



Lectures of Dr. Royal Lee
Volume II

Published by
Selene River Press, Inc.
P.O. Box 270091
Fort Collins, Colorado 80527
866-407-9323
www.seleneriverpress.com
info@seleneriverpress.com

Compilation, editing, and audio engineering by
Mark R. Anderson and Stephanie S. Anderson

© Selene River Press, Inc. 2003. All rights reserved. This material is protected under the Copyright Laws of the United States and International Treaty. Copying or reproduction of any portion without the written permission of Selene River Press, Inc. is expressly prohibited. Copying, reproduction, transmission, broadcasting, or downloading of these audio CDs is prohibited without express consent of Selene River Press, Inc. Portions may be played as a part of any educational non-commercial live presentation with attributions given.

Made in the United States of America

Disclaimer: These recordings and liner notes are for historical, informational, educational, comparative, and preservation purposes for health professionals and researchers. They are presented as historical and archival material on the subject of nutrition during the period from 1954 to 1964. In light of their age, the publisher wishes to preserve these recordings for the purpose of research, information, and study. The presentations in and with these recordings should not be construed as a claim or representation that any procedure or product mentioned constitutes a specific cure, palliative or ameliorative for any condition discussed. Procedures and products noted are designed to support the patient's metabolic status and are indicated as adjunctive support to other accepted procedures deemed necessary by the doctor. The publisher urges everyone to consult with their own doctor of choice before making any decisions or embarking on any routine affecting their health. Opinions proffered are of the presenter. The statements made on these recordings or liner notes have not been evaluated or approved by the U.S. Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.

Also available from Selene River Press:
Lectures of Dr. Royal Lee, Volume I
An ebook containing 37 lectures

CD Album Cover Photo c. 1949
CD Album Back, Humanitarian Award from National Health Federation, 1962
from Lee Memorial Library, Palmyra, Wisconsin
Liner notes cover page painting from the Lee Memorial Library

Erudition and Verity

by Mark R. Anderson

You are about to open a buried treasure of education that, for the most part, has been lost to humanity. These lectures are about the manmade causes of malnutrition, deficiency disease, physical degeneration and the progressive genetic decline of the human race. Delivered from about 1954 through 1964, they present much of the original evidence demonstrating the biological cascade by which nutritional deficiencies evolve into dysfunction and disease in the human body and how they are transmitted to future offspring.

To the naturalist health professional, the recovery and restoration of these lost and forgotten audio files might be comparable to a literature professor discovering unpublished manuscripts of Hemingway or Dickens, or a physicist recovering lost works of Einstein or Newton. But, unlike these greats in their field, Dr. Lee's work was actively suppressed and his genius did not have the opportunity to become as widely known. It is time for the works of Dr. Lee to be evaluated, not in the dim light of the era in which he lived, but by the most rigorous standards that current research can illuminate.

As you listen to these long-lost but now recovered and digitally restored *Lectures of Dr. Royal Lee*, you may find yourself simultaneously feeling great joy and profound sadness. Great joy that your common sense and natural intuition is being restored with the power of erudition and verity; profound sadness as you realize how long ago this information was available and how much unspeakable suffering and death has occurred from a deficiency of this applied knowledge.

These lectures also offer some of the very first insights into the theories proposing the process of autoimmune disease. Though virtually unknown outside of Dr. Lee's circle, in these recordings you will hear discussions of this concept that are still ahead of today's ever-increasing interest in the fundamental process of autoimmunity. Even now, authorities on autoimmune disease have failed to connect the origin of this process to the tissue lesions originating through malnutrition. Indeed, textbooks universally confess ignorance of the cause and origin of the autoimmune process. Dr. Lee pleaded no such ignorance. He was the first to recognize and write about the process of autoallergy to the host's own tissues many decades before the word "autoimmune" entered the medical dictionary. Indeed, Lee's original insights into the autoimmune process grew out of his study of the body's reactions to malnutrition.

These lectures are not megavitamin therapy posing as nutrition. Lee thought that approach as unsound as using any other artificial food. Nor are these lectures about food fads or competing diet crazes that sweep the public for a time. That would be no more relevant today than a 50-year-old celebrity magazine. Rather, these lectures expose the ruination of the food chain, from the farm to the home, from the oven to the mouth. They address specific reactions in animals and humans to faulty nutrition and results that follow. Dr. Lee reveals his lifetime of research about the reactions of living cells to ersatz food products that began in the early 20th Century and continue today. Fortunately, he also provides the answers that can alter this tragic trend. *What are the primary lesions of starvation? How do they manifest in human beings? Can they be reversed? Can the course of the lesions of starvation*

be predicted? What organs are the first to show the lesions of malnutrition? What is the connection between incompetent nutrition and the autoimmune process? What are predictable outcomes of malnutrition? What role does water play in nutrition? How does heat affect various foods? Is flour as perishable as milk? Does nutrition affect heredity? What role does nutritional status play in infectious disease? These are but a few of the questions that are authoritatively addressed in Dr. Lee's lectures.

What came to be known as the *Lee Philosophy* has never been accepted by the mainstream authorities in government, science or industry. Not as a whole. But as you study his approach on an issue-by-issue basis, you will find that his facts have never been disproved and the preponderance of new evidence is, in essence, rediscovering what he taught. But Lee had the ability to see the large picture even as he assembled the pieces into a coherent whole. Dr. Lee's philosophy, heard in these lectures, gives a profound illustration of the maxim "the whole is greater than the sum of its parts."



Twenty-One Predictions by Dr. Lee and Their Outcomes a Half Century Later

1. The failure of **synthetic or purified vitamins and the antioxidant theory of vitamin function**. From the earliest days of vitamin research, Dr. Lee asserted that synthetic vitamins function as poorly as synthetic foods. They may have pharmaceutical effects but not nutritional. Every major long-term study on human beings fed synthetic vitamins and antioxidants has failed to show a conferred benefit. Quite the reverse. To the bewilderment of most gray-bearded authorities, significant large-scale studies show a negative relationship to major diseases and synthetic vitamin consumption. Lee accurately predicted that no benefit from these artificial pills would ever be found. He warned and cited evidence that they in fact cause harm. The June 14, 2003 issue of *The Lancet* published this admission after a meta-analysis of 15 major studies (referred to as “key studies”) in recent times, involving about 220,000 human subjects with follow-up periods up to 12 years. *The Lancet’s* published conclusion? Far from helping ward off heart disease, the data suggest these various antioxidant pills are harmful and confer no protection. But, they point out, vitamin-rich *foods* do confer protection. This is exactly what Dr. Lee stated time and again for over 40 years. Natural whole foods, Lee argued, were complexes of synergistic components that function together as a mechanism. “*Vitamins are not chemicals any more than brass, steel, and jewels are a watch.*” This chemical view of vitamins, Dr. Lee stated, is the chemist’s trap which has left medicine utterly lost on the subject of nutrition.

The paradox here is that the medical paradigm believes there is no difference between synthetic vitamins and natural vitamin complexes. Therefore, they believe, the studies using synthetic vitamins prove that vitamins provide little to no benefit in supplemental form, and are being proved harmful – a stance that Dr. Lee would agree with because he maintained that synthetic vitamins are not vitamins at all. Dr. Lee held the vitamin supplement

Resources

For more on the teachings of Dr. Royal Lee, visit SeleneRiverPress.com.

The one-of-a-kind [SRP Historical Archives](#) offer a remarkable collection of research and commentary from the earliest days of nutrition science. You'll find hundreds of thought-provoking articles, all available as free, downloadable PDFs.

Discover the brave voices who pioneered the idea that nutrition matters to your health: visionary doctors like Royal Lee, Weston A. Price, Francis Pottenger, Harvey Wiley, and Sir Robert McCarrison to name a few.

You can search the Archives by key word or subject, or view all of the titles in a complete list. You can also listen to selected articles with the Selene River Press Historical Archives Audio Series. You'll be amazed, incensed, and empowered by what you find.

Another free resource you'll find at SeleneRiverPress.com is the [SRP Self-Health Nutrition Blog](#), full of fresh thoughts on clean eating and whole food nutrition from a diverse array of self-health contributors.

You'll also find books, CDs, downloads, shopping guides, self-guided courses, and wall charts on everything from headaches to digestion. Our products can fit almost every need or answer almost any question.

Sign up for our [newsletter](#) to stay informed on self-health education and nutrition resources, and receive a free copy of *A Terrible Ten: Health Foods That Ain't* ebook.

