



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 541-937-1123 to order or visit: www.litalee.com

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We want to hear from you.

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Hold A Vision Of Love

In these troubled times of fear and uncertainty, I spend time each day imagining a peaceful world in which no one is homeless or without help in times of need and in which there are peaceful ways of resolving conflict. I concentrate on filling the earth and its creatures with love instead of hating the things I don't like. I believe that whatever we concentrate on will materialize. Please join me in sending love on a planetary level.

In this issue you will find a description of Lynn Grabhorn's (of "Excuse Me..." fame) wonderful notebook, some yeast myths, a summary of nutritional support for pain, and an interesting Sound Bite article on dizziness.

To your health!

Lita

Imagine

"Sound Bites"

The Case of the Dizzy Dame
Submitted by Sharry Edwards

We had been working with a client in an attempt to restore her hearing. She was now reporting that she required someone to walk with her to maintain her balance. We wanted to find out if the sounds we were providing might be causing the dizziness. Since she had lost her sense of balance when she originally lost her hearing, we definitely needed to bring her in for a recheck.

Client could bring on the dizziness when she bent over to reach something on the floor. Even though the dizziness appeared only with walking or moving the head downward, I had an assistant take her blood pressure. BP was completely normal. I then asked about food habits. When did she get dizzy, etc? I wanted to rule out blood sugar issues.

I asked her to show me what made her dizzy. She bent over to reach for the floor. Sure enough she lost her balance. A voiceprint showed no abnormal ear issues. We had not overdosed her on any frequency. I went to the DISORDERS listing of the Genesis program and looked at VER-TIGO. I compared this to her chart. Dimethylglycine showed up as a stressed frequency twice in her voiceprint. I gave her the Frequency Equivalent™ of this substance and within a minute or two the dizziness had dissi-

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Is It Really Candidiasis?

Candidiasis, or the overgrowth of unhealthy species of yeast, is one of the outcomes of our modern sugar-laden diets and our overuse of antibiotics, birth control pills, estrogen therapy and corticosteroids. In addition, since fungal infections are opportunistic, they are common among people who have serious immune system problems such as cancer, diabetes and AIDS.

Many clients who come to me believe that they have candidiasis and that it is the cause of all of their health problems. I disagree. Candidiasis isn't the cause of illness. It is the outcome of a suppressed immune system from a bad diet, overuse of antibiotics and refined sugar or serious illness. Although candidiasis is common, it's not quite as common as many people believe. Why? Because the symptoms of candidiasis overlap with those of poor digestion. Also, parasites other than

Candida albicans can have signs and indications very similar to those for candidiasis. These symptoms can include bloating, food and environmental allergies, gastrointestinal problems, constipation or diarrhea, itchy skin, skin rashes and so on.

Many doctors believe that pathogenic yeast can enter into the blood stream, especially when the yeast is in the fungal form. I don't believe you can diagnose *Candida albicans* or any yeast problem from a blood test because it doesn't live systemically. It lives outside the body – i.e., the gastrointestinal tract, lungs, mouth, skin, nails etc. The symptoms of yeast are identical with those of poor digestion. Also, there are at least 1200 fungi. Why do they claim to see only *Candida albicans* in the blood or from dark field microscope? If you really do suspect that you have yeast over-

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Nutritional Support For Pain

The following formulas have many uses other than pain but here I am emphasizing only the particular pain addressed by each formula.

OSTEO: Indications for needing OSTEO include: history of osteoarthritis or gout; musculoskeletal pain, difficulty walking, bone or joint pain in the spine, hips, knees, feet or hands; stiff joints or sore muscles; diagnosed with fibromyalgia; inflammation of any kind (fever, redness, swelling or pain). Dosage: 3-6 caps 3x/d.

IVD: Indications requiring IVD (C2-L5): broken or fractured bones, gout, TMJ headaches, any kind of vertebral pain, disc problems including a herniated disc and TMJ headaches. Dosage: 4 caps 3-5x/d until pain is relieved plus chiropractic.

Para: A calcium formula for the following conditions (S2-S4): low back pain, muscle soreness and weakness; nocturnal restless legs or cramps in the legs, toes, etc. which can also occur with exercise. Dosage: 2-4 caps anytime 3x/d.

Sym: For upper cervical problems (C1 or atlas, C2 can C3). Indications requiring Sym: severe headaches including migraines, stiff/sore neck and difficulty turning the head. Dosage: 4 caps 3-5x/d to relieve pain and 2 caps 3x/d to hold adjustments.

MSCLR: Symptoms of needing MSCLR: stiff, sore muscles worse after exercise, resting, sitting, driving or writing. Dosage 3-4 caps 3x/d until relieved.

Kdy: Nutritional support for the kidney-lymphatic system. Indications for needing this formula: kidney pain

(undiagnosed), frontal headaches. Dosage: 3 caps 3x/d between meals.

TRMA: a general pain formula. Indications for needing TRMA: soft tissue trauma, injury, surgery, tendonitis. Dosage: 4 caps 3-4 x/d between meals.

Opt: contains a food source of vitamin C. Indicated for relief of eye pain, eye strain headaches, sand in eyes. Dosage: 2-4 caps 3x/d anytime.

Nsl: contains a food source of vitamin C: relieves sinus conditions including the pain from sinus headaches. Dosage: 2-4 caps 3x/d anytime.

UrT: Nourishes the lining of the mucus membranes in the urinary tract. Indications for needing the urinary tract formula: painful urination, burning urination (cystitis) or pain and discomfort over the bladder, and history of kidney stones. Dosage: 2-4 caps 3x/d. Dosage depends upon severity of symptoms.

ELXR: An herbal vitamin containing B-12 and enzymes that is also indicated for "chronic pain syndrome", according to Dr. Howard Loomis, in which there is a subluxation in the region of C4 and C5. This area is the narrowest opening of the spinal canal so it's vulnerable to spinal cord compression. The pain from this can be at C4-C5 or anywhere. Good chiropractic therapy plus ELXR is an excellent combination. Dosage: 2 caps 3x/d.

Stm: Multiple digestive enzyme devoid of protease that nourishes the mucus membranes of the gastrointestinal tract. Indications for Stm: ulcers, burning or pain in the stomach, gastritis and hiatal hernia, esophageal reflux. Dosage: 2

caps with each meal and 4 caps anytime needed to relieve symptoms.

Bil: Multiple digestive enzyme for fat intolerance (poor fat digestion) which can cause discomfort or pain under the right rib cage. Dosage: 2 caps with each meal 3x/d.

PAN: Multiple digestive enzyme for sugar intolerance (poor sugar digestion) which can cause discomfort or pain under the left rib cage. Dosage: 2 caps with each meal 3x/d.

Headache Pain Formulas:

I have listed first where the pain is and then the formulas.

Back of neck or upper cervical headaches (C1, C2, C3): The formula is Sym, discussed above.

TMJ headaches: The formula is IVD, discussed above.

Frontal headaches: The formula is Kdy, discussed above.

Sinus headaches: The formula is Nsl, discussed above.

Migraines: Complex topic. You must first find the cause. See my article on Headaches (Fee Article from www.litalee.com).

Gallbladder headaches: Use Bil multiple digestive enzyme for gallbladder stress, 2 caps with each meal 3x/d. Lvr is also usually indicated, 1 cap per meal for 1-2 weeks and then 2 caps per meal 3x/d. See "Unwanted Stones - Kidney Stones And Gallstones" (Fee article).

Colon headaches: Find out the cause - use LgI for constipation, IrB for diarrhea and SmI for alternating constipation and diarrhea. See Colon Problems (Fee article).

A Playbook From Lynn Grabhorn

An angel sent a box of these books to me by mistake (Ha)! We opened up the box and immediately got hooked on this delightful playbook, so we kept it. It doesn't matter whether or not you have read Grabhorn's first book, *Excuse Me, Your Life Is Waiting*. This playbook is incredible. Let me paraphrase what Lynn Grabhorn says about this playbook.

Everything is changing and it's happening faster than ever. We are becoming aware of our own divinity and this wake-up process demands uncompromising change. Man is in the process of becoming a fully conscious, fully enlightened being. This is the time to wake up! We are not alone in the universe. We are surrounded by hundreds of thousands of unseen beings who are working to bring about these new changes. Love brought us into existence to be an extension of our Creator. Once hatched into light, we started learning about everything -

rights, wrongs, happiness, pain, etc. We are now living the consequences of eons of our actions. Our way of life will change if we ask for it. That's what this playbook is about.

* About making way for the new

* Reconnecting with old friends

* Taking control of our lives

* Learn about the overnight evolution of the human species

You will learn to live without pain, struggle or worry (can you imagine that?!?!?). As you move through this playbook, you will learn to become the magnificent being you came here to be, so go Home to a new beginning that you may have never imagined.

Please call my office if you would like to order a copy of this wonderful book.



Notes To Lita...



♥ Good Morning Miracle Woman, I feel totally grateful that I met you, because I am beginning to feel much better just doing the simple things like eating the right foods. I was starving myself trying to be so svelte, buff and healthy. I started taking all the enzymes that you prescribed and the thyroid support; eating all the food recommended. Yesterday I felt great until I engaged in a stress issue and all the symptoms exacerbated. So now that I've connected that dot, I will reprogram and not engage in

those issues. Blessings to you, DD, AZ
Later on, DD wrote another letter:
 ♥ Dear Lita, I would like to share with you my perspective about your healing protocol, urine testing and the enzymes that support the condition. I am so impressed with your treatment plan: all of your supportive documentation teaching me about the ailment and a step-by-step program to curb the residual side effects as a result of the hypothyroid condition. It

is great to know that salty juice drink will slow the adrenalin spill, and the uneasiness involved in the side effects of that phenomenon. You are the first healer ever to deliver such a comprehensive step-by-step treatment plan in writing with referenced materials. What a fabulous idea, so meaningful to the client. Plus all of your support via e-mail and phone if necessary, that is my idea of the "PERFECT" doctor-client relationship. I am appreciative and grateful that I found you. Thank you.
 DD, AZ

Progesterone - A Natural Anaesthetic

Progesterone is good nutrition for all female problems including painful menses, ovarian cysts and tender breasts, cyclic headaches (during ovulation and menses) and endometriosis. It's available as a 3% cream or as 10% oral progesterone in natural vitamin E (manufactured by Dr. Ray Peat). Used topically, it can reduce pain and edema common in conditions such as shin splints, tendonitis, tennis elbow and arthritis.

Recommended Articles from www.litalee.com

Fee:

- Estrogen - Progesterone And Female Problems
- Menopause - Osteoporosis And The ERT Fairy Tale
- Progesterone - Absorption And Safety
- Progesterone Anti-Tumor Properties
- The Breast Cancer - Pesticide Connection
- Thyroid Myths
- Thyroid Resistance

Free:

- Estrogen Toxic Side Effects
- Hypothyroidism
- Estrogen - The HRT Hoax



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growth and you are female, you would have it vaginally and should have a thick white discharge that smells like yeast. The formula for this is SmI.

Below is a description of enzyme and herbal nutrition for yeast overgrowth. I tailor each program specifically to the needs of each client. I use the Loomis 24-hour urinalysis, an extensive health history and the Loomis palpation to determine the best enzyme program for each client.

Candidiasis Nutritional Program

Here are the major enzyme formulas suggested. Other enzymes may apply according to the results of the Loomis urinalysis test, client history and the palpation test. This list does not include a multiple digestive enzyme formula. That must be determined by the Loomis urinalysis test which designates foods that are poorly digested.

* SmI - contains cellulase which digests unwanted species of yeast plus probiotics required to establish healthy intestinal flora.

* TRMA - a high protease formula that is for nutritional support of the immune system.

* Citricidal Tabs - a botanical formula for many kinds of

parasites (see article on Citricidal).

Symptoms of needing SmI: toxic colon, constipation with a hard, dry stool, diarrhea or loose stools alternating with constipation or hard stools, yeast overgrowth, skin or nail fungal infections and parasites. It is good for sugar intolerant people who are prone to candidiasis. The yeast organisms secrete enzymes, which digest sucrose. SmI contains cellulase, which digests the yeast, plus probiotics to re-establish a healthy intestinal flora. This also sometimes helps relieve skin and nail fungus infections. Dosage: one tsp to one tbsp in water (or even juice or a smoothie) twice daily in the am and the pm.

Symptoms of needing TRMA: anxiety, worry, immune system problems, bacterial or viral infections, fever, edema (anywhere including ear fluid), blood clots, pain, soft tissue trauma (surgical or accidental), gum problems, kidney disease, parasites, catastrophic illnesses including cancer and aids, Lyme's disease. In addition, the kelp in the TRMA formula is a good source of minerals and will relieve both arm/leg tingling and motion sickness. Note: if gastric problems are present (gastritis, hiatal hernia or ulcers), it is very impor-

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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.

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(Sound Bites, Continued from page 1)

pated and her oxygen had increased significantly (from 94 to 97).

I asked her to bend over, as before. The dizziness was lessened. As she bent over I could see a vein bulge on the left, lower side of her neck. I asked her to straighten up and look directly at me while she attempted to stretch her lower lips sideways. This caused the veins of her neck to bulge. Sure enough there was an enlargement in one of the veins on the left side of her neck.

We discussed this. It was decided that she would ask her physician to check for a blockage in the vein that was bulging. The vein was also hard and lacked the plasticity of the vein on the other side of the neck. We also dis-

covered that turning her head sideways would stretch that vein and again some of the dizziness came back. As long as the Frequency Equivalent™ of dimethylglycine was presented, the dizziness was lessened. A call to her physician found him agreeing with the assessment. He also suggested that we may have helped prevent a stroke.

Comment from Lita: This excellent case history illustrates how important it is to find out whether the condition is a medical or a nutritional one.

Nutritional support for dizziness:

Sym – dizziness due to subluxations of C1, C2 or C3

Adr – dizziness, worse when bending over.

VSCLR – dizziness, worse upon movement.

(Is It Really Candidiasis, Continued from page 3)

tant that TRMA be taken on an empty stomach with only water. If this causes gastric irritation, simply open up the caps, add the enzyme to water and drink. The majority of people with gastric problems do not need to do this. Dosage: 4 caps between meals 3x/d (about 30 minutes before or about 2 hours after meals).

Citricidal Grapefruit Seed/Pulp Extract (comes in tabs, liquid, soap, toothpaste, ear drops and nose drops).

See article, Citricidal under Free Articles on my website www.litalee.com



Important Note

To find a certified sound therapist in your area, please call Sharry Edwards at
Sound Health 740-698-9119.

Be sure that your sound therapist has been certified by Ms. Edwards. There are unqualified therapists who claim to be certified, but are not.
You can learn more about Ms. Edwards at www.soundhealthinc.com.