



To Your Health

April 2008

Volume 13, Issue 2

Healthy Reading

Dr. Lee's book, *The Enzyme Cure*, is available from her office or her website

Call 503-775-2251 to order or visit: www.litalee.com

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

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Next Newsletter: July 2008

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Spring is for Beautiful Beginnings

Dear Friends,



Happy Spring! I'm so glad it's finally here! Aren't you?

Have you ever wondered why we believe what we believe and whether there are influences on our belief systems that we are unaware of? Have you ever heard of a ghost-writer and do you know that these writers are paid to, well, lie? Have you ever wondered where the information you see on TV or read online comes from and do you accept this information as true and honest? If these thoughts are unfamiliar to you, or even if they aren't, the article below, *Why Americans Will Believe Almost Anything*, may surprise you. It also may help you to understand why many people accept medical procedures that carry risks. As an example, I have provided information on the alarming increase in cesarean sections in the United States and why this is occurring in this newsletter's *Baby Bits*.

I celebrate my beautiful granddaughter Sophia's 6th month on earth in this photo of Veronica and Sophia.

To your health!
Lita

Why Americans Will Believe Almost Anything

Abstracted from an article by Dr. Tim O'Shea, <http://www.advancedhealthplan.com/perceptions.html>. Quotes are directly from this article.

"We are the most conditioned, programmed beings the world has ever known. Not only are our thoughts and attitudes continually being shaped and molded; our very awareness of the whole design seems like it is being subtly and inexorably erased."

"If everybody believes something, it's probably wrong. We call that Conventional Wisdom." In America, if everybody believes something, somebody paid for it. Here are some examples of what I

call Nutritional and Medical Myths. I have added some to Dr. O'Shea's list:

- ♦ Prescription drugs cure disease and restore health
- ♦ Vaccines are safe and provide immunity to disease
- ♦ Hospitals are safe and clean
- ♦ America has the world's best health care system
- ♦ Women need estrogen to prevent bone loss and menopause
- ♦ Mercury is toxic except when it's in your mouth as a silver amalgam filling
- ♦ Iodine supplementation is good for your thyroid health
- ♦ Fluoride prevents cavities

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Baby Bits



The Alarming Increase in U.S. Cesarean Sections

This information was abstracted from *Mothering* magazine: Issue 123, March/April 2004, by Nicette Jukelevics; and Issue 144, September/October 2007, by Wendy Ponte. If you read the article on *Why Americans Will Believe Almost Anything*, you will have a deeper understanding of how medical procedures are promoted even when the information on them clearly proves that they can be unnecessary and dangerous.

For a very informative documentary on home births versus hospital births, please watch *The Business of Being Born*, <http://www.thebusinessofbeing-born.com>. This movie is honest and profound. Bring tissues!

The following information is not meant to make any new mother feel badly about the birth of her child. Women "need to be honored for their birth stories, no matter how those stories go." The purpose of this article is to emphasize the

(Continued on page 4)

(Why Americans Will Believe Almost Anything, Continued from page 1)

- ◇ Fish oil is good for you
- ◇ Raw milk is dangerous
- ◇ Soy products are healthy
- ◇ Synthroid is better than natural thyroid glandulars
- ◇ Birth control pills prevent cervical cancer

In *Trust Us, We're Experts: How Industry Manipulates Science and Gambles with Your Future*, by Sheldon Rampton and John Stauber, a compelling history of the science of creating public opinion in America is presented. Edward L. Bernays, called the Father of Spin, in his chronicle, *Propaganda*, took the ideas of his uncle Sigmund Freud and applied them to the emerging science of mass persuasion. Bernays used Freud's ideas "to mask agendas and to create illusions that deceive and misrepresent, for marketing purposes." Bernays was a dominant force in the public relations (PR) industry until the 1940s, and his influence continued for another 40 years.

Bernays' job was to reframe an issue to create a desired image that would make a product or a concept appear desirable. He described the public as a "herd that needed to be led." His fundamental goal was "to control the masses without their knowing it." He believed that the best PR happens when people are unaware that they are being manipulated.

Not one to turn down a challenge, he set up the advertising format along with the AMA that lasted for nearly 50 years "proving" that cigarettes are beneficial to health. Just look at ads in issues of *Life or Time from the 1940s and 1950s*.

How could he do this? Stauber describes Bernays' rational like this: "The scientific manipulation of public opinion was necessary to overcome chaos and conflict in a democratic society." (*Trust Us*, p. 42). *In other words, Bernays and others like him believed that "democracy was too good for people; they needed to be told what to think because they were incapable of rational thought by themselves."*

Once the effects of applying Freudian psychology to mass media were understood, Bernays soon had more corporate clients than he could handle. These corporations courted the new image makers. There were dozens of goods, services and ideas to be sold to a gullible public. And, these corporate giants had the money to make their images happen. Here are just a few examples: tobacco industries, oil companies, Monsanto, DuPont, Eli Lilly, Procter & Gamble, Dow Chemical and many others.

Bernays' goal: The best PR goes unnoticed. For decades, the media manipulators have created the opinions expressed by the mass media (TV, newspapers, magazines, etc.) that these substances and treatments are "good" for you: prescription drugs, fluoridation of water, genetically modified foods, processed foods, fast foods, vaccines, dental amalgams, HRT, etc.

Bernays' work was quietly financed by "independent" research agencies that would churn out "scientific" studies and press materials that could create any image their manufacturers wanted. Such "front groups" have high-sounding names

such as: Consumer Alert, The Advancement of Sound Science Coalition, Air Hygiene Foundation, Industrial Health Foundation, American Council on Science and Health, Manhattan Institute, Tobacco Institute Research Council, etc. These "front groups" (and hundreds like them) have a sole mission to advance the image of the corporations who fund them.

Canned news releases produce an endless stream of "press releases" announcing "breakthrough" research to every radio station, newspaper and TV station in the country. These canned reports read like "straight" news. This saves the journalists the "trouble" of researching the subjects, especially on subjects they know nothing about. The entire news release can be lifted intact, with no editing, and given the byline of the reporter, newspaper or TV station. Instant News — copy and paste!

Do you think this really happens? "Every day since the 1920s when the idea of news release was invented, as many as HALF the stories in the main stream media are based solely on PR releases." And these "fake" stories are mixed in with legitimately researched stories. Unless you have done the research, you won't be able to tell the difference.

These "spin artists" (also called ghostwriters*) learned that mob psychology must focus on emotion, not facts. Words are carefully chosen for their emotional impact.


Here is an example for GM (genetically modified) foods. A front group called the International Food Information Council (IFIC) handles the public's instinctive fear of GM foods by avoiding trigger words such as: Frankenfoods, gen-splicing, DNA, gen gun, biotech, etc. Instead, good PR words for GM foods are like: hybrids, organic, earth, wholesome, cross-breeding, natural order, etc.

This is basic Freudian/Tony Robbins word association. Pseudoscience. Form is everything and substance just a passing myth. Who do you think funds the International Food Information Council? Monsanto, DuPont, Frito-Lay, Coca Cola, NutraSweet (Stauber, p. 20).

Further PR guidelines for effective persuasion:

- ◇ Dehumanize the attacked party by labeling and name calling
- ◇ Speak in glittering generalities using emotionally positive words
- ◇ Don't use plain English to cover up something; stall for time; distract
- ◇ Get endorsements from celebrities, churches, sports figures, street people — anyone who has no expertise in the subject
- ◇ The "plain folks" ruse: us billionaires are just like you
- ◇ To minimize outrage, don't say anything memorable, point out the benefits of what just happened and avoid moral issues

Start watching for these techniques. They are not hard to find.

*See *To Your Health* — July 2005 for an article on ghostwriters (paid to lie). 

Got Pain? Take Enzymes! Nutritional Support for Pain

The following formulas have many uses other than aches and soreness, but here I am emphasizing only the particular problem involved in each formula. In addition, I recommend chiropractic or osteopathic therapy, acupuncture and NMT (www.neuromodulationtechnique.com) in addition to enzymatic therapy.

Thera-zyme OSTEO: Nutritional support for people who may have a history of osteoarthritis or gout; musculoskeletal soreness; difficulty walking; bone or joint pain in the spine, hips, knees, feet or hands; stiff joints, sore muscles; diagnosed with fibromyalgia; or inflammation of any kind (fever, redness, swelling or pain). Dosage: 3-6 caps 3x/d.

Thera-zyme IVD: Nutritional support for joint pain anywhere, including the knuckles; broken or fractured bones; gout; any kind of vertebral ache; disc problems (including a herniated disc); or TMJ headaches. Dosage: 4 caps 3-5x/d until pain is relieved, plus chiropractic therapy.

Thera-zyme Para: A calcium/enzyme formula indicated for low back pain, muscle soreness and weakness; nocturnal restless legs; or cramps in the legs, toes, (not gout) etc. Dosage: 2-4 caps anytime 3x/d. *Note:* Women can be prone to low back pain during menses because calcium peaks out at ovulation and decreases as menses approaches.

Thera-zyme Sym: Indicated for neck or upper cervical problems (C1 or atlas, C2 and C3). Indications requiring Sym: 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.

Thera-zyme Kdy: A lymphatic drainage formula indicated for kidney discomfort or pain (due to lymphatic congestion) or frontal headaches. Dosage: 3 caps 3x/d between meals. If more help is needed, increase to 4 caps per dose.

Thera-zyme TRMA: A general formula for pain, soreness or aches anywhere; for soft tissue trauma; edema; injury; surgery; and tendonitis. Dosage: 4 caps 3-5 x/d *between* meals. Taking TRMA *with* food can exacerbate a pre-existing gastric condition.

Thera-zyme Opt: Contains a food source of vitamin C, indicated for nutritional support in people who may have eye pain, eye strain headaches or feeling of sand in eyes. Dosage: 2-4 caps 3x/d anytime.


Thera-zyme Nsl: Contains a food source of vitamin C, nutritional support in people who may have sinus problems including the pain from sinus headaches, stuffy or congested nose, dry nose or frequent nosebleeds (from the dry mucous membranes). Dosage: 2-4 caps 3x/d anytime.

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

Thera-zyme Stm: A multiple digestive enzyme devoid of protease that nourishes the mucus membranes of the gastrointestinal tract. Indicated for ulcers, burning or pain in the stomach, gastritis and hiatal hernia, and esophageal reflux. Dosage: 2 caps with each meal and 4 caps anytime needed to relieve symptoms.

Thera-zyme 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. **Note:** Turmeric, an Ayurvedic herb, is also indicated for liver/gallbladder and many other nutritional problems.

Thera-zyme 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.

Thera-zyme DGST: Pediatric multiple digestive enzyme for mild digestive problems and for colicky pain in infants. If baby is nursed, the mother should also take a digestive enzyme. The infant (whether nursed or bottle-fed) should be given about ½ cap of DGST several times daily, added to a small amount of milk or water. Homeopaths for colic can also help relieve this condition and are readily available at many organic food stores. 



(The Alarming Increase in U.S. Cesarean Sections, Continued from page 1)
importance of knowing the risks of a cesarean section (c-section) versus a vaginal birth and what factors make a c-section medically necessary.

In some hospitals the escalating rate of c-sections is 50% or more. The World Health Organization (WHO) says that when a country's c-section rate rises above 15%, the dangers of c-section outweigh the lifesaving benefits it is supposed to provide. *The U.S. c-section rate is now 30%.*

The evidence against c-sections — except when it's medically necessary — are clear, but birth practices are not being changed despite these alarming facts in the United States (this is a *partial* list):

- ◇ A woman is 5-7 times more likely to die from a c-section birth than from a vaginal birth.
- ◇ A woman having a second c-section is twice as likely to die during delivery.
- ◇ Twice as many women require re-hospitalization following a c-section than after a vaginal birth.
- ◇ C-sections increase the rates of infertility, ectopic pregnancy and potentially severe placental problems in future pregnancies.
- ◇ Babies born after an elective c-section (e.g., before labor has begun) are 4 times more likely to develop persistent pulmonary hypertension, a potentially life-threatening condition.
- ◇ An average of 1-2 babies of every 100 delivered by c-section will be accidentally cut during the surgery.
- ◇ The United States is tied for second-to-last place with Hungary, Malta, Poland and Slovakia for neonatal mortality in the industrialized world.
- ◇ Babies delivered via c-section are at high risk for not receiving the benefits of breastfeeding.

There are many reasons that c-sections are on the rise in the United States:

- ◇ Women are not well informed about giving birth naturally or about the risks of c-sections. Only one in four women in the 2006 survey "Listening to Mothers II" had attended a childbirth education class.
- ◇ But 68% of the women surveyed had watched TV births which generally portray high-tech medical procedures and often "problem" births in which the baby is "saved" by heroic medical procedures.
- ◇ Doctors and midwives are making decisions based upon fear of malpractice suits rather than medical necessity.
- ◇ Many women believe that birth is inherently dangerous and the majority want to give birth where they feel safe, which is on a bed which can — if necessary — be wheeled into the operating room filled with high-tech instruments

and drugs. This is true despite the statistics that home or birth center deliveries are just as safe as hospital births, where your chances of having a c-section soar just because you walk into the hospital.

These in-depth and thoughtful articles present many thought-provoking reasons why the United States has such a high percentage of c-sections that are beyond the scope of this article. There are some obvious reasons that add to this statistic:


- ◇ High tech hospital births provide 66% of hospital revenues. Allowing a woman to labor and have a vaginal birth is time consuming and not as profitable as the high-tech birth with its equipment, drugs, surgery, etc.
- ◇ After three major studies declared VBACs (vaginal birth after cesarean) to be too risky, access to VBACs greatly decreased. *Even after these studies were found to be flawed and widely misinterpreted.*
- ◇ A 2003 opinion piece from the American College of Obstetrics and Gynecology declaring the performance of elective cesarean to be ethical has made obstetricians feel freer to perform them.

There are doctors who are truly humanistic and who try to assist natural birth in an evidence-based way, but the whole system is set up against them so they suffer a lot. They are targets of criticism from their colleagues, and their position in the hospital hierarchy becomes tenuous.

In short, the idea that birth is a normal life process that usually goes well on its own with little or no intervention seems to have been lost in our fear-based culture that had made birth go from a normal and safe process to one requiring high-tech and sometimes intensive care.

In many countries, birth is considered a natural physiological process and homebirth is a common occurrence. *For example, in Holland 34% of women give birth at home, whereas in the United States it's less than 1%.* In Holland, hospital births are far from being the high-tech, unnatural event it is in the United States. "We don't see it as a medical thing," says Dr. Tom Kreunig, a Dutch ob-gyn physician interviewed in *Pregnant in America*. "It's a natural thing, and sometimes you need medical assistance."

Natural birth advocates believe that our focus on fear and risk and using high-tech medical methods to prevent every possible catastrophe can lead to new dangers and risks. Examples include frequent sonograms when there is no medical reason, glucose tolerance tests, fetal monitors, episiotomy, amniocentesis and so on.

But while doctors, hospitals and insurance companies are contributors to the high rate of c-sections, it is tempting to focus all the blame on them while not acknowledging that "we all create the society we live in." 





Notes To Lita...



As you all know, my favorite lawyer, Ralph Fucetola, aka <http://www.vitaminlawyer.com> tells me that I have to state: "Testimonial results are not typical. Your results may vary."

♥ Dear Lita,

I was sitting here thinking about the number of years I have been your client. My health was not the best when I first read your book *The Enzyme Cure*. My health has greatly improved after following the diet rules, enzyme therapy and hormonal balancing. I have four herniated disks in my neck and have been in so much pain that I was almost convinced to have surgery to supposedly remedy my problem. I oftentimes experienced dizziness and had a sinking feeling, and there was never a warning when they occurred. I ordered all the enzymes that applied to my condition and took them around the clock like my life depended on them. Today I can say that I do not have the sinking feeling any longer. I no longer feel dizzy, and my headaches are far and few between.

I had a broken ankle 2 years ago. My coworkers joked because I went from crawling on my belly to a wheelchair and then to a cast and then to wearing normal shoes within a matter of a few weeks. They called me the bionic woman because my recovery was incredibly fast. I attribute my speedy recovery to all the enzymes I took during that time. I took Thera-zyme TRMA, IVD, Sym, OSTEO, ELXR and VSCLR. I know what enzymes can do for my body, and I have experienced nothing but positive results from the first day I ordered from you. I am 46 years of age, and I look and feel much younger. Lita, many blessings to you and your family.

Love,
WD
Florida

♥ Dear Lita,

My husband and I purchased your book a few years ago. We learned a lot of life-saving things about health from it. I had bad pain in my feet, so much that I could hardly walk. I got Thera-zyme OSTEO enzymes, and in a few days the pain was gone!!!

I also had severe attacks of pain that would radiate up my back and stomach — it was so terrible and scary. My husband looked in your book and felt I should try the stomach enzyme, Thera-zyme Stm, which I did. The attacks have totally stopped since taking the enzymes.

I am so grateful to you for all the work you have done to bring us this knowledge of health! Pain is a horrible thing; it can ruin your quality of life. Thank you so much again — know that you are saving people's lives by showing the real way to health.

Thank you again,
E & JS,
Harper, TX



Positive Sayings from Abraham-Hicks (Esther and Jerry Hicks)

"It's not your work to make anything happen. It's your work to dream it and let it happen. Law of Attraction will make it happen. In your joy, you create something, and then you maintain your vibrational harmony with it, and the Universe must find a way to bring it about. That's the promise of Law of Attraction."

"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?"

"Worrying is using your imagination to create something you don't want."

"There is not a source of sickness. There is just the disallowance of wellness. When you are in vibrational harmony, your body produces whatever it needs to remain in perfect balance. You're never going to get to any final place. And so, we want to remind you to relax and start having fun on the way."

<http://www.abraham-hicks.com/>



To Your Health

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To Your Health

Dr. Lee's Radio Shows Are Now Available Online!

Radio Show — Lita Lee on the Nutritional Show, KWAH 1080 Hawaii radio — Karen and Damian Paul



These broadcasts are an informal discussion between individuals — a spoken exchange in which thoughts, opinions and feelings are expressed. It is comprised of sentence fragments and may include unusual terminology as

the participants endeavor to articulate their unique experiences and knowledge. Rebroadcasted with permission from the Nutritional Show.

To listen to these broadcasts, go to <http://www.litalee.com/shopdisplayproducts.asp?id=27>.

Topics covered: Enzyme therapy and hormonal balancing with thyroid nutrition and natural, oral progesterone. Lita describes what enzymes are and how they help relieve many health conditions created by poor digestion. She gives case histories and describes the enzyme connection to these health conditions.

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.

Notice from Lita: 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 .