



# To Your Health

April 2005

Volume 10, Issue 2

## Healthy Reading

Dr. Lee's book, *The Enzyme Cure*, is available from her office or her website  
Call 541-431-1099 to order or visit: [www.litalee.com](http://www.litalee.com)

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

Subscriptions:  
At the website: Free  
By mail: \$12 / year

Newsletter Editor  
Ginny Hagopian

Next Newsletter:  
July 2005

We want to hear from you.

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

Lita Lee Ph.D.  
4826 Mahalo Drive  
Eugene, OR  
97405

Office  
541-431-1099

Fax  
541-431-3427

Email  
[lita@litalee.com](mailto:lita@litalee.com)

Website  
[www.litalee.com](http://www.litalee.com)

## Put A Little Spring In Your Step

Dear Friends,

As I write this, Spring seems to be coming almost too early. Colorful flowers and buds are blooming. Temperatures are lovely (70's!). This newsletter is dedicated to the victims of the Tsunami and all of the other victims of severe weather changes, including floods, mud slides and other weather disasters. And we do not forget the thousands of lives being lost in wars. This issue is also dedicated to animals, how we help them and how they can help us. The Tsunami elephant rescue story is so amazing I had to put it in this newsletter, even though I've never had an elephant client!

*To your health!*

Lita

## Allergies: Do You Have Them?

By "allergies", I mean not just poor digestion of foods but also environmental sensitivities. Spring is here and already I am getting complaints from clients and friends. "My eyes itch and water." "My nose runs and I sneeze." "I have to stay inside, my allergies get so bad." "Every spring I get poison oak." So here is a handy dandy little list of those plant enzymes that will optimize digestion of foods and those that will help nutritionally support you if you have environmental sensitivities.

*Multiple digestive enzyme for optimum digestion of foods:*

- **PAN** - digests sugar, grains and fruit as well as protein and fat. Usage: 2 caps with each meal 3x/d.
- **Adr** - digests sucrose. Usage: 2 caps with each meal in addition to the PAN formula.
- **SvG** - digests carbohydrates. Usage: 2 caps with each meal.
- **Bil** - digests fat and protein in particular. Usage: 2 caps with each meal 3x/d. Contraindication: gastric problems (ulcers, hiatal hernia, esophageal reflux, etc.). If so, take the Stm stomach nourishing formula instead.

• **HCL** - digests fat and protein in particular. Usage: 2 caps with meals 3x/d. Contraindication: gastric problems (ulcers, hiatal hernia, esophageal reflux, etc.). If so, take the Stm stomach nourishing formula instead.

• **Stm** - digestive formula for nutritional support of the stomach cells. Usage: 2 caps with each meal 3x/d AND take 4 caps anytime if more help is needed.

• **VSCLR** - digestive formula for people with fat intolerance (lipase deficiency). Usage: 2 caps with each meal 3x/d.

• **DGST** - a mild digestive pediatric formula and for those who don't know what their allergies (food intolerances) are. Usage: 2 caps with each meal.

*For nutritional support of normal function and structure in people who are sensitive to environmental substances (animals, dust, pollen, bug bites, bee stings, poison oak or ivy and so on):*

• **Kdy** - enzyme to support normal function and structure for people with digestive disorders (poor digestion of sugar, fat, protein, etc.) and those who are en-

*(Continued on page 4)*

## "Sound Bites"

\*\*\*\*\*  
Miracles of Non-Medicine  
by Lita Lee

My friend had a freak accident while filling her car with gas. She accidentally tripped over the gas hose and landed with full body weight on her bent elbow, smashing it, crushing the heads of the ulnar and the radius in her forearm at her elbow, and shearing the ulnar bone. The lateral collateral ligament that controls elbow movement was torn in half. A nerve that controls finger movement was also damaged. Rushed to the ER room, closed reduction surgery realigned her bones. While in hospital, she took Oxycontin, Vicodan and Morphine simultaneously for her severe pain. Nine days later a four hour surgery was performed to rebuild and replace part of the elbow and replace the radius head. A plate from above the elbow to the wrist plus 9 screws were inserted. I rushed a tone box to her containing frequency equivalents commonly used to help relieve suffering during injuries involving broken bones, injured muscles and ligaments. These included two octaves of calcium, magnesium combined with calcium, the frequency equivalents of Aspirin, Procaine and Lidocaine and a frequency equivalent for muscle cramps. I instructed her to listen to the sounds as long as she needed them.

I also gave her the following Thera-zyme enzymes commonly used to relieve the suffering of injuries:

*(Continued on page 4)*

## *The Caring Of Elephants*

This may be a shock to you if you do not believe that animals are intelligent and can and do communicate with humans. From the unbelievable chaos of the Tsunami disaster comes an incredible tale from Jim France of the Pavilion Hotel Group in Bangkok.

At a resort on Phuket, one of the most popular attractions is (was) elephant rides. As many as eight people rode on one elephant, first into the surrounding forest, then down to the beach, to lunch at a fresh water lagoon, then back to the hotel. The elephants (nine) were kept chained to in-ground posts, not because they needed to be, but because it made the mothers feel better because their children seemed safe from a tromping when feeding the beasts.

About twenty minutes before the first wave hit, the elephants

became extremely agitated and unruly. Four had just returned from a trip and their handlers had not yet chained them. These elephants helped the other five tear free from their chains. They all then climbed a hill and started bellowing. Many people followed them up the hill. Then the waves hit.

After the waves subsided, the elephants charged down from the hill and started picking up children with their trunks and running them back up the hill. When all the children were taken care of, they started helping the adults. They rescued forty-two people. Then they returned to the beach and carried up four who had died including a child.

Not until the task was done would they allow their handlers to mount them. Then, with handlers atop, they began moving wreckage.

## *The Power Of Coconut*

The news media has documented many survival stories from the Tsunami tragedy. Some people in remote areas survived many days with no food or water until they were rescued. How did they do it? By drinking the coconut juice and eating the meat of fallen coconuts!

[http://www.coconutoil.com/tsunami\\_cocont\\_oil.htm](http://www.coconutoil.com/tsunami_cocont_oil.htm)

<http://www.tropicaltraditions.com>

### *Anti Bacterial Properties of Coconut*

Coconut is a food that has many nutritional benefits. In addition, the antiviral, antibacterial and antifungal properties of the medium chain fatty acids/triglycerides (MCTs) found in coconut oil have been known to researchers since the 1960s. Research has shown that microorganisms that are inactivated include bacteria, yeast, fungi and enveloped viruses. Much of this research is highlighted in the writings of Dr. Mary Enig Ph.D.

Considering what we know about the way the MCTs in coconut oil kill microorganisms, stories of people living for many days (up to 25 days) with nothing to eat but coconuts, should come as no surprise. Without the coconuts, it is likely they would not have survived. Agencies looking to supply food and

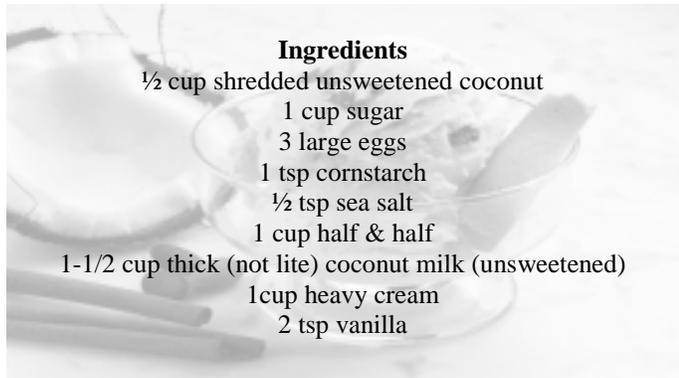
medicines to tsunami victims should take note of the health benefits of coconut oil.

Instead of relying on man-made pharmaceuticals for everything, many are now turning to natural methods to boost the body's immune system and resist harmful viruses and microorganisms naturally. Coconut oil is truly one of nature's best "germ fighters".

Lauric acid is the most predominant MCT found in coconut oil. Regarding lauric acid, Mary Enig Ph.D writes: "Lauric acid is a medium chain fatty acid, which has the additional beneficial function of being formed into monolaurin in the human or animal body. Monolaurin is the antiviral, antibacterial, and antiprotozoal monoglyceride used by the human or animal to destroy lipid-coated viruses such as HIV, herpes, cytomegalovirus, influenza, various pathogenic bacteria, including listeria monocytogenes and helicobacter pylori and protozoa such as giardia lamblia." Lauric acid is also prominent in the saturated fat of human breast milk, giving vital immune building properties to a child's first stage of life. Outside of human breast milk, nature's most abundant source of lauric acid is coconut oil.

## *Mmmmm... Coconut Ice Cream!*

This is possibly the best ice cream I have ever eaten! And it was ready to eat right out of the ice cream maker. This takes some prep and cooling time, so it needs to be made ahead....to put into the machine the following day.



### **Ingredients**

- ½ cup shredded unsweetened coconut
- 1 cup sugar
- 3 large eggs
- 1 tsp cornstarch
- ½ tsp sea salt
- 1 cup half & half
- 1-1/2 cup thick (not lite) coconut milk (unsweetened)
- 1 cup heavy cream
- 2 tsp vanilla

Place the shredded coconut or coconut flakes on a foil lined cookie sheet and cook until light brown, 5 or so minutes at 350 degrees. Watch carefully!! Stir occasionally.

In medium saucepan, beat sugar and eggs until thickened and pale yellow. Beat in cornstarch and salt. Set aside.

Combine half & half with coconut milk in med. saucepan and bring to a boil over med. heat. Remove from heat and slowly beat the hot liquid into the eggs and sugar. Pour the entire mixture back into the pan and place over low heat. Stir constantly with a whisk or slotted spoon until the custard thickens slightly. Don't let this boil or eggs will curdle. Remove from heat and pour the hot custard through a strainer or sieve into a large clean bowl. I use one with a spout (easier to pour later). Allow the custard to cool slightly, then stir in the toasted coconut, heavy cream and vanilla. Cover and refrigerate until cool or overnight.

Put into your ice cream maker and follow the directions.



# Notes To Lita...



## From critters...

*(these results are not typical; your companion animal's results may differ.)*

♥ Dear Lita,  
Our 8-year-old Bouvier has been a different dog since we have had him on enzymes. He is much happier, more playful, wants to eat his food. He has always had stomach problems, and we have tried many things, none of which worked for him, until we found these enzymes!  
NU, Woodway, Tx

bottle-feed him when he was too small to lap from a dish. Lita, Thank You Always for all you do for us here. We all love you.  
LS, Petersburg, IL



Here is a testimonial from a new client on the effect of enzymes on her cat. She gave her cat Vet-zime #2 (a multiple

digestive enzyme for cats) to see what would happen. She has had this cat for a year. When they first met the cat she was sweet, good-natured, friendly, liked attention, etc. Then her behavior changed: couldn't be picked up, yelled, fussy about her food, evasive but not mean. After taking the Vet-zime #2 for only a few days, the cat seems normal: eating, gaining weight, less anxious and seeking attention.

♥ Says her owner: "Yes, the cat has been reborn. I would say that her physical improvement began within the first few days. Since then not only has she changed dramatically physically, but also emotionally. It is like living with a different animal."  
VC, Santa Rosa, CA

## From people, too...

*(these results are not typical; your results may differ.)*

♥ Dear Lita,  
If you compare this questionnaire with my previous one, you will notice that major health improvements have taken place. I am delighted and very happy with such improvements. Thanks a lot for giving me back my life.  
EK, Janesville, WI

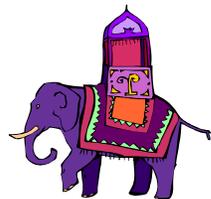
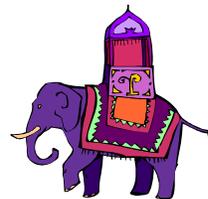
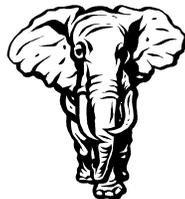
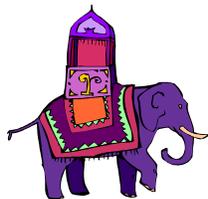
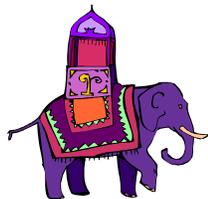
stroke of divine intervention that we met and I was wise enough to heed your advice. I am so much better for the experience. I look forward to a long relationship of using the products that you endorse. I am so grateful and appreciative of your hands-on response to all my concerns. You are indeed my idea of a great HEALER who cares about her clients. One that serves as a "role model" to all healers and practitioners.  
DD, Scottsdale, AZ

cover to cover. I particularly found the section on hormones to be very helpful and more practical and lucid than most articles I have read on the subject. I have very little experience with enzymes, but your book has stimulated my interest. You deserve congratulations.  
AG, Jarrettsville, MD

♥ Dear Lita,  
I have wanted to take this opportunity to thank you so much for your nutritional support. My health, despite my thyroid condition, is flourishing under your advice. I do not hesitate to share your advice and refer people to you for guidance. Thank you so much, it was truly a

♥ Dear Lita,  
Might you be the author of that very useful book on enzymes therapy and other useful matters? I read it from

♥ Dear Lita,  
It has been 4 years since I first contacted you. You literally saved my life and I want to acknowledge that at this time. I am happy to say my Lupus is gone. No more hives or anaphalytic shock.  
MM, Milford, NJ



**Notice:** 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 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

# To Your Health

Lita Lee, Inc.  
4826 Mahalo Drive  
Eugene, OR 97405

**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.

## To Your Health

*(Sound Bites, Continued from page 1)*

- **TRMA** for nutritional support of normal structure and function during recovery from the swelling, soft tissue trauma (accidental or surgical), hurting and inflammation that occurs from an injury;
- **MSCLR** for nutritional support of stiff, sore muscles and muscle cramps;
- **IVD** for nutritional support of injured bones, joints (including finger joints) and back soreness (from vertebral subluxations);
- **OSTEO** for nutritional support of musculoskeletal soreness, and soreness anywhere, such as the back, knees, joints, hips, etc.

**Results:** She stopped the pain meds four days before the second surgery and now takes one pain med only during her painful physical therapy. She listens to her

sounds and takes her enzymes daily. This healing journey is far from over. She will soon visit Sharry Edwards for more BioAcoustics.



*(Allergies, Continued from page 1)*

vironmentally sensitive. Relieves nausea related to indigestion. Usage: 3 caps 3x/d, preferably between meals.

- **DERM** - antihistamine enzymatic formula. Nourishes the skin during problems related to skin manifestations (rashes, hives, herpes, bug bites, bee sting, poison oak or ivy). Usage: 3-4 caps 3x/d between meals until relieved. Note: MSCLR is the same as DERM, but in addition it nourishes the muscles

in people who may have stiff, sore muscles after exercise, sitting, writing, driving or in the morning after sleeping.

- **SKN** - enzymatic skin nourishing formula. Nourishes the skin in people who may have a tendency towards sensitivities to bug bites, bee stings, or who may get frequent rashes. Usage: 3-4 caps 3x/d anytime.

- **TRMA** - for nutritional support of the immune system and of the eyes, ears, hair, nails and the soft tissues (skin) of the body. Usage: 4 caps preferably between meals 3x/d (about 20-30 minutes before or 1-2 hours after meals). To maintain, take 4 caps between meals twice daily. Contraindication: gastric problems. Some people with gastric problems can tolerate TRMA if taken between meals with only water.

### 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](http://www.soundhealthinc.com).

**Disclaimer:** Human BioAcoustics, as originated by Sharry Edwards, M.Ed., does not diagnose or prescribe for medical or psychological conditions nor does it claim to prevent, treat, mitigate or cure such conditions. Human BioAcoustics researchers do not provide diagnosis, care, treatment or rehabilitation of individuals, nor apply medical, mental health or human development principles.