



To Your Health

July 2012

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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
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Next Newsletter:
October 2012

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Take Time for Yourself This Summer

Dear Friends,

Welcome to the July 2012 issue of *To Your Health*.

In this issue you will find nutritional information on stomach problems, including gastric problems and the two major causes of stomach flu: C difficile and the Norovirus. Side effects of antacid drugs are presented. Next we report more than 25% of children are on prescription drugs including statins, antipsychotics and sleeping pills. Sad but true. A major reason for this phenomenon is commercial and junk foods. My prothyroid diet is presented as an antidote.

To your health!
Lita



Stomach Nutrition

Gastric problems include acid reflux or GERD, gastritis, ulcers, burning and/or nausea relieved by eating and so on. People with gastric problems can find relief by avoiding certain starches, which are: seeds, nuts, beans (except green), nut butters, wheat, rye and barley. Prolamines — the storage proteins in seeds, nuts and beans — have a very similar toxicity to the toxicity of the gluten in grains. The safest grains are rice, corn and oats. Heirloom grains (spelt, quinoa, amaranth, kamut, etc.) are also tolerated by some but be sure the bread contains no PUFA. Squash and eggplant are low fat (PUFA) vegetables.

- ◇ *Thera-zyme Stm*, 2 caps per meal and 4 caps anytime needed. Start with Stm and add other formulas if you need more help.
- ◇ *Mega Mastica Root*, 2 caps per meal 2-3x/d.
- ◇ *Aloe vera juice* (not gel), drink alone or with juice or water.
- ◇ *Turmeric Force (New Chapter)* is useful in people with gallbladder problems who also have gastric problems and can't tolerate high protease enzymes such as Thera-zymes Bil or HCL. It is for nourishment of the gallbladder, liver, colon, eyes and skin. Turmeric is a mild curry spice that supports normal structure and function for healthy DNA, cardiovascular health and for people who may have skin

problems, gallbladder problems and weak vision. It is a COX inhibitor (inhibits free radicals, like aspirin), and provides a gentle liver and colon detox. Try 1 cap 2-3x/d with food. If this causes any problem, discontinue until stomach is well.

Articles: Stomach Nutrition <http://www.litalee.com/shopexd.asp?id=210>
Products: Thera-zyme Stm http://www.litalee.com/SFP_shopexd.asp?id=262,
Mega Mastica http://www.litalee.com/SFP_shopexd.asp?id=292
Turmeric Force http://www.litalee.com/SFP_shopexd.asp?id=302

Side Effect of Antacids

Antacids (Nexium, Naproxin, Tums (calcium carbonate), Prilosec, Prevacid, Aciphex, Protonix, Prilosec Zantac, etc.)
For ulcers, gastritis, GERD (esophageal reflux disease): Because of the lowering or inhibition of stomach acid, these drugs can create a favorable environment for H. pylori, a stomach bacterium that is associated with stomach cancer. In long term animal studies, these drugs caused an increase in stomach cancers and are therefore not recommended for long-term use. Additional adverse effects: unusual bleeding or

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bruising; diarrhea; skin rash or itching; abdominal or stomach pain; increased or decreased appetite; nausea, anxiety; cold or flu-like symptoms; constipation; increased cough; depression; muscle pain; rectal bleeding; male breast enlargement; chest pain; dizziness and other symptoms. Since these antacids lower or inhibit stomach acid, they adversely affect the digestion of protein because there is less acid to convert pepsinogen into pepsin, a proteolytic enzyme that digests protein.

In addition, antacids decrease calcium absorption, which also requires a certain amount of acidity for absorption. A Canadian study has confirmed that using drugs to treat reflux enormously increases the chances of having osteoporosis and a hip fracture — by nearly five times after several years of taking the drugs. Losec, Prevacid, Nexium, Pantoloc and Pariet are the most recent, most powerful and most problematic of these drugs; but Zantac and other first generation proton-pump inhibitors are only somewhat less dangerous because they are less effective. Source: Pubmed.com research article numbers: 18695179, 15729198, 17201221, 15628717; (NaturalNews, 10/10/08 by Russell Johnston), www.NaturalNews.com)

Calcium (and other important mineral) absorption is also inhibited by consuming soy products (with the exception of soy sauce) so if you have gastric problems and eat soy, you are in trouble!

Gaviscon, Gaviscon-2 (Aluminum Hydroxide and Magnesium Carbonate)

For GERD: Do not take these drugs containing this combination for ulcers or serious stomach upset due to stomach acid. They are not strong enough to neutralize stomach acid. In addition, aluminum is very toxic. Summary of adverse effects: difficult or painful urination; irregular heartbeat; mood or mental changes; unusual tiredness or weakness; severe constipation or diarrhea; edema (wrists, feet or lower legs); bone pain; loss of appetite or weight loss; muscle weakness; dizzy or lightheaded; nausea or vomiting; speckled or whitish stools; stomach cramps; chalky taste.

Stomach Flu: Deaths from Stomach Flu Have Doubled Since 1990

By *MyHealthNewsDaily* Staff

<http://www.myhealthnewsdaily.com/>

Gastroenteritis or “stomach flu” involves inflammation of the stomach and intestines that causes vomiting and diarrhea according to new research from the Centers for Disease Control (CDC). Over an eight-year study, from 1999 to 2008, gastroenteritis deaths from all causes increased from nearly 7,000 to more than 17,000 per year. Adults over 65 years old accounted for 83 percent of deaths.

C. difficile and the stomach virus Norovirus were the most common causes of gastroenteritis deaths.

Much of the recent increase in the number of cases and mortality of *C. difficile* is attributed to the emergence and spread of a more virulent, resistant strain of the bacteria, the CDC said. Norovirus was associated with about 800 deaths per year, though there were 50 percent more deaths in years when epidemics were caused by new strains of the virus. Norovirus

is highly contagious and spreads through person-to-person contact and contaminated food, water and surfaces. Norovirus causes more than 20 million illnesses annually, and it is the leading cause of gastroenteritis outbreaks in the United States.

“While *C. difficile* continues to be the leading contributor to gastroenteritis-associated deaths, this study shows for the first time that Norovirus is likely the second leading infectious cause,” said study researcher Aron Hall, of the CDC’s Division of Viral Diseases. “Our findings highlight the need for effective measures to prevent, diagnose and manage gastroenteritis, especially for *C. difficile* and Norovirus among the elderly.”

Antacid Drugs May Heighten Risk of Death from Infections

Oct 25, 2011 | 1:59 PM ET | Luke Yoquinto, MyHealthNews-Daily Contributor

<http://www.myhealthnewsdaily.com/1827-stomach-acid-drugs-increase-difficile-death-risk.html>

Stomach acid serves an important purpose in the body: it stops incipient infections in their tracks. A new study says that medications that suppress the production of stomach acid can make people more susceptible to complications of gastrointestinal infections, including raising the risk of dying.

This study examined hospital patients infected with the drug-resistant bacteria *Clostridium difficile*, which causes diarrhea in hospitalized patients and responsible for more deaths in the United States than all other intestinal infections combined. In this study, patients who had recently taken prescription acid suppressants were almost five times more likely to die from their *C. difficile* infections than those who hadn’t taken such drugs. This report was published in the journal *Clinical Infectious Diseases*.

Following a Paper Trail

This study included 485 patients with *C. difficile* infections at the Naval Medical Center San Diego between 2004 and 2008. Nearly half of the patients had previously been prescribed an acid suppressant, most were either proton-pump inhibitors (PPIs), such as Prilosec and Prevacid, or histamine-2 antagonists, such as Tagamet and Zantac. Twenty-three patients died from their *C. difficile* infections; 19 of them had taken prescription acid suppressants during the 90 days before their hospital stay.

Use of acid suppressants was also associated with increased risk of other complications that led to intensive care unit admission, surgery or an abnormally dilated colon.

Deactivating the Gastric Acid Trap

“Stomach acid is a very important defense mechanism against pathogens. It kills them,” Lederman said. Although the new study does not provide “enough data to say that people should forgo use of acid suppression,” she said, “clinicians and patients need to be aware of the potential consequences.”

In addition to *C. difficile*, low stomach acid facilitates other intestinal infections, including “*Salmonella*, *Campylobacter*, *Vibrios* (including cholera) and *Listeria* — all important causes of food-borne disease.” 

Overdosed: Over 25% of Kids on Prescription Drugs

<http://naturalsociety.com/overdosed-over-25-of-kids-on-prescription-drugs/>

Mike Barrett

NaturalSociety

May 30, 2012

A report released by Medco Health Solutions Inc., the biggest U.S. pharmacy-benefit manager, shows that over 25% of children and teens are involved with taking prescription medications — although that number may have risen over the past couple years.

Many of these drugs were intended or tested for only adult use. Research on the drugs' effects in kids is dismal, and consequences of giving these drugs to children without proper research could result in far more problems than the one meant to be treated. Although popping pills to alleviate pain or fix health issues shouldn't be the answer for anyone, it is especially dangerous for younger bodies that are given doses which aren't even tested for.

"We know we're making errors in dosing and safety," says Dr. Benjamin, who is leading a new National Institutes of Health initiative to study drugs in children.

As time goes on, it seems that more pharmaceutical pills are taken on a grand scale. Not only are adults and even pets being fed prescription drugs, but now children are also becoming reliant on such medications. Many of the prescription pills are statins, ADHD pills, antipsychotics and sleep-

ing pills. All of which have been shown to cause considerable harm.

◇ **Statins** — Despite being popular enough to rake in around 25 billion dollars in annual sales, statins have actually been linked to over 300 different adverse

affects in peer-reviewed research, including cancer and liver damage. This ultimately led the FDA to institute new warning labels that alert consumers to the dangers of statin drugs, but only for two conditions.

◇ **Antipsychotics** — Not only shown to be ineffective, antipsychotics have been linked to suicide, diabetes, weight gain, decreased life expectancy and triggering an array of metabolic conditions.

◇ **Medications such as Ambien**, which is prescribed for insomnia, was deemed a top drug causing memory loss related side-effects. In addition, sleeping pills have also been shown to make way for an increased risk of cancer and premature death. With about 41 percent of adults diagnosed with insomnia turning to prescription drugs, and at least 300,000 children being prescribed sleep aid, it is imperative to pass along this information.



Why are so many children increasingly taking more drugs than ever before? It is certainly related to commercial and junk food diets children are eating. It might also have to do with sitting inside all day playing video games, not feeling even a hint of sunlight or participating in physical activity. This incredible drug use is also certainly a result of drug-pushing mainstream medical professionals, as well as many of those working for the psychiatric community. <http://naturalsociety.com/dsm-the-psychiatric-bible-responsible-for-over-medicating-the-population/>

If parents educate themselves and their children on healthy eating and exercising, then the amount of prescription drugs will drop drastically for everyone. But most importantly, kids who rightfully don't know any better won't be subject to taking unnecessary drugs that could ultimately harm their health for life. Additional sources: *Wall Street*

(Continued on page 4)

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"Doctors give drugs of which they know little, into bodies, of which they know less,
for diseases of which they know nothing at all."

— Voltaire

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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.

(Overdosed, Continued from page 3)

Journal.

What Is Healthy Eating?

Healthy Diet Rules Summary

Avoid:

- ◇ Synthetic vitamins, minerals and isolated substances.
- ◇ Junk foods, refined foods, fast foods and fake foods, especially fake sugars (NutraSweet, Splenda or Sucralose, Saccharin, etc.).
- ◇ PUFAs (*all* omega-3 and -6 oils) — all oils that are liquid at room temperature (such as flaxseed, fish oils, borage, Canola, and all seed, nut and bean oils, etc.). Avoid all foods containing PUFA such as most bread, most cereals, vegetable juices, etc. When you suck the juice from a vegetable, you get various amounts of toxic PUFA with no protection from the mother fiber.
- ◇ Farmed fish and agribusiness animals — all are fed soy, chemicals and drugs.
- ◇ Deli meats containing by-products of the meat industry.
- ◇ Avoid or use rarely: *all* gluten and high PUFA (omega-3 and -6 oils) foods which include seeds, nuts, nut butters, beans (except green), wheat, rye and barley. Raw seeds and nuts are even more toxic than roasted seeds and nuts because they contain protease inhibitors which stress the kidneys. Sprouted seeds contain various amounts of cyanide. Eating 100 grams of alfalfa sprouts can be lethal.
- ◇ Raw cruciferous vegetables — they must be *cooked* to destroy the thyroid inhibitors (goitergens). These include broccoli, cabbage, cauliflower, Brussels sprouts, kale, collard greens, Chinese broccoli, kohlrabi, bok choy, turnip root and greens, and rutabaga. Fermenting cruciferous vegetables does not destroy the goitergens.

Seek:

- ◇ Organic whole foods as best you can. Whole milk. The whole egg. The whole grain.
- ◇ Organic, pastured, grass fed, soy-free animal protein. Most chickens, turkey and pork are fed soy (in the U.S.) even if they are labeled organic and free range. Same with eggs.
- ◇ Organic oats, rice and corn are good. Also, heirloom grains are good (spelt, quinoa, kamut, amaranth, etc.). Make sure the heirloom breads contain no PUFA.
- ◇ Carrots, beets, onions, cucumbers, squash, eggplant
- ◇ Fresh salad greens (except for head lettuce).
- ◇ Fruits and potatoes are the only two foods that do not contain PUFA. Fruit juices are high in salicylates so it's like drinking organic aspirin (very anti-inflammatory). Potatoes are the best vegan source of protein and have an excellent protein efficiency ratio.
- ◇ Use only coconut oil in your cooking. This is the healthiest fat you can eat and very prothyroid. Butter and olive oil are healthy too, but not for cooking.

- ◇ Non-iodized white sea salt and coconut water.

Avoid colored salts. The color is either dirt or toxins. For example, pink or orange color in Himalayan sea salt is toxic inorganic iron.

- ◇ Organic dairy products, raw if possible: whole milk, kefir, yogurt, cheese, cottage cheese.
- ◇ Vitamin D3 (Cholecalciferol) from lanolin is one vitamin I recommend for everyone.
- ◇ Turmeric (from New Chapter) is an important herb I also recommend.



The Prothyroid Diet:

- ◇ 4 oz (25 grams) organic animal protein 3x/d, fruits 3x/d, fresh fruit juices 3x/d, carrots daily, white sea salt on all foods and in juices, coconut oil as your main oil and Great Lakes Gelatin as the best protein powder. NOTE: this is the adult amount and would be less for a child.
- ◇ Eat ripe fruits (except grapefruit) and drink fruit juices (except apple or grapefruit juices) daily. In a ripe fruit (bananas, pears, peaches, nectarines, etc.), the starch is converted into healthy sugars.
- ◇ *White* sea salt (not commercial salt) is very important and should be consumed on all foods and in fruit juices.
- ◇ Drink organic coffee (*not* decaf) with milk, cream or ½ & ½. Green, black and white teas absorb lots of fluoride from water, air and soil — I don't recommend them.
- ◇ Do not drink water from plastic bottles. Not only do they contain endocrine disruptors, but many brands are tap water plus added synthetic vitamins/minerals and tons of plastic bottles are contaminating our oceans and killing our marine life. Avoid RO and distilled water — it's dead and destructured.
- ◇ Carbonated water is good for you if it doesn't contain fluoride. My favorite brands include Perrier and Pellegrino, both of which come in glass bottles.
- ◇ Use an ion exchange filter to remove fluoride and all the other impurities from your sink and your shower. I recommend Tim Hickey of Friends of Water.

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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.