogen from consuming soy milk and soy-based formulas. Do think this is why both male and female babies are having an alarming increase in sexual abnormalities? For example, premature puberty from excess estrogen is now quite common and a recent article in the *Journal of Pediatrics* found that 1% of all girls now show signs of puberty, such as breast development and pubic hair, by the age of three. Early puberty is associated with amenorrhea (failure to menstruate), infertility and breast cancer.

What about male babies? Male babies have a testosterone surge during the first months of life and it is at this time that the template is set for male sex characteristics and male behavior. What do you think high levels of estrogen do during this very important developmental stage in life? (ref. Gerber, Michael, M.D., Sexual Health, Infant soy formula: A safe replacement for mother's milk?, *Alternative Medicine*, Issue 41, May 2001, p. 104).

5) *Goitrogens*. These are substances that depress thyroid function and this is related to the isoflavones in soy, which are highly estrogenic. These phytoestrogens can impair thyroid function for up to three months after stopping soy consumption. Rat studies found that the soy isoflavone called genistein caused irreversible damage to the enzymes that synthesize thyroid hormones.

6) *Aluminum*. The aluminum content of soy formula is ten times greater than milk-based formulas and 100 times greater than raw, unprocessed milk (Ref: Palmer, Gabrielle, *The Politics of Breastfeeding*, Pandora Press, London, 1993, p. 310). Aluminum can also damage the newly forming kidneys and the brain of an infant because the blood-brain barrier has not formed yet.

7) *Lysinolalanine*. This is a known carcinogen found in processed soy. It is a by-product of a process which is done in a futile attempt to eliminate enzyme inhibitors.

8) *Genetically Modified Soy*. More than 58 million acres in the United States are now planted with genetically modified soybeans. In 1996, the figure was 6 million acres. These seeds had a gene inserted that creates herbicide resistance so that the farmer can spray tons of herbicides to kill weeds and nothing

will happen to the crop. But what will happen to the infants and the people who eat the soybeans? Every year, farmers have to buy RoundUp Ready GM soybean seeds from Monsanto who own the patent on the GM soybean as well as the patent on RoundUp, the herbicide that GE soybeans are resistant to. These seeds are three times more expensive as “normal” seeds but they don’t produce a better crop and the question of health effects doesn’t arise. The only thing that Monsanto knows about RoundUp Ready GM soybean seeds is that they are resistant to the poison RoundUp.

9) *What’s wrong with defatted soy protein isolate, the main ingredient in soy-based infant formulas?*

The processing of soybeans requires several chemicals and high temperature processing to produce a highly refined protein powder in which the vitamin and protein quality have been compromised. Briefly, soy protein is isolated from its carbohydrate and fatty acid components by grinding, heating to a high temperature, removing the oils with hexane, a hydrocarbon from the petroleum industry to produce a defatted soymeal. The fibers are then removed from the defatted soymeal by another alkaline wash followed by precipitation and separation of the soymeal by an acid wash. Finally, the resultant soybean curds are spray dried at a high temperature to produce a highly refined protein powder. Even with all this processing, the trypsin inhibitor content of soy protein isolate can vary five-fold and there is no requirement to state its content on the label. Rats given low level trypsin inhibitor soy protein isolate gained less weight compared to controls. (ref: Rackis, J.J., et al., “The USDA trypsin inhibitor study,” *Qual. Plant Foods Hum Nutr.* V. 35, 1958, pp. 232-240).

Although some of the anti-nutrients listed above are removed during processing, soy protein isolate is so denatured that digestion is difficult. Phytates remain in the isolate and cause zinc deficiency in infants. Ref: Lonnerdal, B., et al., “The effect of individual components of soy formula and cows milk formula on zinc bioavailability,” *Am. J. Clin. Nutr.*, V. 40, Nov. 1984, pp. 1064-1070). The alkaline soaking process produces a carcinogen (lysinealane) and reduces the content of an important sulfur-containing amino acid, cystine, which is already low in the soybean.

(Ref: Berk, Zeki, “Technology of production of edible flours and protein products from soybeans”, *FAO Agricultural Services Bulletin 97*, Food and Agriculture Organization of the United Nations, 1992, p. 85). In addition to inadequate cystine, like all members of the legume family, soybeans lack another essential sulfur-containing amino acid, methionine. To make up the difference other foods containing these amino acids must be consumed, such as rice and other grains, and eggs, dairy products or meat, foods that most vegetarians avoid. Soy formulas also lack cholesterol, an essential substance required for the immune system and for the development of the brain and nervous system. They also lack lactose and galactose, equally important in the development of the nervous system. In breast milk and raw goat or cow milk, the rich quantities of these important sugars are accompanied by equally rich quantities of lactase and galactase, the enzymes required to digest these sugars.

10) *Soybean Oil.* As if soy formulas were not bad enough, many of them have in addition, soybean oil. Soybean oil was given to nursing rats and was shown to be massively incorporated into brain cells where the oil caused visible structural changes in the cells. In another experiment, pregnant mice fed coconut oil had normal brains and intelligence while those fed unsaturated oils had smaller brains and inferior intelligence (Peat, R., *Oils in Context, Townsend Letter for Doctors*, Dec. 1989, p. 636). In 1980, shortly after this study was published in Europe, the U.S. Department of Agriculture (USDA) issued a warning against the use of soy oil in infant formulas. (Peat, *ibid.*) This warning has not been heeded and hundreds of foods contain soybean oil in addition to infant soy formulas.

See Dr. Kaayla Daniel’s book: *The Whole Soy Story* plus go to soy toxicity research link:

<http://www.westonaprice.org/soy/index.html>

**Juvenile Diabetes:** See **Diabetes:** <http://www.litalee.com/shopexd.asp?id=223>

**Stomach Aches:** See **Stomach Problems:** <http://www.litalee.com/shopexd.asp?id=210>

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