



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

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

Newsletter Editor Michelle Nicolson

Next Newsletter: July 2011

Sending Angels & Prayers to Japan

Dear Friends,

Spring is my favorite season. I love the burst of daffodils and the white and pink blossoms on the trees lining the streets of Portland. But this spring it is difficult for me to think "Happy Spring" when I look at the beautiful pink cherry blossoms on the cherry trees lining our streets because they remind me of Japan and the Japanese love for cherry trees. So every time I see a cherry blossom tree, I send angels and prayers to the beautiful people of Japan. In this newsletter there are links to my first two emails on radiation protection. Also in this newsletter is great news from *Friends of Water* on water filters that can help filter radioactive nucleotides from your water and shower. Plus there is an excellent article on the dangers of chloramine and how to remove this toxic chemical from your tap water. Finally, because so many of my clients have eye problems, I have summarized my eye nutrition notes.



To your health!
Lita

The Importance of Pure Water

In the current free *Friends of Water Newsletter*, Tim Hickey provides a lot of excellent information and many choices of water filters for every need. Water should be purified by filtration through many filters. Distilled or Reverse Osmosis water is not healthy. It is dead — it has no structure. Also, the water you drink should be purified by several purification filters and nothing should be added. It is *not* healthy to change the pH of pure water. This is especially true of alkaline water, which seems to be very popular now. Drinking alkaline water (made alkaline with alkalizing agents) puts an alkaline stress on the blood, which then dumps the excess alkalinity into the urine. I see this when I analyze the Loomis 24-hour urine. An alkaline pH hinders the utilization of calcium, so even if a person is taking lots of calcium, it cannot be utilized. This pattern of urinary low calcium, abnormally high pH and low chlorides in a 24-hour urine is called the anxiety alkalosis pattern, and it's also the pattern of immune suppression. There are other conditions that can cause this pattern, including poor protein digestion and a low protein (vegan) diet. There are

enzymes and dietary changes that can reverse this.

Notes from Dr. Ray Peat

I don't think it's the pH that matters, but the actual mineral content. That is, a little lye would give a high pH, but no physiological benefit; buffered salts with a neutral pH could be very beneficial. I wouldn't want water treated with a system to make it alkaline — it might be harmful in itself, and it would be a financial benefit for crooks. Hard, mineralized water seems to be good for the health, partly because it doesn't pick up metals from the plumbing, and the alkaline minerals, even sodium, have some value for sparing magnesium and protein, especially during stress. I think the urine should be pretty acidic, from a good protein intake, but the saliva should be just a little under 7, reflecting good carbon dioxide content. There are lots of pH cults. Healthy cells use oxygen ("acid source") and produce carbon dioxide (a Lewis acid), and are resistant to stress. Cancer cells are more alkaline (from

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(The Importance of Pure Water, Continued from page 1)

producing lactate instead of carbon dioxide) than healthy cells, contrary to popular pH cult beliefs.

THE WATERFALL — Friends of Water Newsletter 3/15/11

This newsletter reveals the many unhealthy effects of chloramine and provides a history of why it is used and why it is so important to filter your tap water.

The Health Risks of Chloramine

Chloramines are in many more water supplies now. There continues to be confusion about them and their relation to chlorine. Unless you have well water, please read this article — which includes recent updates — to learn more.

Chloramine may be affecting you now or in the future.

A growing number of municipalities in the United States now add ammonia to the water supply to change chlorine to chloramine. One reason is studies suggesting chlorine is carcinogenic, although municipalities don't mention that much. The EPA told water suppliers to reduce the amount of trihalomethanes (chlorination byproducts) in the water supply, but did not mandate chloramines. Chloramines reduce, but do not eliminate trihalomethanes, and they generate other byproducts.

The other reason to use chloramine instead of chlorine is that it lasts longer because it doesn't dissipate or break down. However that means that by definition chloramine is harder to remove than chlorine, and to take it out requires more filter material.

Chloramine is formed by adding ammonia to the water in addition to chlorine.

If you have municipally supplied water — that is you get your supply treated by someone else — you have either chlorine or chloramine in your water. You need to know which in order to get the right filtration.

If you don't know, just ask them.

If your municipality is not adding ammonia to your water, there is no point in your getting a chloramine filter.

Research published in 2007 by Dr. Michael Plewa indicated that the disinfection byproducts (DBPs) created from the use of chloramine are much more toxic than the DBPs of chlorine. These new nitrogen-containing DBPs are not regulated by the EPA. Yet, this chemical is now in the water in many U.S. municipalities.

There are many reports of health problems from chloramines. It is suggested that anyone with chemical sensitivities will react badly to chloramines. The EPA says that there have been no studies done to determine the risks to epidermis, respiratory, digestive or epidemiologic systems of chloramine in water supplies, and the cancer studies on animals or humans are inadequate. There also appear to be no allergy tests. But those individuals with extreme rashes, breathing and liver problems know the answer already.

Below are health problems experienced by many from exposure to chloramines:

- ◇ Severe skin rashes
- ◇ Dry and scaling skin
- ◇ Erupting, oozing skin
- ◇ Skin described as having chemical burns
- ◇ Skin outbreak 'like hives'
- ◇ Swollen ears
- ◇ Extreme fatigue
- ◇ Hacking coughs
- ◇ Sneezing
- ◇ Nasal congestion
- ◇ Itchy, burning and swollen eyes
- ◇ Raspy throat
- ◇ Peeling fingernails
- ◇ Stomach aches
- ◇ Yeast infection
- ◇ Ammonia toxicity from consumption, especially for those with liver, kidney or urea cycle diseases

People who keep aquariums know that they have to get the chloramine out or the fish die.

Many have reported that stopping exposure to chloramines led to dramatic health improvement within days. Kdf is a filter media that reduces chloramines, kdf 85 — which are used in the chloramine filters we sell — takes out more chloramines. Carbon is known to remove organic byproducts like those formed by chloramine. Catalytic carbon has been shown to work best for chloramines, so that is what is used in the chloramine kitchen and whole house filters we now have.

You can effectively filter chloramine in the kitchen, and we now have filters that reduce it at the shower and bath. Many report health issues from bathing or showering in water with chloramine. And whole house filters can remove it from your entire home. Tests at the manufacturing plant showed 100% removal of chloramines in the chloramine whole house filters we are now selling.

Remember to replace your air cleaner, kitchen, pitcher, bath, shower, garden or whole house water media. There is no point having a filter that isn't doing what you need.

We're always happy to hear from you. Email us at stories@friendsofwater.com. 

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.

Eye Nutrition

So many people have eye problems that I have been collecting nutritional information on vision for a long time. Here is a compilation of good foods and enzymes for nutritional support of the eyes (and other parts of the body too).

I have had success with Thera-zyme Opt (food-form vitamin C enzyme formula) and many kinds of eye problems. There are many natural remedies for our health problems that are not commonly known, for example the reported use of coconut water (juice, not coconut milk) from a fresh green coconut can support reversal of cataracts. Turmeric is reported to support remission of macular degeneration. When I started turmeric, my vision (I was farsighted) improved to the point of not needing glasses for reading or computer work. Also, progesterone lowers ocular pressure and is thus a natural nutritional support formula for glaucoma. Dr. Peat has a newsletter on "Aging Eyes" (www.RayPeat.com). Here is a summary of eye nutrition — just what I know now, but I am sure that more is available from our sacred Earth:

- ◇ **Thera-zyme Opt:** Nutritional support for any kind of vision problems including poor vision, floaters, feeling of sand in eyes, eyestrain headaches and ocular pain. A good source of vitamin C from food sources. Usage: 2 – 4 caps 3x/d.
- ◇ **Thera-zyme TRMA:** Nutritional support for the eyes, hair, nails and skin (plus lots of other good things). Usage: 4 caps between meals 3x/d. Contraindication: gastric problems.
- ◇ **Turmeric Caps (New Chapter):** Turmeric supports normal structure and function for healthy DNA, cardiovascular health and for people who may have vision problems, including macular degeneration, skin problems, and liver and/or gallbladder problems. It is a COX inhibitor (inhibits free radicals, like aspirin), and provides a gentle liver and colon detox. Try a tsp daily in your cooking or get some capsules. I have the New Chapter brand, which is very potent. Try one cap daily of the turmeric with food, but you can take more if more help is needed. Usage: 1-2 caps 3x/d.
- ◇ **Coconut juice (water, not milk):** All coconut products (coconut oil, juice, flakes, fiber, flour and juice or water) are very nutritious. Dr. Bruce Fife reports on coconut water in treating cataracts in his *The Coconut Oil Miracle* and in *Coconut Cures*. The coconut water must be filtered from a *fresh green coconut* and is put into the eye with an eye dropper or eye cup and then covered with a hot wet washcloth for about 10 minutes. (Dr. Bruce Fife, N.D.)
- ◇ **Thyroid glandular:** Many people with hypothyroidism report eye problems including double vision. This is one of many health problems that can be nutritionally supported with thyroid glandular therapy. Articles from <http://www.litalee.com>: Hypothyroidism; Thyroid Myths; Thyroid Resistance.

- ◇ **10% natural oral progesterone in vitamin E oil:** Progesterone has many excellent health effects and lowering ocular pressure is just one of them. Articles from <http://www.litalee.com>: Estrogen - Progesterone And Female Problems; Progesterone - Absorption And Safety; Progesterone Anti-Tumor Properties; Hypothyroidism. Dr. Ray Peat has excellent articles on progesterone plus his newsletters and books, <http://www.raypeat.com>.



- ◇ **Pregnenolone** — has many uses, which includes its ability to reduce exophthalmia (bulging eyes). Source: <http://www.litalee.com>: Pregnenolone, a fruit of cholesterol; Dr. Ray Peat books and newsletters, <http://www.raypeat.com>.

Cataract Nutrition

Dr. Ray Peat: *Acetyl carnosine probably works to some extent. Big doses of aspirin do too — my brother had cataracts developing 6 years ago, but after he took a lot of aspirin, the same doctor said recently that there was barely a trace of them left. Cataracts are related to low thyroid function since thyroid deficiency causes edema and eyes with cataracts have edema. People who live at high elevation have fewer cataracts — between 2,000 and 6,000 feet. Since CO₂ increases with elevation, breathing CO₂ or drinking water or coconut water may help reduce cataracts. Add salt to either water.*

- ◇ **Enzymes:** I would add Thera-zymes Opt (for vision) and TRMA (for edema) to this protocol.
- ◇ **Pure coconut water:** See the anecdotal story of cataract cures with fresh coconut water above.

Retinal Degeneration

The following are quotes from Dr. Ray Peat's article on **Aging Eyes** from www.RayPeat.com.

Degeneration of the retina is the main cause of blindness in old people. Retinal injury is caused by ordinary light, when the eyes are sensitized by melatonin, prolactin and polyunsaturated fats. Bright light isn't harmful to the retina, even when it is continuous, if the retina isn't sensitized.

Melatonin and prolactin are induced by stress, and darkness is a stress because it impairs mitochondrial energy production.

The polyunsaturated fats (PUFAs) which accumulate in the brain and retina damage mitochondria.

Radiation Protection Nutrition

I have written and posted two articles on radiation protection nutrition in response to many emails I have received from frightened people following the Japan triple tragedy of earthquake, tsunami and nuclear power disasters.

Please go to these two links for my first two articles on radiation protection nutrition

[Radiation Protection Nutrition](#) — 3/15/11

[Radiation Protection Notes](#) — 3/19/11

Next, I have some great news from Tim Hickey of *Friends of Water* about using filters to remove different types of radioactive nucleotides. Here are his answers to my questions.

Question from Lita to Tim Hickey: Do you know or believe that any of your water filters would remove radioactive iodine and some of the radioactive minerals? You probably cannot prove this without testing but if the filters remove chlorine and bromine, why not radioactive iodine, which is the largest of the halogen molecules?

Tim Hickey: Yes, the ones we already sell will reduce it. We'll have new ones that do more, which will be available on or about April 21. We will have a new radiation water filter cartridge, plus some configurations it can go in.

They will be 4-stage cartridges with granulated activated carbon, which will remove a lot of radioactive contamination. A layer of material will remove Cesium and Strontium. Then a bed that is a mix of cation and anion resins will target

both cationic and anionic isotopes. A final filter polish will have more granulated activated carbon.

People love to ask how much of anything is filtered. The best answer, especially at this point, is "a lot." Stating how much is removed without knowing the condition of the water being filtered is a game many play, but one we prefer to avoid. This would, we believe, be the best radiation filtration you could get in a 10" cartridge. You could put two in a row.

Filter changes will be recommended every 6 to 12 months. The cost will be in the same range as fluoride filters.

The cartridges will fit our standard canisters, so it could be that some would choose to get a couple of radiation cartridges and have them on hand for emergencies. Of course you can also get kitchen units with 2 and 3 canisters and leave one of these in all the time. Please go to http://shop.friendsofwater.com/Radiation-Filters_c43.htm for the new filters. Go to <http://shop.friendsofwater.com/Replacement-Filter-for-Radiation-RN-1.htm> to see the replacement cartridge.

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(Eye Nutrition, Continued from page 3)

The popular supplements melatonin, tryptophan, fish oils, St. John's wort, and the various omega-3 oils (PUFAs) all increase the risk of retinal light damage and macular degeneration. Serotonin uptake inhibiting antidepressants are suspected to be able to cause it.

Iron, which accumulates prenatally and then again with aging, reacts with PUFAs during stress to destroy cells. Iron supplements and the use of supplemental oxygen, especially with a vitamin E deficiency exacerbated by excessive unsaturated fats in the diet, are still commonly used exactly when they can do the most damage.

Processes similar to those that damage the over-sensitized retina can occur in other cells, as a result of stress. The substances that sensitize the retina to light damage can also increase the incidence of new or metastatic cancers.

Flashing Lights in One Eye

Dr. Peat: *When that happens in just one eye, in the same spot, it's likely to be a spot where the edge of the retina is being stressed or is detaching. Vitamin K is important to prevent bleeding and clotting.* 

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