

Circulating File

ARTERIOSCLEROSIS

**A compilation of Extracts
from the Edgar Cayce Readings**

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ARTERIOSCLEROSIS CIRCULATING FILE

ARTERIOSCLEROSIS CIRCULATING FILE

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ARTERIOSCLEROSIS

Contents:

Pages:

Introduction to the Cayce Readings on
Health and Healing

5-7

Commentary on ARTERIOSCLEROSIS by
William A. McGarey M.D.

9-15

Case Studies from the Readings

17-85

ARTERIOSCLEROSIS CIRCULATING FILE

ARTERIOSCLEROSIS CIRCULATING FILE

Introduction to the Cayce Readings on Health and Healing

No matter what illness or ailment concerns us, certain basic principles about health and healing are relevant. These are the premises upon which all of the Cayce health information rests. For those who would like to make a more careful study of these basic principles, the recommended Circulating File is entitled "Principles of Healing." Here, in essence, are the ideas found in that file. They may prove to be very useful to your more in-depth study of the specific ailment that requires healing for you.

The first fundamental idea about healing requires that we maintain a creative balance between two principles:

1. All healing comes from the infinite -- that is, from attunement and harmony with our spiritual source. The infinite is just as accessible and available in the visible, physical world as it is in the invisible realm.
2. At the same time, each person must take responsibility for his or her own healing process. No one can simply sit back and wait passively for healing to occur.

This second principle -- the need for self-responsibility -- can take many forms. For example, healing requires attunement, and no one knows better than ourselves exactly what has gotten us out of attunement in the past. Often, if we'll look closely at our lives, we can see (without needing a gifted medical clairvoyant such as Edgar Cayce) what's causing our illness.

To illustrate self-responsibility further, the human body has a marvelous, innate drive to heal itself, but we've got to do our part to help. A broken bone will naturally try to mend; however, the fracture needs to be set properly for the healing to be complete and effective.

Another important principle relates to energy medicine, a new field for which Edgar Cayce was a pioneer. His readings consistently speak of the roles played by vibrations or vibratory forces -- right down to the level of individual atoms. According to Cayce, there is a type of consciousness that exists in each atom. Although most of the passages about the atomic physics of healing seem rather esoteric, it might be easier to follow the analogy of the attunement of a stringed musical instrument. A violin or piano that is out of tune makes sour, discordant music -- symbolic of disease or illness. Just as a skilled musician can bring the instrument back into attunement, we experience healing when our vibrations -- right down to the atomic level -- are adjusted in a correct manner. In essence, all healing is the changing of vibrations from within.

Balance among body, mind, and spirit is another key to Cayce's philosophy of healing. For healing to be complete and lasting, we must recognize and meet the needs of each of these three levels. Virtually no illness or disease can be treated successfully at only one of these three levels.

What's more, Cayce affirms that the human body will naturally stay healthy -- and even rejuvenate itself -- if a kind of internal balance can be maintained. "Dis-ease" starts

ARTERIOSCLEROSIS CIRCULATING FILE

when one part of the body draws energy from another part. One portion of an organism may become overcharged with the creative life force, while another portion becomes undernourished. The result is a gradual disintegration of the body and the onset of illness.

The opposite of this sort of disintegration is rejuvenation. The readings assert that we are continuously rebuilding our bodies. Within any seven-year period, each cell is replaced. If we'll allow it, our bodies will transform any problem and resuscitate any condition. But our ingrained habits usually block this healing potential -- the habits of action and, even more potent, the habits of mind.

What role do drugs and medicine play in the healing process? Cayce's philosophy clearly sees a place for them, but warns of misunderstanding how they work and of expecting more of them than is possible. Any healing method attempts to create an experience of oneness, in hopes of then stimulating a similar response in the body. For some people in some situations, a drug may be the best way to accomplish this -- just as in other cases, surgery may be the best way to stimulate healing. Medicines can be a practical application of the one life force. Occasionally they must be very potent in their reactions in order to get the patient through an acute illness. But Cayce from time to time encouraged people to consider the herbal formulas he recommended to be tonics and stimulants, rather than medicines.

The dangerous side of medicines is their potential to diminish the body's own healing work. This is what Cayce alluded to when he warned about "palliatives" that deceive the soul with half truths and temporary relief. It's also what he meant when he warned that we shouldn't come to rely on any condition outside of ourselves that could be assimilated by the body inwardly. All of this is to say, take the medications prescribed by the physician you trust. But keep in mind this thought: what those chemicals can do is temporarily -- and somewhat artificially -- give your body an experience of greater oneness. Healing that really takes hold and lasts must come from changing one's inner consciousness and vibration. That happens most effectively from consistent and persistent human effort (i.e., engaging one's desires, purposes, and will) -- something that pills all too easily allow us to skip.

Cayce's healing philosophy includes other insights that can help us avoid misunderstanding. For example, one principle states that the best treatment procedures sometimes cause a temporary worsening of conditions. If we didn't recognize this possibility, we might give up just before the benefits begin to appear. A closely related principle states that when a body is re-establishing its attunement, it tends to be more sensitive. Again, if we misunderstand that heightened sensitivity, we might not see the good that is slowly being effected.

The mind is a focus of other healing principles. The unconscious mind plays a role in many illnesses and diseases. One example of this is the karmic factor in health problems. Memories from previous incarnations, stored in the soul mind, can trigger problems in the body. Of course, we shouldn't go so far as to suppose that every health challenge has past-life roots; nevertheless, the perspective of reincarnation can help us understand what we could possibly be dealing with as we seek healing.

The familiar Cayce axiom, "Mind is the builder," leads us to wonder exactly which attitudes and emotions best foster healing. The readings emphasize several:

ARTERIOSCLEROSIS CIRCULATING FILE

- * Self-acceptance. As we rid ourselves of self-condemnation, we make room for healing forces to enter.
- * Optimism and hope. We're encouraged to expect healing.
- * Patience. It's much easier and quicker to destroy health than it is to rebuild it. We need to be willing to patiently invest whatever time is required.

Alongside these specific attitudes and emotions, we're invited to use the creative potential of visualization to stimulate our own healing. The mind's image-making capacity can be directed in such a way that we "see" the healing transformation taking place. This is not something that's accomplished in a single visualization session. Like all the Cayce health-promoting approaches, it requires persistence and works best in conjunction with other healing methods.

Perhaps the most important principle of the mind's relationship to healing concerns purposefulness. A person can experience temporarily an outer healing -- that is, in the physical body only -- yet still be spiritually sick. What cures the soul? A commitment to a purposeful life. Not just any purpose, but instead one that reflects care for other people.

On occasion a reading from Cayce would pose this question to the person who was ill: What would you do with your life if you were healed? The position of Cayce's psychic source was simply this: Why correct the physical condition unless there's also going to be an inner correction? People who are looking for both inner and outer healing are the best candidates for restored health and vitality. In Cayce's philosophy, healing should equip us to be more useful to others.

With this ideal of service in mind, we might also wonder just how we can be channels of healing to others. What principles govern our efforts to be healers to those for whom we have concern? One principle is based on the spiritual connections that exist between all people. It states that as we bring the experience of oneness into our own consciousness, it can profoundly help someone else experience oneness, attunement, and healing. Cayce's way of putting it was, "...raising the Christ Consciousness in self to such an extent as it may flow out of self to him thou would direct it to." (281-7)

For this to be most effective, the recipient must desire such help and have requested healing prayer. Of course, we can always pray for someone, even if that individual hasn't asked us. But it's important that we not assume we know what's needed in any person's life. For one who hasn't specifically asked for prayer, we can simply offer prayers of protection and blessing, rather than try to direct healing energies to that person or for a specific condition.

In summary, the Cayce readings remind us that our natural state is wholeness and health. An innate wisdom within ourselves knows what's needed for healing. We should expect to get well, and we should be willing to do our part to make it possible.

Mark Thurston, Ph.D.
Education Department

ARTERIOSCLEROSIS CIRCULATING FILE

ARTERIOSCLEROSIS CIRCULATING FILE

COMMENTARY ON ARTERIOSCLEROSIS

A study of 11 cases of Arteriosclerosis in the Edgar Cayce readings. Prepared for the Edgar Cayce Foundation and the Association for Research and Enlightenment, Inc., Virginia Beach, VA.

Introduction

At the present time in the medical field arteriosclerosis is understood as a condition wherein accumulations or plaques in the walls of arteries impede the blood flow and cause a relative lack of oxygen to the areas supplied by those arteries. These plaques have their origin, it is thought, in the faulty metabolism of cholesterol and other fatty acids as they take part in the workings of the body.

Since these changes can occur in any part of the arterial vascular system, it can be readily understood that they often play a causative role in cerebrovascular accidents (strokes), myocardial infarcts (heart attacks) and various other conditions where the blood supply is markedly reduced.

From the material in the Edgar Cayce readings, however, an entirely different approach is suggested in considering the etiology and therapy of what we know as arteriosclerosis.

Always, these readings suggest that man is a whole, composed of body, mind and spirit, and must be treated in that manner if the best results are to be obtained. Thus, the causes of arteriosclerosis may be many and may stem from spiritual misapplication, unwise and destructive use of the mind, or disobedience of laws concerning the physical body. All illnesses might be seen to originate in this manner—but, since all individuals are different, illnesses vary in the same degree. The physical laws of a material body, however, often bring about similar conditions (such as in arteriosclerosis), but manifest in different parts of the body.

Cayce gave a life reading for a 65-year-old woman who was a highly developed spiritual being. Her reading mentioned that she had been in the Promised Land at the time of Jesus, was taught and even healed by the Master. But the reading dealt mostly with her physical body, because it became evident that the physical must be worked with according to the laws of this environment—no matter how spiritual a person might be. This woman had a degree of arteriosclerosis, and Cayce had much to say about it. For almost everyone, however, the following extract would undoubtedly be important:

These are affectations through the body using up the strength and vitality without taking proper precautions as for the resuscitating of the physical forces through the character of the diet and the manner that the body responds to physical conditions in a material world...the physical is in a material world and is subject to the laws of same...

509-2

Also, in this instance, resuscitation had not been accomplished by directing the material, mental or spiritual forces for “the recuperation of these conditions.”

We would look, then, for causes that affect the activities, the functions, the life support systems of the physical body; and we might suspect that these readings would suggest a treatment program that would tend to precipitate a balancing and a normal function to these same systems.

ARTERIOSCLEROSIS CIRCULATING FILE

Etiology and Physiological Considerations

Etiology—the cause of a disease—always involves physiology of the human body. For instance, an individual would never get a cold if his immune system were at top functioning level all the time. The manner in which the immune system (thymus, tonsils, appendix, adenoids, lymph glands, Peyer's patches, etc.) functions is part of the body's physiology.

In arteriosclerosis, as described in the Cayce material, we find causes arising from many sources. It's much like an accident that only happens when several cars arrive, unimpeded, at an intersection, and each thinking it has the right of way. When one abnormal function is aided and abetted by another, symptoms appear. But it's not until the intersection is reached that the accident happens, and what we call pathology occurs.

In the instance of the woman [509] who in a past life was healed by Jesus, symptoms had developed over a period of time: sensation of heat in the abdominal area, coldness of hands and feet, fluctuations in the appetite, changes in the way her food tasted, gnawing in the lower portion of the stomach, and a twitching in the lower portion of her jaw near the salivary glands. She also had urinary symptoms and difficulty with her bowels.

According to Cayce's description, however, problems developed in several areas. First, the adrenal glands were under stress and the woman's emotions had become disturbed. Then, bladder irritations developed, liver-kidney malfunctions appeared and albumen spilled over in the urine. Also irritation in the urethra, then subsequently circulatory disturbances. In the past a lumbosacral "wrench" had not been corrected, which—along with the other developments—produced a gradual hardening of the arterial circulation. This, in turn, caused "prolapsus" of the colon and sphincter muscle irritation. A sequence of events with a group of pathological conditions arose, in the midst of which we find arteriosclerosis.

For a 52-year-old man [1630], the sequence was different. It is undoubtedly factual that every human being is faced with a different set of stresses and equips himself or herself with a different reaction methodology, which always impinges on the manner in which a pathology arises—as in this case. Improper eliminations and assimilation disturbances were the first difficulties here. These were minor at first and thus neglected, but poisons stemming from eliminatory problems created certain physiological imbalances, disturbing the heart and circulatory forces. Then there arose a general condition with the liver and the eliminating system. Finally, an abnormal blood pressure developed and a slowing and hardening of the arterial circulation, which hindered the circulatory forces among the heart, liver and kidneys.

Cayce mentioned that a neglected dorsal and cervical subluxation began the whole series of events, creating a need for cathartics. The need was eased temporarily but later a greater disturbance occurred throughout the colon—engorgement in the ascending, transverse and descending colon and a near prolapse of the colon. All these brought about an engorgement of the heart's activity without removing the cause.

An encouraging note came when Cayce pointed out that all these difficulties need not be detrimental; the system simply needed adjusting. He went on to say, however, that if the adjustment did not take place, a thinning of the arterial walls would result, causing a seepage, a dripping or a draining which might bring clotting. This condition, in turn,

ARTERIOSCLEROSIS CIRCULATING FILE

could cause significant damage to the heart or the brain, depending on where a clot might end up if one were to break off.

A common symptom of heart disease that is associated with arteriosclerosis is dyspnea or shortness of breath. Cayce explained this very disabling symptom thus: When conditions affect the heart's activity, a shortness of breath occurs in certain instances with "the deeper circulation, with the system attempting to adjust itself, drawing away from the superficial circulation." (1630-1) Consciousness of the body's parts is always trying to keep life active in the body.

Perhaps the most important thing about the cause of arteriosclerosis is the multiplicity of factors involved. Diagnosis of such a condition is not difficult for the trained physician. To keep in mind its various causes as well as the symptoms and manifested pathology is to make the "adjustment" of the body more logical and more complete—much as Cayce suggested to [509]:

So, in making the applications, physically, mentally or materially, to those things that would bring a better balance, all of the effects as well as the causes...are to be taken into consideration. 509-2

Therapy—Concepts and Possibilities

In all approaches to therapy, it should be kept in mind that all healing comes from within, as the Divine within is touched and awakened. The mind has a critical part to play in this process, for it is the mind of the ill person which decides to seek for help and, having made that choice, moves toward the possibility of healing. When disturbances are minimal, we often pay no attention to the warning signal and thus miss the opportune time to correct a problem. On the other hand, when troubles are deep-set, there are usually habit patterns that are involved. These habits tend to continue with a mind of their own and are difficult to alter for the better. Cayce suggested to one 63-year-old man:

As we find, the disturbances are of a deep-seated nature. And while there may be those suggestions for help or aid, these have reached such proportions that—unless there is a great deal of change in the mental attitudes, mental outlook—the applications may only be as helpful experiences for the activities being carried on. 1050-1

So the mind has to be activated—not only for deep-seated problems, but also for simple difficulties. And the beginning of arteriosclerosis usually involves a simple problem; however, physical treatments are always a necessity even if they only deal with diet.

The treatments most often recommended to those with arteriosclerosis who came to Mr. Cayce for help are designed to bring about a balancing of the body forces.

- 1) Osteopathic manipulative treatments were most frequently recommended. These were to be directed toward the lumbo-sacral area, the mid-dorsal and the upper dorsal (2, 3, 4).
- 2) The diet must always be corrected. Little starch or sugar; lots of vitamin B-1, found in the yellow foods like corn, squash, carrots, oranges and lemons, for instance; no red meats (fish, fowl or lamb instead are suggested); lots of green foods to create an alkaline-reacting diet; well-balanced meals.

ARTERIOSCLEROSIS CIRCULATING FILE

3) Massage was suggested, especially alongside the spine, to aid in balancing the neurological impulses. One oil recommended for massage:

Olive oil (heated)	2 ounces
Tincture of myrrh	2 ounces
Calamus oil	10 drops

To [3496] instructions were given to concentrate on C 1, 2, 3, and D 6, 7, 8, 9 and throughout the lumbosacral area during the massage.

4) Colonics were suggested to aid eliminations and to “reduce the tendencies and the plethoric condition through the colon...” (1630-1) To a 49-year-old man with a serious problem Cayce suggested osteopathic relaxing treatments to be given after the colonics. “These [with the colonics] will remove the strain on the heart.” (3454-1)

5) Exercise out in the open was a frequent suggestion for those who had developed arteriosclerosis. Walking was the most common exercise recommended.

One man wanted to know if he should have surgery for the prostatic condition he had developed—probably due to many of the same influences that had brought about his arteriosclerosis. His wife asked the question:

Q-3. Will operation on prostate gland relieve his lassitude and excessive tiredness?

A-3. This as we find would prove more detrimental than beneficial under the existent conditions. For the very nature of the condition and the pressure is a part of the ileum plexus disturbance.

Then to remove by operative measures and not to remove the causes would only be to transfer the lethargy of activity of impulse to some other portion of the system. Here, it would be more apt to be upon the kidneys; owing to the effect upon eliminations in these directions. 1684-1

Two other individuals had apparently unassociated problems of a serious nature. One was a 61-year-old woman who was hospitalized for mental problems and diagnosed at that time as having a “softening of the brain” or “breaking down of the brain tissue.” The cause was attributed to arteriosclerosis. Her suggested therapy was different. (It followed the pattern given often for mental or neurological problems.) The woman, described in the reading as being spiritually minded, was to be taken home, given nursing care for six to eight months, and was urged to assist in administering her own therapy (Wet-Cell Battery, colonics, massages, diet), and to build constructive activities in her experience.

Another woman, 60 years of age, had developed Parkinson’s disease, brought on partly by hardening of the arteries. She was having throat and breathing problems. Cayce found that not much could be done for her, for when paralysis agitans “affect more the respiratory system and throat, it will be hard to prevent the separation of physical and spiritual body.” (5517-1)

In giving information for these problems—for it must be called more than just one problem—Cayce sometimes suggested the use of the Radio-active Appliance, the Wet-Cell Battery, Atomidine, and as little medications as possible. For one man who gave little credence to psychic matters, however, he advised that the present medical regimen

ARTERIOSCLEROSIS CIRCULATING FILE

be continued—although it had not helped a great deal—and recommended the Wet-Cell Battery. But he commented that although the medications were doing their part, more therapy was needed plus a change in this man's attitude. (See 1050-1.)

Warnings and Prevention

Prevention is always better than cure. It takes less time out of one's daily activities than does the cure—which may be lengthy, costly in time and money, and often remarkably difficult to obtain. Prevention can be implemented at any stage of a process: It may be begun before a condition even starts or utilized prior to the most severe complications. At such times, prevention becomes therapy. Thus, it can be seen that therapy and prevention are very closely related—especially if one is dealing with the ongoing, life-giving physiological activities of the human body. It is helpful to remember that it is the human being, with all those God-given qualities included, that is involved—not just a disease.

Such was the case with a 65-year-old man who asked Mr. Cayce for a physical reading in 1938. His was not an acute case; rather it was long-standing, somewhat complicated and difficult, but able to be corrected. Cayce's comments here are interesting:

In giving that as we find which would be the more beneficial for the body, many conditions which would be the more beneficial for the body, many conditions which have surrounded and do surround the body must be taken into consideration.

While there are disturbing factors, these conditions have not as yet assumed such proportions that they keep or prevent the body from carrying on in a manner; but not as altogether nor always in the most efficient manner.

For as we find, the disturbing factors are those that are of an insidious nature; that is, hidden; and they affect the organs of the body in such a way and manner that at times they are rather just slow in their reaction, or their activity.

And unless there are some measures taken to make the corrections, they may of a sudden cease to perform their functioning—or they may, as it were, spill over; or the pressure that is a part of the disturbing conditions, upon the arteries, may become so intense that the very walls may give way or allow seepages. Thus, through such activities, there would be formed clots that would not only become very disturbing but produce conditions of such natures as to prevent the normal activity in locomotion, or in thought.

1684-1

Cayce found that the blood supply from the heart to the liver was engorged, creating at times excessive arterial pressure and thus slowing the venous return to the liver and lungs. The hepatic circulation—liver, spleen and kidneys—was suppressed. And there was a “sedentary influence” on the body as a result of the nature of the man's lifestyle, in which he exhibited a greater degree of mental rather than physical activity, resulting in a heaviness and stiffness in the lumbodorsal and sacral areas. Imbalances and accumulation of toxic forces resulted in spite of massages and hydrotherapy that he was already receiving.

About prevention, then, and the therapy that would be involved, Cayce had this to say: “Hence these suggestions as we find that would be the most beneficial would be in

ARTERIOSCLEROSIS CIRCULATING FILE

the form of warnings to the body, mentally and physically. For unless measures are taken, these will not bear always with the better activities of the body.” (1684-1)

What was suggested?

- 1) Continue the massages and hydrotherapy, but do them regularly.
- 2) Obtain specific adjustments for lesions in the lumbar, sacral and iliac plexus; coordinate these with pressures in the secondary cardiac area—2nd, 3rd, and 4th dorsals.
- 3) Use the Radio-active Appliance one hour a day, preferably just prior to retiring.
- 4) Get consistent activity out of doors: walking, golfing, riding, handball, the electric horse, the bicycle—any or all of these would be helpful.
- 5) The diet should not include fried foods or large quantities of fats that are not easily assimilated. (I’m sure it could be implied that a diet as suggested earlier in this paper would be helpful.)

Cayce gave the man a lengthy reading with much helpful data and finished by suggesting that, “These done, and kept in those manners, we find that many years of useful service and activity may be added. Without these—not as premonitions but warnings—these must not be so long!” (1684-1)

One might call it preventive maintenance for the body, but it is always helpful to remember that if the body is one with the mind and the spirit, then there must be a harmony created between all three for health to continue. And the body operates under the laws of a material world.

Conclusion

Arteriosclerosis cannot always be cured nor halted in its progression, simply because we are continually dealing with human beings. Some human beings do not want to pay the price of overcoming their illnesses. One woman, whom Cayce saw as not living more than 30 months, illustrates the fact that attitudes can stop all healing procedures, whether of the body, the mind or the spirit.

This woman, only 58-years-old, was being treated for myocarditis, coronary artery arteriosclerosis and hypertension. Her husband was an osteopath, but she had her own doctor and refused to change even if strongly advised to do so. Cayce saw the need to alter her regimen at the physical level, by having her avoid excitement and by being out of doors with lots of fresh air and restful programs that would lessen the strain on her heart. But he also saw that it was not likely to happen and said, “Rather should the mental body keep a balance.” (664-1)

His opening remarks pinpoint the reason for the woman’s problem and her resistance to change:

Yes, taking the conditions of this body, [664], as we have here, as a pattern or example, much might be pointed out as to how the environs of a place, house, room or surroundings are changed or produced by the dwelling there of an individual that radiates even distressed conditions from itself. 664-1

ARTERIOSCLEROSIS CIRCULATING FILE

On the other hand, the promise that changes can come about is always there, as exemplified in a reading for a 61-year-old woman: "For we can build with these, if there is the correct application of the Appliance and the massages, new brain and nerve tissue." (3496-1)

It requires the purpose and desire to be strong, the information to be available, and the steps to be applied—in body, mind and spirit. And, as Cayce so frequently put it: patiently, persistently and consistently.

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December 18, 1980

Readings reviewed:

509-2
664-1
1050-1
1187-11
1187-12
1187-13
1187-14
1630-1
1684-1
2538-1
2538-2
3304-1
3454-1
3496-1
5517-1

ARTERIOSCLEROSIS CIRCULATING FILE

ARTERIOSCLEROSIS CIRCULATING FILE

INDEX OF READING 192-1 M 64

Appliances:Radio-Active:Locomotion:Impaired	Par. 9, R3
ARTERIOSCLEROSIS	
Diet:Body-Building	Par. 11
ELIMINATIONS:POOR	
Environment:Ohio:Newark	Par. 8
Healing:Consistency & Persistency	Par. 11
Intestines:Enemas:Eliminations:Poor	Par. 10
LOCOMOTION:IMPAIRED	
Names:People Mentioned:Brown,Thomas B.	Par. R3
Physiotherapy:Massage:Myrrh:Locomotion: Impaired	Par. 8
:Oils,Olive:	Par. 8
:Packs:Clay:	Par. 8
:Sweet Oil:	Par. 8
Prescriptions:Alcohol,Grain:Eliminations:Poor	Par. 6, 7, 10
:Burdock Root:	Par. 6, 7, 10
:Calisaya Elixir:	Par. 6, 7, 10
:Capsici,Tincture:	Par. 6, 7, 10
:Podophyllin:	Par. 6, 7, 10
:Sarsaparilla Syrup:	Par. 6, 7, 10
:Stillingia,Tincture of:	Par. 6, 7, 10
:Tolu,Balsam of:	Par. 6, 7, 10
:Water,Rain:	Par. 6, 7, 10
:Wild Cherry Bark:	Par. 6, 7, 10
:Yellow Dock Root:	Par. 6, 7, 10
SPEECH:IMPAIRED	

ARTERIOSCLEROSIS CIRCULATING FILE

BACKGROUND OF READING 192-1 M 64

B1. 9/24/26 Wife wrote: "I would like a rdg. for my husband who is ill and not able to write."

TEXT OF READING 192-1 M 64 (Age not known at time of reading.)

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 8th day of November, 1926, in accordance with request made by his wife, Mrs. [...].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading 4:15 P. M. Eastern Standard Time. ..., Ohio.

(Physical Suggestion)

1. EC: Yes, we have the body here.
2. Now, we find there are many abnormal conditions with this body. Many of these may be changed or corrected by following closely, carefully, prayerfully, those conditions as will bring about for the physical forces of the body that which will bring to the rebuilding forces that as is necessary for the successful coordinating of the organs and functionings thereof of this body.
3. Through many various centers in the nerve system, and in the joints and ends of muscular tissue, there is the incentive for contraction, through the effect of poisons as have been accumulating in the system until the eliminations became so over-balanced that many of the centers became involved to the extent as to produce irritation. Then the reaction through same to nerve plexus brought on the condition of inertia of the muscular reaction.
4. In the blood supply, much of the condition existed in the first. Then through exposure, as brought congestion and increase in the number of destructive forces through congestion, then the poor elimination, and the action became such that the digestive system failed to act. Then the condition began by the auto-intoxication of the system from poisons as were not eliminated through the respiratory or through ANY of the regular eliminating channels. Hence the complications as have arisen from time to time.
5. To meet the needs at the present time, these three applications should be used in a consistent manner:
6. First prepare as this: To 1 gallon of rain water, add 8 ounces of Wild Cherry Bark. Reduce by simmering (not boiling) to 1 quart. Strain. Then add the 4 ounces of sugar - reducing again by slow boiling to 1 pint. Then add:

Compound Syrup of Sarsaparilla...2 ounces,
Elixir Calisaya.....	.1/2 ounce,
Tincture of Stillingia.....	..1/4 ounce,
Tincture of Burdock Root.....	.1/2 ounce,
Tincture of Yellow Dock Root.....	.1/4 ounce,
Podophyllin, stirred in.....	...2 grains,
Tincture Capsici.....	...2 minims.

ARTERIOSCLEROSIS CIRCULATING FILE

7. Then add 2 ounces pure grain alcohol, with 1 dram Balsam Tolu cut in it. The dose would be half teaspoonful every 4 hours, and this would not interfere with resting, see? for when the body is asleep at the time do not arouse it, but change the time to as soon as arises, see?
8. Apply each evening to the whole cerebro-spinal system, from head to foot (of spine, see?) - that is, 1st cervical to the end of the coccyx those of mud - clay mud, which may be obtained in the outskirts of the city here [Newark, Ohio?], where clays are compiled or bound to-gether, see, in brick form. Use this mixed with oil and water, see? That is, mix the clay, then apply sweet oil with same after mixing. Apply to the body. Let this remain for three to four hours. Cleanse off and rub the spine briskly after cleansing with equal parts of Olive Oil and Tincture of Myrrh, see? heating the oil and pouring Myrrh in same, see?
9. When this has been done, and the body ready for rest, apply those vibrations for equalization of circulation and elimination, those vibrations from the plain Radio-Active Appliance, for at least two hours, see? giving the positive to the ankle and alternating same to wrist, see? That is, making first attachment one day to wrist, the next to the ankle, see?
10. Use enemas to keep elimination in the system properly, see? which will be necessary when the medicinal properties are first begun.
11. Let the diet be those that add building forces to system without giving too much strain on digestion. Rather the juices or broths from meat, than the meat itself. Do not use any pork or hog meat in any form. Rather vegetables, nuts, fruits. Do this in a consistent, persistent, manner. We will bring results and better conditions for this body.
12. We are through for the present.

REPORTS OF READING 192-1 M 64

R1. 11/15/26 Wife returned our Form C giving his age as 64 and his nationality as "Good citizen," saying:

"I think his trouble is from his liver. He has at present hardening of the arteries, so all his doctors have told him he is losing the use of his system all over. His limbs and tongue are affected the most; cannot walk a step without assistance. Thank you for your reading."

R2. 1/10/27 Wife wrote: "I have followed all directions as you requested and my husband says he can not see any improvement at all, does not walk or talk as well as he did before he had the reading. I am very sorry to write this."

R3. 1/17/27 EC wrote asking if she was sure she had followed the entire treatment, including the Radio-Active Appliance [which she did not order from Mr. Thos. B. Brown in Dayton, O., who was then making the Appliance], the medicine, mud pack and massage, and diet.

"If he does not improve soon, by the continued following of the tr., please let us know, for it is our desire to be of help, if possible. However, we cannot bring help to those who do not cooperate with us in following the suggestions given."

R4. We did not hear from them again.

ARTERIOSCLEROSIS CIRCULATING FILE

INDEX OF READING 509-2 F 65

Appliances:Radio-Active:Asthenia	Par. 8
Arteriosclerosis	Par. 4
ASTHENIA	
Attitudes & Emotions:Self-Aggrandizement	Par. 13, 14
:Self-Gratification	Par. 13
:Self-Indulgence	Par. 13, 14
Bible:Books Of:I Corinthians 6:19	Par. 11
:Job 19:25	Par. 13
:Luke 20:38	Par. 13
:Mark 12:27	Par. 13
:Matthew 22:32	Par. 13
:II Timothy 1:12	Par. 13
Circulation:Poor:Arteriosclerosis	Par. 4, 7
Cold:Congestion:Arthritis	Par. 3
Diet:Acidity & Alkalinity	Par. 10
Glands:Asthenia	Par. 4
Injuries:Spine:Wrench	Par. 4
Intestines:Colon:Prolapsus	Par. 4
Jesus:Healings	Par. 11, 12
Kidneys:Bladder:Toxemia	Par. 4
Osteopathy:Asthenia	Par. 4, 9
Psychosomatics:Asthenia	Par. 2, 4
Sin	Par. 13, 14
Uricacidemia	Par. 4
Work:E.C.:Individuality & Personality	Par. 17-A

ARTERIOSCLEROSIS CIRCULATING FILE

BACKGROUND OF READING 509-2 F 65

B1. See 509-1, Life Rdg., on 2/5/34.

B2. 2/12/34 Questions submitted, for mental-spiritual rdg., ask about diet, best treatment, etc.

TEXT OF READING 509-2 F 65

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 22nd day of February, 1934, in accordance with request made by self - Mrs. [509], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mildred Davis, L. B. and Hugh Lynn Cayce.

R E A D I N G

Time of Reading 11:00 to 11:40 A. M. Eastern Standard Time. New York City.

(Entity, who seeks a mental and spiritual reading, giving the reason for the entrance into this solar realm of experience and particularly stressing the directions for the greater expression of spirituality in her present usefulness. You will then answer the questions she has submitted regarding her health and her relationship and work with the information which comes through these sources.)

1. EC: Yes, we have the body, the inquiring mind, [509].
2. In the physical forces of the body we find those conditions that cause disturbances to the body at times that are of a physical nature. These are affectations through the body using up the strength and vitality without taking proper precautions as for the resuscitating of the physical forces through the character of the diet and the manner that the body responds to physical conditions in a material world. There is in the mental development and soul development of the body that which makes for material manifestations of the power of those forces from without, to work in and through the body-consciousness with minds and bodies that may be influenced by the power of this Christ Consciousness working through this body; yet the physical is in a material world and is subject to the laws of same, and as there is the unbalancing of elements in the body, as through the various changes the body passes in its stages of development, there is used up energies that have not had the precautions given for the directing, as to either the material, mental or spiritual influences within the physical body, to the recuperation of these conditions.
3. These conditions, as we find, are greatly exaggerated at times by external influences, as cold or congestion or overtaxation by the unwarranted use of properties in the food values that make for specific activity in a detrimental way and manner to those portions of the body that are weak in their balancing or are uncoordinated with the general conditions in the body.
4. The glands in and about the kidney area are under stress. These, then, come in effect to the emotional nature or tenor of the body and its reaction through too much of those activities that would produce the congestion in the receptacles of the activity of the kidneys, and make for irritation to same. Hence the bladder disorder that exists and that becomes very troublesome to the body at times, and showing for too great a quantity of albumin and the brick color in the activity of the kidneys in the removal of poisons, as of

ARTERIOSCLEROSIS CIRCULATING FILE

urea, in the activity of the system. This makes for irritation. Then to the neck of the bladder itself, and causing - in the channel in the system - conditions in the portions of the puba - a swelling, through this irritation, to the sympathetic circulation in the portion of the body. Also there has been in times back a strain that was maintained by a wrench in the lumbar and sacral area. With the advancing of the hardening (or slowing, rather without hardening, though it would be called hardening by some pathologists) of the arterial circulation through the portion of the body produces a prolapsus of the colon, in the descending area; and in the sphincter muscles themselves giving rise to irritation, when constipation - or overacidity or over activity through acidity in the kidney and in the system's inability through the colon - makes for irritation in this portion of the body.

5. This makes sometimes something of a drain on the system, and these we are speaking of purely from the physical pathological condition of the body.

6. In meeting the needs of these physical conditions, we will find, to be sure, there are those things that arise from these that cause irritation, either physical or mental, in other portions of the body; as the character of the appetite at times, or the desire for certain character or taste of foods, fruits; or there are the conditions that make for a small gnawing in the lower portion of the stomach itself proper, as of a twitching in the lower portion of the jaw, as in the glands about which the saliva is created. This is a nerve reaction, and comes from those disturbances in a sympathetic way and manner.

7. So, in making the applications, physically, mentally or materially, to those things that would bring a better balance, all of the effects as well as the causes (in a body that has reached the period of development or experience in this present sphere) are to be taken into consideration. For, with the slowing of the pulsation, with the pressure that is deficient at times through the attempt of the circulation to keep the hepatics in order, with those tendencies for the circulation through the abdominal area to take up great portions of the heat of the body, producing in the feet and in the hands a slowed circulation, all of these must be considered.

8. We will find that, first, we would use the Radio-Active Appliance each evening, or in periods when the body is feeling somewhat below par and has the time and inclination to rest sufficient time for the activity of those vibrations that are raised within the physical body by the use of the plain Radio-Active Appliance to the body. In making the attachments to this body, when it is attached to the wrist first one time, the next time attach to the ankle first and THEN to the wrist on opposite side of the body.

9. Also we will find that there should be a few adjustments osteopathically given in the sacral and lumbar and lower dorsal area, with the GENERAL manipulation in the upper portion of the body to make for coordination with the rest of the system. These taken once or twice a month would be sufficient.

10. As to the diet, of which the body should be so mindful, beware of too much starch and too much fat. But oils, as the olive oil or the fats of any that are taken in the foods - as mutton, fowl (provided the same is not the GROSS fat) - will be helpful. But no red meats, nor too much of those foods that will make for sugar reaction in the system. But a well-balanced diet that carries the rebuilding and replenishing forces and influences in the body, and these of the alkalin PRODUCING foods, whether fruits, vegetables, or what not - rather those that are inclined toward the alkalin, or their combinations. Do not take cereals ever WITH citrus fruit juices. Do not take large quantities of candies or pastries

ARTERIOSCLEROSIS CIRCULATING FILE

or tarts that are used with meats. Beware of apples, unless of the jenneting variety, but pears, bananas, oranges, grapefruit, plums, peaches, all of these may be taken in moderation and IN THEIR SEASON. And use fruits that are NOT artificially ripened, even though it is necessary to use those that are canned; pineapple and pineapple juices are excellent for the body.

11. Do these, and we will bring for the physical forces of the body much that is to be desired, for the preparation of the physical body as the temple of the soul in this particular experience; for, as may be given from the mental and spiritual forces in the body, the developments in the present are that there might be the greater manifestations in the activities of the body in those tenets, lessons and truths this soul gained in its sojourn in the promised land. And as the entity goes about making application in the way and manner as to bring joy and peace and harmony and understanding in the lives of those that it meets from day to day, in this way and manner may it show forth those things that were builded in the soul in its sojourn at the time of the Master and of John. For, for this purpose came the entity into the earth at this time, and in making and holding to those things that He taught to meet the needs of those that are to be awakened in that sphere of activity where they, these souls, might understand. Not all that were healed by the Master were even thankful. They accepted it rather as that due them as selfish or self-centered souls of the world, not knowing, not caring, not comprehending what they had contacted in the material things. Nor did there grow in the hearts of all those things that were necessary for their comprehension of the contact they had made. So has been the experience of the entity. So will be the activities in bringing to those here and there the knowledge of the love that is shown through the consciousness of the Master being the guiding factor in the lives and purposes of individuals. And above all TEACH and PLEAD with souls that they make His life, His promises, as the ideals of their lives. For, all promises that He made, either material, mental or spiritual, were a portion of His life, and are dependent only upon the activity of the soul. And they received His blessings whether they gave thanks or not.

12. So may this soul take a lesson from those experiences of Him that taught even the entity in those days when He laid hands upon the body and healed the body.

13. In the activities, then, know that all power, all forces seen manifest in the earth are as beneficent influences in the experiences of those that seek to know His way. They may also become curses to those who would use them as gratifying the self in relationships with individuals, places or what not. But know that the redeemer liveth and He will quicken those that put their trust in Him. For, He is able to keep that which has been committed and that IS committed unto Him by the souls of men, against any experience in thine sojourns in the earth. For, He is rather the God, the Father, the Savior, the Lord of the living than of those that are dead in trespass and sin in self-indulgences for fame, fortune, or the aggrandizing of any of the attributes of the material body.

14. Such are wastrels in their lives. Such have little or no part in Him until they have put these things away from their daily activity.

15. THOU knowest the way; THOU understandest how He has called. KEEP the faith.

16. Ready for questions.

17. (Q) Advise me as to my relationship and work with Edgar Cayce. How may I best further the ideals and purposes to be manifested through this channel?

ARTERIOSCLEROSIS CIRCULATING FILE

(A) If the ideals and purposes, and the life, and those results from the activities of the body Edgar Cayce, coincide and coordinate with the ideals and purposes of this body, this soul, then use them as thine own.

18. We are through.

REPORTS OF READING 509-2 F 65

R1. 3/2/34 Letter: "I have gone over the rdg. twice. It seems distinctly physical and not over encouraging as to physical, though of course I may read deeper.

"The following came to me, according to St. Paul, 'I die daily.' Is not one in a way enjoined to reincarnate, that is renew or reestablish, one's present body - enabling one to go on in a fresh, new way - reestablished by the Spirit of Christ?...

"I do understand my readings and will in a few weeks hope to have a physical check-up, as I am sure with following instructions 100% I do receive the fulfillment of His promises. "There is much I FEEL to talk over with you personally."

R2. 3/16/34 Mrs. [255]'s letter: "Mrs. [509] goes to Dr. Frank P. Dobbins, D.O. We hear about it from both sides and enjoy the fun. Dr. Dobbins, gentle soul, is swept a little off his feet, until he gets used to the hurricane. 'You can consider yourself complimented that I have come a second time,' were her words of introduction to the second visit."

R3. 11/30/34 Mrs. [509] referred 753-1.

ARTERIOSCLEROSIS CIRCULATING FILE

INDEX OF READING 664-1 F 58

ARTERIOSCLEROSIS

Ash:Animated:Heart

Par. 7-A

Electrotherapy:Diathermy:Heart

Par. 7-A

HEART:MYOCARDITIS

HYPERTENSION

Prophecy:personal

Par. 2, 6-A

Vibrations:Places

Par. 1

Work:E.C.:Readings:Attempted,Not Given

Par. B2

ARTERIOSCLEROSIS CIRCULATING FILE

BACKGROUND OF READING 664-1 F 58

B1. 8/31/34 Husband [Dr. [657], D.O.]'s ltr.:

"The diagnosis in her case is myocarditis (of middle age) with sclerosis of the coronary arteries. She has the accompanying high blood pressure, and indigestion, etc. She has been given a prognosis of from one to three years from the present time to live, the more definite time depending on the rest she receives, etc... She would not change her present routine, even if she were strongly advised to, so strong is her faith in her special doctor (not myself)."

B2. 9/7/34 GD's note: EC undertook the rdg. and said: "We haven't sufficient address - this is a long Westside here - we don't find it."

B3. 9/10/34 Dr. [657]'s ltr.: "So far as I know there is no street number. It is on Westside Ave., or more newly named Five Mile River Road... [he described the location]."

TEXT OF READING 664-1 F 58

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 19th day of September, 1934, in accordance with request made by the husband - Dr. [657], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mildred Davis and L. B. Cayce.

R E A D I N G

Time of Reading 11:00 to 11:10 A. M. Eastern Standard Time. ..., Conn.

(Physical Suggestion)

1. EC: Yes, taking the conditions of this body, [664] as we have here, as a pattern or example, much might be pointed out as to how the environs of a place, house, room or surroundings are changed or produced by the dwelling there of an individual that radiates even distressed conditions from itself.
2. In this body we find there are disturbing conditions. These have in the main been correct in the prognosis and diagnosis. We do not find, unless there are material changes, the body lasting physically as long as has been set; for as those changes come about from the adjusting of the system, as it were, in the menopause, and with the dilation that has been the physical effect produced by applications for the body in preventative measures in some instances - in the hope for assistance in creating a different condition in the impulses of the imaginative or sympathetic system to increase the desires in directions, the conditions have been so dilated between the lungs, the heart and the liver that these are gradually weakening.
3. And only no excitement, out of doors, plenty of oxygen in every way and manner, with that which would lessen rather than dilate the pulmonary activity of the heart forces, may keep the body in this experience or existence.
4. Rather should the mental body keep a balance.
5. Ready for questions.
6. (Q) How long will she survive under the present regime of living and treatment?
(A) That depends, as we have indicated. From the present, less than thirty months.
7. (Q) What material changes would aid, as referred to?

ARTERIOSCLEROSIS CIRCULATING FILE

(A) The Animated Ash with the reverse coil of the diathermy for the body. This won't be used.

8. We are through for the present.

REPORTS OF READING 664-1 F 58

R1. 9/20/34 Dr. [657]'s letter: "The reading regarding my wife was received this a.m. It conforms with the prognosis made by several other sources. Thank you for your service, for so small a fee. I am, of course, very curious to know what applications the body of the reading refers to that has produced the physical effect of dilation. She has tried so many things. But this [reading to answer this question] will probably have to be deferred until another time..." [He requested subsequent readings for himself.]

ARTERIOSCLEROSIS CIRCULATING FILE

INDEX OF READING 742-1 F 86

APOPLEXY

Appliances:Wet Cell:Apoplexy

Par. 9, 13,
16-A, 18-A

ARTERIOSCLEROSIS

Electrotherapy:Infra-Red Ray:Arteriosclerosis

Par. 7, 8, 13

Human Relations:Companionship:Healing

Par. 15-A

Hypertension

Par. 20-A

Prescriptions:Ginseng, Wild, Essence:

Arteriosclerosis

Par. 11, 12,
18-A

:Stillingia, Tincture of:

Par. 11, 12,
18-A

:Syrup, Simple:

Par. 11, 12,
18-A

:Turnip, Indian:

Par. 11, 12,
18-A

Will:Motivation

Par. 5

ARTERIOSCLEROSIS CIRCULATING FILE

BACKGROUND OF READING 742-1 F 86

B1. 11/22/34 Questions submitted by [724]'s sister and her Dr. [657]: "Is there any help for Mrs. [742] who had a stroke on 1/10/32? Has since recovered enough to be able to walk by holding on to something. Dr. [657]'s patient. Left side affected, can talk and appetite is good, now complains of hardening of arteries. Can she be helped to ease pain in her legs? She is 86 years old last birthday, 7/29th. Can her life be prolonged? Can you tell just how long she is likely to live?"

TEXT OF READING 742-1 F 86

This psychic reading given by Edgar Cayce at the David E. Kahn home, 44 West 77th St., Apt. 14-W, New York City, this 22nd day of November, 1934, in accordance with request made by the sister - Mrs. [...], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Dr. [657].

P R E S E N T

Edgar Cayce; Hugh Lynn Cayce, Conductor; Gladys Davis, Steno. [742]'s sister, Dr. [657] and his mother, and several others.

R E A D I N G

Time of Reading 11:25 to 11:55 A. M. Eastern Standard Time. New York City.
(Physical Suggestion)

1. EC: Yes, we have the body here, [742]; and those conditions-physical and mental that surround the body.
2. Now, as we find, there are disturbing factors; many of these we find may be aided in making for much better conditions for the physical functioning of the body. While the resistances in many portions of the system have run low, the vitality remains in many ways. And if there will be the resuscitating and revivifying influences in the experience of the body such as to be distributed in a manner in which a more perfect coordination may be brought about in the functionings of the organs, where the slowings of the reactions have shown disorders at times, much better and much more normal conditions may be brought to this body, [742].
3. These, then, are the conditions as we find them with this body, [742] we are speaking of:
4. As to the BLOOD SUPPLY, we find there are indications of a slowing of the circulation through portions of the system, and the drainages that should effect the activity of the circulation in portions of the system are not as active as they should be; yet - as we find - there may be the stimulation to a much nearer, much more normal condition; creating the abilities of the system to distribute that assimilated. For, as we find, while many of the glands in this body are near normal and continue to carry on their proper distribution, or making for those influences and forces within the system that make for the proper elements, the slowing of the activities through the hepatic circulation and through the extremities - where there are the poisons that are the effect, not so much of infectious forces as would cause disorders but rather from the very influence of the drosses from the system itself - these are the harder conditions to keep the near normalcy in the present. And if these make for the creating of those influences that will aid in this direction, much greater response may be had in those influences that may aid the body in

ARTERIOSCLEROSIS CIRCULATING FILE

being nearer to normal, and in making for resuscitating and revivifying forces in the system.

5. The NERVE FORCES of the body, these coordinate in their reactions so far as the superficial or sympathetic circulation is concerned. The determinations within the body itself through its mental influences, these at times vary in their reactions and retractions in the system; yet these do keep a balance. And if there will be the greater release or the effect of the stimuli, that will not act as a sedative but rather as a stimuli to the functioning of the organs (especially in the hepatics), these - as we find - will materially aid in bringing the better conditions for the body.

6. The ORGANS themselves, as may be indicated from those conditions given for this body, do not in the main show perfect coordination; for the reflexes, portions of the locomotory system, the internal influences, the hepatic circulation, show disturbances. Yet, as we find, if drainages are kept near normal, if the stimulations for the condition are such as to make for the creating of the proper balancing in the circulation, the revivifying forces, we may aid all of the body yet in having many useful days of activity in a mental and material manner.

7. Then, we would not change much those stimulations that have been or may be given or applied to the body, save in the form of these. Not in the high frequency activity of electrical forces, but in the low forms, will be found to be the greater benefit to sustaining the vitality and in maintaining an equilibrium through the system - if these are applied, rather than too great a quantity of a high frequency. However, the deep therapy - as the Infra Red - will be found to be of a helpful influence to the activity of the circulation through structural portions of the body itself.

8. Then, at least once or twice each week, there would be a deep therapy treatment through the Infra Red; that the structural forces - through the area of the lungs - the structural portion of the body here, through the rib, through the cerebrospinal - will be aided in making that balance, in the addition to the influences in the circulation such as to make for a better distribution of that assimilated. Once, twice to three times each week, for a period of twenty to thirty minutes after it is giving its full charge.

9. Also we would add the low form, then, of the wet cell battery; or the vibrations that will make for a stimulation from the cardiac plexus, in the 3rd and 4th dorsal center - and the umbilicii center, in the left portion of the solar plexus area, you see, to the frontal portion of the body. And we would carry in same the vibrations of the Chloride of Gold in solution, or the vibrations from the solution INTO the portions of the system; for these, as we find, through the therapeutic reactions, are to revivify the nerve energies in such ways and manners as to be a stimulation not only to the brain forces themselves but to the whole of the hardening influences that have affected the nerve forces and plexus in various portions of the system, as has been seen in the ganglia itself. The appliance we would add once each day, making the connections as indicated; the plain anode being attached first in the cardiac plexus - and the larger anode passing through the Gold solution would be attached last, in the umbilicii and to the left portion of the umbilicii center. This would be for not more than fifteen minutes each day for the first four or five days.

10. And be sure, AFTER each application, that there is the general massage in the hypogastric and pneumogastric cross-plexus area in the cervical, and an equalizing in the

ARTERIOSCLEROSIS CIRCULATING FILE

lower lumbar plexus, that the BODY stimulations from these activities may be wholly distributed.

11. Also we would prepare a compound that will replace much of that which has been necessary at times to make for rest and for more perfect assimilation of the gastric flow of the body - in this manner:

12. To 4 ounces of Compound Simple Syrup, add:

Essence of Wild Ginseng.....1/2 ounce,
Tincture of Indian Turnip.....10 minims,
Tincture of Stillingia.....1/2 ounce.

Shake this together before the dose would be taken, which would be half a teaspoonful every three to four hours apart.

13. As to the matter of the diet, keep those things that have been indicated; and we will find - these drainages set up, these stimulations and assimilations as created by such activity into the body itself - through the stimulations along the cerebrospinal system that make for the releasing for the body, and those stimulations to the central portion - or the deep therapy, together with the low static electrical forces in the wet appliance - we will bring nearer normal conditions.

14. Ready for questions.

15. (Q) In following your advice, how long will she live?

(A) That depends upon how long those about her desire for her to live! As indicated from these conditions given here, these should bring at least a stimulation - as we have given - for many, many, many days.

16. (Q) What will give her greater strength in her legs while standing?

(A) Those stimulations that make for a better flow of the circulation. And, as indicated, we are stimulating the circulation and adding to the stamina in the impulses from the nerve forces. Hence the stimulation to the lumbar plexus each day after the application of the wet appliance, will in five days make for a great deal of change in this direction.

17. (Q) Will the treatment as suggested relieve the thighs while lying down?

(A) Would relieve these pressures.

18. (Q) What will cause the body to stop the heart palpitations, and prevent further interic-sclerosis?

(A) As indicated, there is a hardening condition here, you see; for which we have given those properties, the therapeutic value of which is as follows:

The ingredients suggested in the compound are to make for a revivifying of those elements that go to make up the walls of the arterial circulation, you see, taken in this form; then aided by the stimulation through the Gold that acts upon the system (in a vibratory manner) such as to make for an equalizing. So, as indicated, this must then be of such a nature as to be not only sustaining but revivifying also - as it will be.

19. (Q) What can be done to give her better eyesight?

(A) We may relieve these pressures, and then there will be a gradual aid in that direction.

20. (Q) Will the treatment as suggested keep down the blood pressure below the danger point?

(A) It will keep down the blood pressure.

ARTERIOSCLEROSIS CIRCULATING FILE

21. (Q) What is her best diet? Will you outline it?

(A) As indicated, this has been set - and is very good. It must be, of course, of those things that are easily assimilated. As the changes come about there will be necessitated additions that the system requires. For all curative forces must be from within; so, as the changes come about, eat those foods that make for blood and nerve supply. Not over quantity of blood, to be sure, but so that the drosses of the system do not make pressures through same to a greater extent in the circulation. Follow these suggestions, in a consistent way and manner, and we will find much bettered conditions for this body.

22. We are through for the present.

(11/22/34 GD's note: See directions [which were enclosed] for Dr. [657] for the Infra-Red treatments; also letter to the Reilly Service giving specifications for the Wet Battery Appliance; also letter giving directions to Druggist. Let us know if everything is not clear.)

REPORTS OF READING 742-1 F 86

R1. 1/7/35 Dr. [657]'s letter to HLC: "I am particularly interested in the treatment (as per your father's reading) being given to Mrs. [742] for relieving the hardening of the arteries. I have never heard of any treatment before that would really accomplish a lessening of this condition..."

R2. 1/7/35 Dr. [657]'s letter to EC: "...I cannot speak so favorably for Mrs. [742] though I realize she is 86 years old and the response may be slower - that was assumed from the reading. I believe I am following the instructions as nearly correct as humanly possible. She had the treatments for a month now, and we believe she is definitely showing some slight signs of improvement. But her left thigh (the most annoying trouble) seems no better and she is not noticeably stronger in standing. But she has great faith in the treatment, which of course is helpful. They have no money at this time to pay for another reading or check-up on her condition or on what we are doing for her. I just changed the substance in the Wet-Cell Battery for another month. If there is any more information you would care to know about this case, I will be very glad to advise you..."

R3. 1/9/35 EC's letter to Dr. [657]: "...I'm sure the response in Mrs. [742]'s case must necessarily be very slow, but I do hope we can find something that will bring relief to this very troublesome condition. Do you see that there is any response to the application of the battery? Sometimes we have reports where a response can be seen for a little while after each application, and at others it just gradually grows. Naturally an application of such a nature is very slow - but it is usually very positive.

"Don't hesitate to ask for a check-up on any of the patients whom you feel need it; and don't fail to submit any questions regarding them that would help explain their conditions to you. For I'm sure you realize that our chief purpose in this work is to be of help, regardless of whether the individual can pay in dollars and cents or not. To get the results is the best pay of all. So, please send the questions and we will make an appointment for a check-up on [742] right away. We don't want to leave anything undone that might be of help to you or to her in bringing about an improved condition in her body..."

R4. 1/14/35 Dr. [657]'s reply: "In response to your letter of January 9th, I am asking for a check-up for Mrs. [742]. As she is a poor person, I will have to ask that it be given gratis. It was a hardship to pay the original fee..."

ARTERIOSCLEROSIS CIRCULATING FILE

"Now I shall attempt to give a definite report on her case up to date. It is difficult to tell whether the battery applications have helped at all, the general improvement is so very slight. You stated in the reading that some improvement should come in 5 days, but if it did, it was not discernible. The noticeable improvement to date is as follows: a slight reduction of blood-pressure, less palpitation of the heart on body movement, she believes the blood-vessels around the temples do not stand out so prominently, and her general increased decline of a month ago seems to have been checked or stopped. But the more troublesome things are still as bothersome as ever. Particularly her left thigh pains her just as much as before and she says she cannot stand up any better. These are the two things most annoying to her and they have not seemingly improved. We are following your instructions as well as we understand and can humanly do them. First I gave her treatments every day, then 6 and now 5 times a week. She would like to have them cut down to 4 times a week. Besides your instruction, I am massaging and exercising (passive and active) her legs and thighs to relieve pressures and give them more strength for standing. She is taking, besides the medicine your prescribed, 3 yeast cakes and some mineral oil with agar-agar each day to move her bowels, as she says they will not move properly unless she does. She has tried it without these helps - without any success. Now the questions are as follows:

1. What are we doing that we should not do?
2. What are we doing wrong, or leaving out that we should do? If we are doing anything incorrectly please make the correction very explicit so that I shall be sure to understand. I have never handled a wet-cell battery before, and can find nothing on the subject in my physical-therapy books.
3. How many times a week should she now be treated?
4. Can you offer anything more, other than what you have already stated, for her troublesome left thigh and her inability to stand while dressing, etc. If so, what?
5. Would any electric-pad give added benefit to the left thigh, used when needed between treatments? We will all appreciate the check-reading with these five questions answered and trust you will find time for it in the near future..."

R5. 1/21/35 See 742-2.

ARTERIOSCLEROSIS CIRCULATING FILE

INDEX OF READING 742-2 F 86

APOPLEXY

Appliances:Wet Cell:Apoplexy Par. 2, 7-A

ARTERIOSCLEROSIS

Physiology & Anatomy:Appliances:Wet Cell Par. 7-A

:Arteriosclerosis Par. 7-A

:Prescriptions:Gold

Chloride Par. 3

:Soda,

Bicarbonate Par. 3

Physiotherapy:Applications:Aconite:

Locomotion:Impaired Par. 4

:Laudanum: Par. 4

:Packs:Epsom Salts: Par. 4

Prescriptions:Codeine:Sedation Par. 5

:Gold Chloride:Arteriosclerosis Par. 3

:Soda,Bicarbonate: Par. 3

:Water,Distilled: Par. 3

ARTERIOSCLEROSIS CIRCULATING FILE

BACKGROUND OF READING 742-2 F 86

B1. See 742-1 on 11/22/34 (for Apoplexy, Arteriosclerosis, Hypotension) and subsequent Reports.

TEXT OF READING 742-2 F 86

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 21st day of January, 1935, in accordance with request made by the doctor - Dr. [657], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mildred Davis and L. B. Cayce.

R E A D I N G

Time of Reading 11:00 to 11:15 A. M. Eastern Standard Time. New York City.

(Physical Suggestion)

1. EC: Yes. Not so good in the immediate, as we find; yet we find there are some improvements. Naturally, from the very age and the general conditions, the reactions for the betterment are slow.
2. We would continue with the manipulations that have been indicated; using the vibrations from the Wet Cell Battery for bringing strength to the body.
3. And, as we find, the body would be aided materially were there given internally very small quantities of Gold with the common Soda. The two solutions would be made in these proportions, and kept separate: One solution would be in the proportion of 20 grains Bicarbonate of Soda to 10 ounces of distilled water. The other solution would be in the proportion of 1 grain Chloride of Gold to 1 ounce of distilled water. Do not put the two together until the dosage is to be taken, which should be the first day 1 minim of the Gold solution and 2 minims of the Soda solution in half a glass of water. Increase each day 1 minim until there would be taken 5 minims of the Gold solution and 10 minims of the Soda solution. Then leave it off for five days. Then begin with the 1 minim of the Gold solution and 2 minims of the Soda solution, gradually increasing each day in the proportion indicated. Repeat this procedure for three or four rounds. While the Soda is a very strong alkalin, and the Gold is an acid, with these combining with the gastric flow of the stomach we will find they will become active with the reproductive glands in ALL portions of the system. They will make for the flow and stimulation to the flow of the nerve forces in a much bettered condition.
4. For the condition in the hip and that which has caused and does cause such excruciating pain, the inability for the locomotion or for the body to stand, we would continue to use the massages or rubs. And we would apply the saturated solution of Epsom Salts in hot packs, following the application of those properties combined that will relieve the pains - such as we have indicated for such conditions; that is, whenever the pain is VERY severe, spread on the area of the hip FIRST - before the use of the Salts packs, a combination of three parts Tincture of Laudanum to one part Aconite - PAINT the hip with it. These, as we find, would be the more helpful for this body.
5. Be patient. Be persistent. And, as we find, while we may not CURE entirely, we can - through these measures - bring relief from the suffering WITHOUT the administering of the narcotic effects upon the system. If these are ever resorted to, we will find that the

ARTERIOSCLEROSIS CIRCULATING FILE

Codeine will be the more effective and the less harmful to the body; one-eighth to one-twentieth of a grain.

6. Ready for questions.

7. (Q) Having never handled a Wet Cell Battery -

(A) (Interrupting) Then use it just as we have given! Note these changes - these are the effects it creates: An equalizing of the circulation from the head to the feet, to the lower portions. Possibly you've never noticed, either, that there is a difference in the pulsation in such a body in the various extremities! that is, there would be found in the right wrist a different pulsation to that in the left ankle, a variation of some five beats; or in one that would be 80 and the other 85 to 89, see? These are, then, the characterizations; that we will find a more uniformity when these applications are put on - to pass directly through from one plate or anode to another; we will find the body more quiet; we will find the general mental reactions more normal. These, in this particular body, are the reactions from such applications.

8. We are through with this reading. [GD's note: Indicating another check reading might be given, for someone else, before waking up.]

9. That is all.

10. We are through for the present.

(See copy of directions [which were enclosed] for applying Epsom Salts Packs.)

REPORTS OF READING 742-2 F 86

R1. 1/25/35 Dr. [657]'s letter to EC: "Your check reading was received and the additional treatments for [742] noted. She started with this yesterday. But yesterday she seemed to take a turn downward. Her speech became thick and once her bowels became incontinent. This latter, however, may have been due to the laxatives and oil she takes. But her whole demeanor was not encouraging today. However, we shall continue with your instructions for awhile anyway, and hope for the best.."

R2. 1/31/35 EC's reply: "...I'm very sure [742]'s condition is a very precarious one, and there is so very little vitality to build on that it becomes a real problem. It will require, I'm sure, very careful attention and will necessitate your using good judgment and a great deal of your initiative in meeting emergencies as they arise in any case that we may give information concerning.."

R3. 3/31/35 Dr. [657]'s letter to EC: "...Mrs. [742] seems to be at least holding out fairly well. Some days she feels she is no better, but more often she thinks she has slightly improved. I see her every other day, and am following your line of treatment.."

R4. 4/1/36 Dr. [657]'s letter to HLC: "...Mrs. [742] whom I referred to you is still living. Unfortunately, I am not in the neighborhood where many people can readily spare the price of the readings all at one time. They now mostly live from hand to mouth.."

R5. 4/28/36 Dr. [657]'s letter to EC: "...[742] is still hanging on and has not changed since my last report to you. I am giving her the battery, etc., three times a week. Her sister whom you met, says she cannot continue the strain of being called during the night with her sister, and may put her in a home. I have given [742] medication to make her sleep but it has no reaction with her.."

R6. 6/3/36 EC's reply: "...If she is thinking seriously of putting her sister in a home, I would suggest that she get in touch with H. J. Reilly of The Reilly Service, Oak Ridge,

ARTERIOSCLEROSIS CIRCULATING FILE

N.J. Dr. Reilly is very much in sympathy with this work, and is willing to follow the readings. Then too, Mr. and Mrs. Ladd who are running Sun Air Farm for Dr. Reilly are members of the Ass'n; in fact, they went out to Sun Air Farm with the purpose of being able to make a place where people could come to have their treatments followed. You might suggest that the sister discuss this with Mr. Kahn... I make this as a suggestion, for I know if she were put in any other place more than likely they would pay no attention whatever to the battery... I'm sure it is a very hard case and will require time, patience, etc., so as she isn't able to give the required attention herself, I think it would be very wise to choose such a place for her sister."

R7. 6/19/36 Letter from [742]'s sister: "Friends: - Your patient, Mrs. [742] died on 5/9/36... Thank you for help given..."

ARTERIOSCLEROSIS CIRCULATING FILE

INDEX OF READING 1050-1 M 63

Appliances:Wet Cell:Circulation:Impaired

Par. 5--12

ARTERIOSCLEROSIS

CIRCULATION:IMPAIRED

ARTERIOSCLEROSIS CIRCULATING FILE

BACKGROUND OF READING 1050-1 M 63

B1. 11/4/35 Ltr. from daughter, Mrs. [982]: "Would it be possible to give my father a Physical Reading without his remaining in an appointed place at a given time? I ask this since he is in great distress and not sympathetic to matters psychic. The doctor, however, to whom I have spoken, agrees to follow your advice. All efforts of medicine have so far proven futile to give the patient any relief."

TEXT OF READING 1050-1 M 63

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 8th day of November, 1935, in accordance with request made by the daughter - Mrs. [982], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. L. B. Cayce.

R E A D I N G

Time of reading 11:00 to 11:15 A. M. Eastern Standard Time. ..., N.Y.

(Physical Suggestion)

1. EC: Yes, we have those conditions that are indicated as disturbing forces in the physical functioning of this body, [1050].
2. As we find, the disturbances are of a deep-seated nature. And while there may be those suggestions for help or aid, these have reached such proportions that - unless there is a great deal of change in the MENTAL attitudes, mental outlook - the applications may only be as HELPFUL experiences for the activities being carried on.
3. The tendencies for the thickening of the walls of the circulatory system, and the effect this has upon the heart's activity, the liver's functioning, the kidneys' abilities for actions; these necessarily grow more and more severe in their strain upon not only the organs indicated but upon the abilities of these to supply to the system the resuscitating influences as to keep any semblance of a coordination in the physical and mental activities of the body itself.
4. While those ministrations that have been made from time to time have aided at times, at others they have been found to be insufficient to meet the needs of the general situations.
5. As we find, we would not leave off any of those ministrations being given; but we would add or combine with same the use of the low electrical vibrations that may be had from the galvanic reaction of low cell activity of electrical forces carrying to the system the vibrations from Chloride of Gold as alternated with the 10% solution of Nitrate of Silver; each of these being added to the system in a specific manner.
6. These we would add, then, through the radial activity of these elements (carried through the Wet Cell Appliance) to function with the assimilating system in such measures and manners as to be an aid in this separation that is occurring at times in the blood supply as it is hindered and is hindering in the activity through the organs as indicated.
7. Then, we would prepare the Wet Cell Appliance with two containers or two leads that vibrate from the nickel pole, and nickel plate or anode; this to be rather in the cup shape - the larger plate of nickel through which the Gold and Silver solutions would pass, but there would be two such plates - for the solutions would each have a different lead,

ARTERIOSCLEROSIS CIRCULATING FILE

though they would be used at different periods. The attachments would be made in this manner:

8. For the first two days the small copper plate would be attached first, to the 2nd and 3rd dorsal center; while the larger nickel plate (passing through the Gold solution - in the proportion of 3 grains to an ounce of distilled water) would be attached last, to the umbilicus and the lacteal duct center. Apply same in this manner for twenty minutes, two days in succession.

9. Leave off the application one day, and then begin with the attachments carrying the Silver solution (using the other connections or plate, you see), in this manner:

10. The small copper plate would be attached first, at the 9th dorsal plexus - or the larger ganglion that affects the activities through the impulses received to the lower portion of the body; or through the kidneys, through the activity of the lower portion of the digestive forces and the lower portion of the activities of the liver and the pancreas and those effects as created by same. And the larger nickel plate, passing through the 10% solution of Nitrate of Silver (for the vibrations only would be carried to the body BY or THROUGH the electrical forces), would be attached last - to the umbilicus or lacteal duct and GALL duct area; or a hand's breadth or four fingers from the lower portion of the rib on the right side. Apply same in this manner for twenty minutes, for two days; preferably as the body rests.

11. Continue in this manner; two days with the Gold application, one day of rest from same, two days with the Silver application, one day of rest from same, then begin with the Gold again - and so on.

12. Keep the other medications. All should be under the supervision of a physician that may know the effect upon the circulation and the activities, as the vibrations from the Appliance work upon the circulation (with the assimilating and eliminating system) that - as indicated - separates through those activities that are seen in the influence upon the superficial circulation.

13. Do this.

14. We are through with this reading.

(See letter [which was enclosed] with directions to be sent to Health Home Remedies Co. with specifications for type appliance needed.

See article [which was enclosed] explaining theory of such an appliance.)

REPORTS OF READING 1050-1 M 63

None.

ARTERIOSCLEROSIS CIRCULATING FILE

INDEX OF READING 1187-11 F 61

Abrasions:Circulation:Poor	Par. 14-A
Air:Exercise:Arteriosclerosis	Par. 9
ARTERIOSCLEROSIS	
Blood:Oxidization	Par. 9
Breathing:Shortness:Arteriosclerosis	Par. 4
Diet:Foods:Yellow	Par. 6, 7, 14-A
:Vitamins:B-1:Arteriosclerosis	Par. 6, 7, 14-A
:Gelatin	Par. 8
Doctors:Feulner,C.D.:M.D.	Par. R3
:Long:M.D.	Par. R3
:Pardue,E.M.:D.C.	Par. R3
:Richardson,Martyn L.:D.O.	Par. R1
Environment:Locality:Choice	Par. 13-A
Osteopathy:Arteriosclerosis	Par. 11
Physiotherapy:Massage:Benzoin,Compound	
Tincture of:Arteriosclerosis	Par. 5
:Camphor:	Par. 5
:Mutton Tallow:	Par. 5
:Turpentine:	Par. 5
Supports:Feet:Arches:Scholl's	Par. 16-A, 17-A

ARTERIOSCLEROSIS CIRCULATING FILE

BACKGROUND OF READING 1187-11 F 61

B1. See 1187-5--1187-10 four years ago for paralytic stroke from which she apparently recovered entirely. Now has frequent attacks through back & chest which cause choking sensation; also pain in left hip area, front, side & back.

TEXT OF READING 1187-11 F 61

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 23rd day of January, 1940, in accordance with request made by the son and daughter, Mr. [641] & Miss [288], Active Members of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [1187] and Mr. [641].

R E A D I N G

Time of Reading 3:50 to 4:00 P. M. Eastern Standard Time., Va.

1. GC: You will give the physical condition of this body at the present time, with suggestions for corrective measures; answering the questions as I ask them:
2. EC: Yes, we have the body here; this we have had before.
3. As we find, while conditions continue to be very good in many respects, - there should have been, and should be, more of the precautions about ELIMINATING from the system the EFFECTS upon the nerve areas from which DRAINAGES were indicated to the blood vessels themselves.
4. For, this has caused, or did cause, disturbance to the nerve forces, as to hinder the activities to the muscular forces, especially to the extremities, to the side, to the arm, to the lower limb. Hence, as it now moves about, - that is, this hardness, you see, or this thickening of tissue - more - along the area, - it tends now, as it moves, to cross the area of the pleura; thus causing SUDDENLY a shortening of the breath, or a gasping rather, - which occurs the more OFTEN as the body rests, or there is the awareness more from the sensory forces than as to its activity.
5. Then, as we find, there should be the application of a massage over the lung and the lower portion, front and back, around the breast and up above to the upper portion as well as the lower portion, and those areas around to the central portion, or to the breast bone, - the area of the pleura and lower portion itself, especially, - with equal combination of Mutton Suet, Spirits of Turpentine and Spirits of Camphor, then half the quantity of Compound Tincture of Benzoin. This (the Benzoin) will naturally of itself rise, when it stands, but when ready to make the application - at least three or four times a week - this should be stirred very thoroughly together with the rest of the compound. When this combination has been used for the massage, then place a light flannel or cloth over the area, - and best that this be done of an evening; though it may be done early of morning if so desired, and the cloth worn through the day, - but preferably in the evening.
6. Then, the body should be very careful of the diet; that there are the additions to the diet, in an excess, or more than at present, of especially Vitamin B-1; which will be found principally in all of the vegetables that are yellow in color, - as carrots, or squash, or yellow corn meal, or lemons, and oranges. All of these should be taken in greater

ARTERIOSCLEROSIS CIRCULATING FILE

quantities. Also it will be found in the whole oats, whole wheat, and - of course - whole wheat bread at all times.

7. Not that this would be the entire diet, to be sure, but be very mindful as to these things, - so that, as often as possible or practical, keep these in the diet, or let some portion of almost every meal consist of some of these, so that there may be an excess of the Vitamin B-1 in the diet, for the strengthening of the blood supply.

8. Also this will be aided by the occasional taking of Gelatine. Not that this supplies so much of the vitamin, but it gives strength and resonance to the tendons in the nerve system; and especially the orange and lemon gelatine would be good, - these for THIS body are better than the plain white gelatine. Use the Knox Gelatine, but prepare with lemon and orange, you see.

9. Then, as to the conditions which find existing in a SYMPATHETIC manner in the hip, and especially along the right side and extending to the left over the lower portion of the abdomen (this in front and back), - we find that this also is a part of a SYMPATHETIC condition with that in the upper portion of the body, or upon the nerves of the pleura itself. These as we find will respond more to greater activity in the open, when at all practical or possible. Not that the body should take too long walks, nor too heavy an exercise, but with the changing of the circulation through the applications indicated, we will find a better circulation created by such activity in the open. Also being in the open as much as practical gives more and a better oxidization for the blood supply, by the fresh air, and oxygen.

10. Do these, as we find.

11. Then occasionally, once a week or once in ten days, or three times a month, - have the GENTLE, THOROUGH manipulations. As to whether these would be given osteopathically, or neuropathically, or chiropractically WITH the neuropathic applications, would depend upon the environs, or the activities and circumstances; but these as combined with the rest will be found to be most helpful for this body.

12. Ready for questions.

13. (Q) Would it be preferable for the body to move to ... so her daughter can help her with the treatments, or go to ..., Ala., for a while, and be treated by Dr. Thompson?

(A) This must be a choice, of course, within self. These may be carried out, of course, either way; though when considering the conditions which exist as to the weather that is to be, and that is in the present, not too much moving around of that nature would be most advisable, - for the severe changes, severe activities, where there are such conditions, would be rather a hardship in the present; but these are choices for the body to make.

14. (Q) What has caused the scab on the side of face, [left temple] and should any local application be made? [See 4/30/59 Reports under 1187-14.]

(A) This as we find is from the poor circulation, and the very conditions which have been indicated that are to be supplied from the Vitamin B-1 in the blood stream. DO NOT irritate, or make applications of other than that which might keep same soft. DO NOT rub with cosmetics, or with other astringents, until changes have been wrought. Let the system, and the circulation, take care of same, rather than irritating same from other sources.

15. (Q) Why is the body unable to lie upon the left side at times?

ARTERIOSCLEROSIS CIRCULATING FILE

(A) Just read what has been indicated, as to the pressures upon the nerve forces, both in the upper and the lower portion of the body, and it will be seen that these produce rather what might be termed a SMOTHERING of the nerve forces upon the areas where the disturbing conditions have existed.

16. (Q) May anything be done to strengthen the feet?

(A) The use of shoes with the arch support would be the most preferable manner of handling these conditions.

17. (Q) Any special make of shoe?

(A) As we find, any that has the proper arch support. There are two or three makes of such; or they may be added to the shoes already worn. Scholl's. Do these things, and - as we find - we will bring the better conditions for this body.

18. We are through for the present.

REPORTS OF READING 1187-11 F 61

R1. Dr. Richardson later told Mr. [641] that Mrs. [1187] had arteriosclerosis.

R2. 10/3/40 Mrs. [1187]'s letter to daughter [288]: "Well, I'm getting along very well now, but had another spell last Friday night (9/27/40). We went to prayer meeting and when it was over I came out among the first ones and was standing there and felt it coming on, and just stepped over to [199] and told her I couldn't hardly stand up, so she took hold of me and helped me to the car. I was shaking like a leaf all over, so [199] said she thought best to take me to Dr. Pardue's house [E. M. Pardue, D.C.], as we didn't know whether Dr. Thompson had gotten back or not. So she drove me by there - it wasn't far - he came out to the car and helped me into the house. I was still shaking all over until my teeth chattered, still wasn't cold. I guess it was what you would call a rigor. Dr. Pardue had me lie down and listened to my heart a few seconds and said he didn't see a thing he could do - said it was my heart and I needed to be at home in the bed and said to call a doctor [M.D.] and he would give me something to relieve me. He was plain SCARED. So we went home and [199] helped me to bed. I was still shaking... Dr. Feulner [C. D. Feulner, M.D.] and Dr. Moseley were both at the ball game, so she got Dr. Long. He came in a few minutes but I was getting some quieter when he came. He took my blood pressure and tested my heart, also temperature, and said all was alright for one of my age, but said he wanted me to come to his office the next morning. He gave me a little tablet to take and assured me I would be alright that night. We went the next day but he didn't do anything, only asked questions and said he would send me out some drugs to take and wanted me to start on them right away but wanted me to come to the hospital Monday morning - he wanted to examine my body under x-ray. So [199] took me up there, but went by to see Dr. Feulner before I went and told him all about what I had done and everything, for I felt that he knew my body better than anyone else, so I did and he said to go ahead and let Dr. Long examine me, then come by and tell him what he said. So I did and he told me to come back in a week, in meantime take those drops. [199] met him in the hall and he told her that my heart was alright but that I had a hardened artery leading to the heart which affected my heart, just what he thought that night when he came, and that is what the drops are for - said that he always kept anyone who had had a stroke on these drops. I guess they have helped, for I have felt better and haven't had any more spells. Dr. Thompson said he thought that Dr. Long was right, and didn't think it best to

ARTERIOSCLEROSIS CIRCULATING FILE

give a treatment just yet, but for me to keep him posted as to how I was. Really my back hasn't bothered me lately, I feel like I'll get along alright for a while anyway. I like Dr. Long, for he wouldn't jump at conclusions and begin giving me a lot of medicine not knowing where the trouble was. He asked me to not eat any more salt than I could help." R3. 10/8/40 See 1187-12, requested by her daughter [288] and son [641].

ARTERIOSCLEROSIS CIRCULATING FILE

INDEX OF READING 1187-12 F 61

ARTERIOSCLEROSIS

Diet:Arteriosclerosis

Par. 9, 10

Doctors:Irvin,C.W.:D.O.

Par. R3, R4

:Long:M.D.

Par. R2

CORONARY:THROMBOSIS

HYPERTENSION

Osteopathy:Arteriosclerosis

Par. 11

Rest:Heart:Thrombosis:Coronary

Par. 8

ARTERIOSCLEROSIS CIRCULATING FILE

BACKGROUND OF READING 1187-12 F 61

B1. See 1187-11 on 1/23/40 for arteriosclerosis.

TEXT OF READING 1187-12 F 61

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 8th day of October, 1944, in accordance with request made by the daughter and son - Miss [288] & Mr. [641], Active Members of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading 11:00 to 11:05 A. M. Eastern Standard Time., Ala.

1. GC: You will give the physical condition of this body at the present time with suggestions for further corrective measures; answering the questions, as I ask them:
2. EC: Yes,
3. As we find, there are quite a number of changes in the general physical forces of this body since last we had same here.
4. The general pressure that has continued to exist, not only in the cerebrospinal system where there were the leakages first in the blood stream, but the pressures from the frontal bone of the sternum or the lower portion of the breast bone - by the body leaning over or pressing against same - has disturbed and does disturb the circulation between the heart and liver.
5. This condition is gradually growing serious, for it is producing a thrombosis; that is, a HARDENING of the walls of the arteries that direct the flow of the vein blood FROM the liver to the heart.
6. This is engorging one portion of the heart, and DRAINING the other valve; producing the smothering, sinking, or dizziness, or the catching of breath at times; which, unless there is a great improvement, must not be in the very near future prove other than very detrimental to the present PHYSICAL conditions.
7. These as we find that are being administered in the present are very well.
8. Keep the body as quiet as is practical. Rest is the best for the body, though it may work with the hands - or else it would become unbearable to the body. But keep off the feet, and keep from pulling or washing, ironing, sweeping or the like. Keep away from these.
9. Keep away from beef and beef things that are used, or things cooked with same.
10. Vegetables, fruits, and those things are the better.
11. The helpful forces, of course, are from some GENTLE adjustments through the spinal system, and the aid in LIFTING - gently - the sternum, by the pressure upon either side. These are helpful.
12. Do that.
13. Ready for questions.
14. We are through with this reading.

ARTERIOSCLEROSIS CIRCULATING FILE

REPORTS OF READING 1187-12 F 61

R1. 5/7/41 "I'm feeling better than I have in several years."

PILCHER MCBRYDE DRUG COMPANY 101 BROAD ST. ..., ALA PHONES 56 & 59 REXALL STORE

For: Mrs. [1187]

Rx: Sat.Sol.Pot.Iodide 31 Sig: Gtt x in aq. tid gradually increase to gttxv.

[Note: Above Rx equates to - Saturated Solution of Potassium Iodide Dosage: 5 drops in water three times a day gradually increased to 15 drops.]

Dr. Long

Copy 561271 Cost ... mt NARD 7/18/41

R2. 9/14/42 Letter from Dr. C. W. Irvin, D.O., to Mrs. [1187]'s daughter: "...I treated your mother Saturday and found her somewhat improved. Her pressure is too high, but I think we can take care of that, and have her feeling lots better very shortly. Be assured that she shall have our very best attention..."

R3. 9/30/42 Ltr. from Dr. C. W. Irvin, D.O., to Mrs. [1187]'s daughter: "...I know you will be glad to know that your mother's blood pressure has gone down thirty points since she came to our office the first time. Her condition seems to be very much better generally and I am very much pleased with her progress so far..."

R4. 1/19/43 See 1187-13.

ARTERIOSCLEROSIS CIRCULATING FILE

INDEX OF READING 1187-13 F 64

ARTERIOSCLEROSIS

CORONARY:THROMBOSIS

Doctors:Grapes, Nona:N.D.

Doctors Suggested:Thompson, D. Carl:D.C.

Rest:Heart

Par. R3, R4

Par. 4, 5

Par. 5, 7-A,

8-A

ARTERIOSCLEROSIS CIRCULATING FILE

BACKGROUND OF READING 1187-13 F 64

B1. See 1187-12 on 10/8/40 for arteriosclerosis and coronary thrombosis.

TEXT OF READING 1187-13 F 64

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 19th day of January, 1943, in accordance with request made by the son and daughter - Mr. [641] and Miss [288], Members of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading 10:45 to 10:50 A. M. Eastern War Time., Va.

1. GC: You will give the physical condition of this body at the present time, with further suggestions for corrective measures; answering the questions, as I ask them:

2. EC: Yes.

3. As we find, there are those tendencies for the flow of blood through the arterial circulation to be hindered, - by pressures.

4. Those applications which have been made, through those administrations as we have indicated to be given - by Dr. Thompson, would be the better for the body. These, as we find, keep down those pressures especially to the head and to the locomotory centers.

5. It would be well, if the body is able, to have a course or series of such treatments. To be sure, it would be better to go there for same. The rest, the change, would also be helpful for body.

6. Ready for questions.

7. (Q) Is she able to make such a trip alone?

(A) This the BODY will have to determine in itself if the body ITSELF feels able, it'll make it!

8. (Q) Any other suggestions?

(A) Don't overtax self.

9. We are through for the present.

REPORTS OF READING 1187-13 F 64

R1. 4/12/43 "I went to Dr. Thompson this morning and I feel some better. He is going to Okla. City the last of this month. I surely hate for him to leave, but he thinks he will like it there. He was there before he came here over 20 years ago. I'll try to get all the treatments I can before he leaves."

R2. 4/25/43 "I'm so nervous tonight, I feel like I had better keep trying Dr. Feulner and see if he can cure me before trying to come to Va."

R3. 5/8/43 [1187]'s letter: "I have tried hard to get over this nervousness, and everything I have tried seemed no good at all. I took medicine from Dr. Feulner and the most expensive kind and I seemed to get worse. There doesn't seem to be a thing wrong but my nerves, but if something is not done for them I'll go crazy. I went to Dr. Grapes this morning and she gave me a treatment and examined me thoroughly, and she says it's all my nerves and it will take a pretty long time to straighten them out. The treatment was the best I ever had. I always thought that Dr. T. was so good, but she beats him, and I

ARTERIOSCLEROSIS CIRCULATING FILE

believe that if I give her a trial she will make a new creature of me, for as I am I'm no good to myself or anyone else. So I feel like I'll just have to give her a fair trial if can just live and keep up the treatments. I really do want to come to see all of you but it will be a lot better to get in a better condition before I come, if I can."

R4. 4/22/44 Dr. Nona Grapes sent Mrs. [1187] a re-fill of a bottle of tablets from Vita-Mineral Co. "Their products are those she may order from Anabolic Foods Co. and are not synthetic."

R5. 6/15/44 See 1187-14.

ARTERIOSCLEROSIS CIRCULATING FILE

INDEX OF READING 1187-14 F 65

Abrasions:Keratosis:Senile	Par. R2
Appliances:Radio-Active:Arteriosclerosis	Par. 3
ARTERIOSCLEROSIS	
CORONARY:THROMBOSIS	
Physiotherapy:Massage:Cocoa Butter:	
Arteriosclerosis	Par. 3
Psychosomatics:Healing	Par. 6-A, 7-A

ARTERIOSCLEROSIS CIRCULATING FILE

BACKGROUND OF READING 1187-14 F 65

B1. See 1187-13 on 1/19/43 for arteriosclerosis & coronary thrombosis.

B2. 6/15/44 A.M. Son, Mr. [641], phoned requesting advice for relieving Mrs. [1187]'s peculiar feelings in head & inability to rest, also great weakness.

TEXT OF READING 1187-14 F 65

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Va. Beach, Va., this 15th day of June, 1944, in accordance with request made by the son, - Mr. [641], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis & J. Fitch, Stenos.

R E A D I N G

Time of Reading 10:30 to 11:30 A. M. Eastern War Time. ..., Va.

1. GC: You will give the physical condition of this body at the present time with suggestions for further corrective measures, answering the questions, as I ask them:
2. EC: Yes, we have the body here; this we have had before. As we find conditions are not good. The blood pressure and the weakening of the arteries, while there is not the breaking as yet, have formed a pressure in the reflexes of brain so that the conditions in the thrombose and the activities of the body cause this general weakness, the inability of the body to rest or to maintain rest when there are those activities of any kind.
3. As we would find, we would keep the massage with cocoa butter along the spine, away from the head, altogether away from the head, see? and use the Radio-Active Appliance. Use this about an hour each day. It will give the body rest and it will aid in producing a better equilibrium. Do keep the plates or anodes very clean; do prepare this about twenty minutes in the ice before it is attached to the body. Do not use that which has been used by anyone else, and do attach the same plate or connection first each time, see?
4. Thus we will bring the better forces, or will bring relief, if not the best for the body.
5. Ready for questions.
6. (Q) Would it be best for her to return to ..., Ala. or stay where she is?
(A) It would be rather hard on the body, but as has been indicated as to, better let it do it. If it can be persuaded without that, all right, but don't over-persuade, see?
7. (Q) Is she physically able to make the trip?
(A) As has been indicated. If she thinks she is, she'll make it.
8. We are through with this reading.

Two copies to daughter [288] and son [641] Copy to Ass'n file

REPORTS OF READING 1187-14 F 65

R1. 7/1/44 Letter: "We got home alright and I stood the trip fine. The trip didn't tire or worry me any hardly. I slept well and I feel find this morning after a good night's sleep... I'm taking my medicine and treatments and am just getting along fine. Really, I feel better than I have in a long time."

R2. 4/30/59 Daughter [288]'s report: "She was active and lived without pain until the last few months of her life, when she was hospitalized and unconscious most of the time. She died on 11/12/53. The doctors thought she had a brain clot and offered exploratory

ARTERIOSCLEROSIS CIRCULATING FILE

surgery, but the family didn't want to put her through such suffering without promise of help. She was apparently comfortable - just went to sleep.

"In the last few years she had senile keratosis on the face and at the end her skin had begun to break in different places. In the fall of 1952, about a year before she died, a couple of the places were removed from her face, by surgery, including the one which was asked about in her reading 1187-11, Par. 14-A.

"We were all so grateful that she did not suffer at any time. She always boasted that she never had an ache or a pain, not even a headache."

ARTERIOSCLEROSIS CIRCULATING FILE

INDEX OF READING 1630-1 M 52

Adhesions:Lesions:Tendencies	Par. 5
Apoplexy:Tendencies	Par. 5, 6
ARTERIOSCLEROSIS	
ASSIMILATIONS:ELIMINATIONS:INCOORDINATION	
Blood:Clots:Tendencies	Par. 5
Brain:Lesions:Tendencies	Par. 6
CIRCULATION:INCOORDINATION	
Diet:Arteriosclerosis	Par. 24, 25, 30-A
Doctors:Fogel,David H.:M.D.	Par. R3
Eliminations:Poor:After Effects	Par. 2, 11, 12
Habits:Smoking:Not Recommended	Par. 26, 30-A, 33-A
Heart:Thrombosis:Coronary:Tendencies	Par. 6, 15
Intestines:Colon:Prolapsus	Par. 11, 12
:Enemas,High:Plethora	Par. 17, 19, 23, 29-A, 31-A
Osteopathy:Spine:Subluxations	Par. 17, 18, 20--23, 29-A, 31-A
Purpura:Tendencies	Par. 5
SPINE:SUBLUXATIONS	
TOXEMIA	
Vertigo:Spine:Subluxations	Par. 10

ARTERIOSCLEROSIS CIRCULATING FILE

BACKGROUND OF READING 1630-1 M 52

B1. 6/25/38 Miss [1237] stated: "His wife thinks it would make him too nervous to be present. He is badly in need of help and he believes, from what I have told him about the work, that he can be helped through a rdg." She submitted ques. which included 1630-1, Par. 35-Q in re hardening of arteries.

TEXT OF READING 1630-1 M 52

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 5th day of July, 1938, in accordance with request made by the self - Mr. [1630], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Miss [1237].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading 10:55 to 11:15 A. M. Eastern Standard Time., Va.

(Physical Suggestion)

1. EC: Yes, we have the body now called [1630].
2. As we find, there are disturbing conditions that prevent the better normal physical functioning. These as we find have been growths; that is, the causes of the conditions have been neglected, and with this disregard of the minor conditions that appeared at first (which were more from improper eliminations than otherwise), there have gradually grown to be disturbances with the assimilating system.
3. Thus the unbalancing in the activities of this system causes a heart reaction, the circulatory forces to be disturbed, and a general condition with the liver and the eliminating system; until we have an abnormal blood pressure and the effect of the slowing of the circulation through the arterial forces themselves.
4. This need NOT as we find become detrimental if there are the proper applications and sufficient of the disturbing forces relieved as to allow the system to adjust itself to nearer normalcy.
5. Otherwise, we may have such a thinning of the walls of the circulatory system as to allow a dripping, or draining, or seepage that may form clots - or become those conditions where adhesions would be formed, which would necessarily reflect upon the systems through which impulses are received - in the form of lesions.
6. This might reach the brain, it might reach the heart; dependent upon WHERE and to what EXTENT there is activity against such conditions.
7. These then are conditions as we find them with this body, [1630] as called, we are speaking of:
8. The blood supply, as indicated, shows there has been lack of elimination; so that toxic poisons arise from same.
9. Thus there has been a hindrance in the circulatory forces between the heart, the liver, the kidneys.
10. All of these, with the combinations of disturbance, cause the spells that have been had - of dizziness; and there have been periods when the pressures upon locomotory centers were localized more about portions of the small of the back. There have been periods when these were localized through the heart's activity, with the shortness of breath; the

ARTERIOSCLEROSIS CIRCULATING FILE

deeper circulation, with the system attempting to adjust itself, drawing away from the superficial circulation. At other times the superficial circulation has been the greater, without the activity through the deeper circulation.

11. First, as we find, these began from a subluxation - which exists in the dorsal and a portion of the cervical area. These then being neglected, and cathartics and eliminants taken, produced a release for the time being but only tended to make for greater disturbance through the colon - by an engorgement not only in the ascending colon (that is, on the right side) but also in the descending, or a portion of the transverse and descending colon.

12. Hence we have a near - not full but near - prolapsus in a portion of the colon area.

13. All of these become a part of the disturbance.

14. The effect of this upon the circulation became such as to change the pressure under which the circulatory forces acted. Then we had a change in the conditions by releasing the flow through the heart's activity, without removing the cause.

15. This has tended to make for an engorgement; not great as yet, but those inclinations for engorgement of the heart's activity - or the heart as an organ; though except for this we do not have an ORGANIC heart disturbance.

16. As we find, these conditions MAY be eliminated to the great extent, and there be a great relief from these. It will require patience, persistence, and at times some change in the applications as we find that would be made.

17. First we would have those corrections made osteopathically. As these are BEING made, reduce the tendencies AND the plethoric condition through the colon - by the use of high enemas. These would not be given too often, but sufficient to gradually relieve the pressures through the area.

18. We would release the impulses through the deep manipulations osteopathically, especially through those areas from the 9th dorsal up - but occasionally correcting those pressures also in the lumbar and lumbar axis and through the sacral; RAISING somewhat, or correcting somewhat, the tendency for pinching - as it were, or the "bent in" at the coccyx end of the spine.

19. We would have at least six of the high enemas; two or three during the first month - if the strength of the body will stand same.

20. The manipulations and adjustments osteopathically we would have at least two or three times each week.

21. First there should be a month of the treatments osteopathically, then a rest period from same of at least ten days. Then they would be given again twice a week, until the period when we would give further instructions.

22. When all of these have been followed in detail as outlined, for a period of sixty days, then we would give further instructions.

23. We would advise that the osteopathic manipulations AND the colonic irrigations be given by the SAME person, or under the supervision of the same person, see?

24. Now as to the diet during these periods: This as we find would be rather specific. At first we would take principally citrus fruit juices and vegetable juices, and vegetables. Have at least one meal each day of only raw vegetables; these may include almost all that may be eaten, or portions of same; preferably these chopped, grated or ground - and, of

ARTERIOSCLEROSIS CIRCULATING FILE

course, save the juices with same. Such a salad may be taken with a dressing, or an oil; but it should NOT be neglected as a part of the diet!

25. No fried foods at any time. Not too much coffee; this should NOT be taken EVER with milk - and preferably not with sugar.

26. There should not be too much inclination for smoking, or any of those things that make for a strain on the nervous system through such activities.

27. These as we find would be the manners, then, to bring better conditions.

28. Ready for questions.

29. (Q) What osteopath in Norfolk would you recommend for this body?

(A) One who may give both of these treatments; that is, the adjustments AND the colonics; and in the manner indicated.

30. (Q) What causes the pain in my hip?

(A) The unbalanced conditions through pressures from poisons in the system. As indicated, as the system is cleansed and the pressures are removed, with corrections in the cerebrospinal system, the whole of the way through, these disturbing conditions will disappear. Because the body feels better after the first two or three weeks, DO NOT break over as to diet, as to drink, as to smoking, or as to any of those things; but keep in those things as we have indicated until the body is not only cleansed from the poisons but until there is sufficient of the assimilation to revivify the whole circulation.

31. (Q) Should I continue to take the pills?

(A) These should be rather governed by the direction from the one who would give the osteopathic treatments and the colonics. We find that these tend to assist in elimination, but if the colonics are given properly - and if the manipulations are given properly - with the diet followed as indicated - WE find that these pills may be gradually diminished; but this had best be governed according to the advice from the one making the osteopathic adjustments.

32. (Q) What is causing cramps in legs?

(A) The same condition!

33. (Q) Should smoking be discontinued entirely? or how much?

(A) The smoking should be very moderate, if any.

34. (Q) What is causing my ears to not function correctly?

(A) The pressures upon the nervous system. And, as indicated, these should be materially relieved as the pressures and poisons are eliminated.

35. (Q) Is my illness what is generally known as hardening of the arteries around the heart?

(A) It may come entirely to that! In the present it is RATHER the depleting of the walls of the circulatory system, as indicated - by the variation in the pressure in the blood stream and the toxic forces through the system, and their effect upon the organs.

Do as we have indicated, and after sixty day we would give further instructions.

36. We are through for the present.

(About two weeks BEFORE your sixty-day period is up, let us know so that we may make the appointment for your Check Physical Reading.)

ARTERIOSCLEROSIS CIRCULATING FILE

REPORTS OF READING 1630-1 M 52

R1. 7/12/38 "He is very well pleased so far and is making the necessary arrangements for treatment."

R2. 7/10/49 "He died about 4 yrs. after the rdg."

R3. 10/28/52 Comment by D. H. Fogel, M.D. (heart specialist): "Incipient Coronary Thrombosis and/or Incipient Apoplexy."

ARTERIOSCLEROSIS CIRCULATING FILE

INDEX OF READING 1684-1 M 65

Air:Exercise:Arteriosclerosis	Par. 28, 29
Appliances:Radio-Active:Hypertension	Par. 18--26, 35-A
ARTERIOSCLEROSIS	
BLOOD:CLOTS:TENDENCIES	
Catarrh:Lesions	Par. 36-A
Diet:Arteriosclerosis	Par. 30
Doctors:Reilly,Harold J.:PhT	Par. R4
Doctors Suggested:Dobbins,Frank P.:D.O.	Par. 17, R2
ELIMINATIONS:INCOORDINATION	
Exercise:Liver:Kidneys:Incoordination	Par. 10, 12, 13
Glands:Prostate:Eliminations:Incoordination	Par. 35-A
HYPERTENSION	
Liver:Kidneys:Incoordination	Par. 10, 12, 13
Nervous Systems:Incoordination:Toxemia	Par. 34-A
Night-Sweats:Uricacidemia	Par. 33-A
Osteopathy:Arteriosclerosis	Par. 16, 17, 25, 35-A, 36-A
Prophecy:Confirmed	Par. 31, R4
:Prognosis:Arteriosclerosis	Par. 31
Surgery:Preventive:Glands:Prostate	Par. 35-A
Temperature:Fever:Uricacidemia	Par. 33-A
Uricacidemia:Tendencies	Par. 13, 33-A

ARTERIOSCLEROSIS CIRCULATING FILE

BACKGROUND OF READING 1684-1 M 65

None.

TEXT OF READING 1684-1 M 65

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 10th day of September, 1938, in accordance with request made by the brother - or by self through the brother, Mr. [...], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [1561].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Brother of [1684].

R E A D I N G

Time of Reading 3:00 to 3:35 P. M. Eastern Standard Time. New York City.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body. You will answer the questions that may be submitted, as I ask them.
2. EC: Yes, we have the body, [1684], and those conditions physical and mental that have caused and do cause disturbances, preventing the better normal physical reactions.
3. In giving that as we find which would be the more beneficial for the body, many conditions which have surrounded and do surround the body must be taken into consideration.
4. While there are disturbing factors, these conditions have not as yet assumed such proportions that they keep or prevent the body from carrying on in a manner; but not as altogether nor always in the most efficient manner.
5. For as we find, the disturbing factors are those that are of an insidious nature; that is, hidden; and they affect the organs of the body in such a way and manner that at times they are rather just slow in their reaction, or their activity.
6. And unless there ARE some measures taken to make the corrections, they may of a sudden cease to perform their functioning - or they may, as it were, spill over; or the pressure that is a part of the disturbing conditions, upon the arteries, may become so intense that the very walls may give way or allow seepages. Thus, through such activities, there would be formed clots that would not only become very disturbing but produce conditions of such natures as to prevent the normal activity in locomotion, or in thought.
7. Hence these suggestions as we find that would be the most beneficial would be in the form of warnings to the body, mentally and physically. For unless measures ARE taken, these will not bear always with the better activities of the body.
8. These then are conditions as we find them with this body, [1684] we are speaking of:
9. THE BLOOD SUPPLY, this indicated that there is an engorging between those flows of the blood supply from the heart to the liver; thus causing - not always, but causing - periods when there is an excess pressure; and thus filling the arterial circulation, and slowing the return forces through the veins to the liver and pulmonaries.
10. This under such stress produces rather the sluggishness - as is indicated in the functioning of the liver, the spleen, the kidneys themselves. For it is the whole of the

ARTERIOSCLEROSIS CIRCULATING FILE

hepatic circulation under such stresses that becomes the greater disturbing conditions; though those portions of the arterial circulation are those that are under the greater stress.

11. That there has been and is the continued attempt to make for the equalization of impulse through the centers and ganglia of the system, is that which has kept the body from suffering greater under the disturbing factors.

12. IN THE NERVE SYSTEM, here we find there has gradually been builded or the leading to an inclination for a sedentary influence through those portions especially of the lumbar and sacral areas; by the very natures of the activity - being highly mental, and requiring a great flow of the blood stream through the brain forces.

13. Thus we find at times there are the inclinations for more and more periods when there is a heaviness, a stiffness through the lumbar and the lower dorsal and sacral areas. This has gradually produced, by the pressures, the inclinations for toxic forces - as combined with the slowing of the circulation through the hepatics and the lack of their cleansing, the forming of uric toxines.

14. The pressures being partially aided has from time to time aided in quieting or relieving the disturbance temporarily; but more and more the ileum plexus has become involved - also the lumbar axis.

15. THEN AS WE FIND:

16. We would not leave off the hydrotherapy and the massage, but keep these treatments regularly; in that they have aided, do aid in bringing better coordination through the system.

17. But there needs to be specific ADJUSTMENTS and relieving of the pressures (mechanically); and we would give this to be done rather in the Dobbins' manner; lesions in the lumbar, the sacral and the ileac plexus, as well as coordinating these with the pressures as indicated in the secondary cardiac area - or from the 2nd, 3rd and 4th dorsal center.

18. And also along with these, or during the same periods, we would use the vibratory forces as may be had from the Radio-Active Appliance; to equalize the flows of the blood supply and impulses to the extremities of the body; that is, the attachments would be made as follows:

19. 1st day - the anode (coming from the black post) would be attached first, to the right wrist; while the cathode (coming from the red post) would be attached last, to the left ankle.

20. 2nd day - attach anode to left wrist, cathode to right ankle.

21. 3rd day - attach anode to left ankle, cathode to right wrist.

22. 4th day - attach anode to right ankle, cathode to left wrist.

23. Thus a circle will have been made of the body. Then commence over again.

24. We find it would be better for this to be used at least one hour each day, preferably just before retiring.

25. If this is used regularly, and the osteopathic corrections made, we should be able to revivify the energies and reduce the pressures indicated as a disturbing factor in the better functioning of the ORGANS of this body.

26. These we would do.

27. And keep the activities from the masseur as well as the hydrotherapy.

ARTERIOSCLEROSIS CIRCULATING FILE

28. Not taking drugs, but rather activities; and there must be more CONSISTENT activity of the body IN THE OPEN - if it will attain to its better physical and mental abilities in the present, and under the disturbing conditions mentally and physically that have gradually grown to be a part of the activities.

29. Hence walking, golfing, riding - all such should be at some time a part of the activity; or as combined with the hydrotherapy - through the seasons that approach - we would have, with the hydrotherapy and massage, also the handball, the electric horse, the bicycle, as a part of the exercise. For without these, we will find there will be less and less elasticity in the muscular or tendon forces as govern the flow of the impulse as well as the stream of blood supply itself.

30. In diet keep away from fried foods, or large quantities of fats that are not easily assimilated.

31. These done, and kept in these manners, we find that many years of useful service and activity may be added. WITHOUT these - not as premonitions but WARNINGS - these must not be so long!

32. Ready for questions.

33. (Q) What causes his fevers or slight temperature so often during each day, followed by sweats at night?

(A) A natural effect of uric poisoning in the system, nothing eliminated properly.

If there is the correction of the conditions in the ileum plexus, in the 4th lumbar axis, in the secondary cardiac plexus center, we will find the ability of the organs of elimination better coordinated, - namely: alimentary canal, kidneys, through the urinary canals and the bladder conditions, the activity of the perspiratory system and respiratory system. Thus there would be LESS of the inclination for temperature through the hepatics and the liver and spleen activity.

34. (Q) What causes his deafness or inattention to questions, which he may hear and attempt to answer later if not interrupted in meantime?

(A) This is a slowing of the coordination between the auditory forces and the impulse of activity from the sympathetic system. And these are effects of toxic forces upon impulses along the cerebrospinal system, from which all organs and activities of the body receive impulse for activity.

For the nervous system is as the communicative system of the whole body. Slow these in any manner and we have the slow response, as is indicated by these conditions in this body.

35. (Q) Will operation on prostate gland relieve his lassitude and excessive tiredness?

(A) This as we find would prove more detrimental than beneficial under the existent conditions. For the very nature of the condition and the pressure is a part of the ileum plexus disturbance.

Then to remove by operative measures and not to remove the causes would only be to transfer the lethargy of activity of impulse to some other portion of the system. Here, it would be more apt to be upon the kidneys; owing to the effect upon eliminations in these directions.

But with a CONSISTENT stimuli of the nature that is only to build up from the very nerve forces of the body, through the Radio-Active Appliance, and with the correction osteopathically of those impingements in the lumbar and ileum plexus area, and the lower

ARTERIOSCLEROSIS CIRCULATING FILE

dorsal and sacral, we will find these conditions will be MATERIALLY aided; and the abilities and the DESIRE for activity will be increased. A great deal of the disturbance is because of the lack of activity, and when active - under the existing conditions - it produces disturbance through the prostate area; giving the excuse for the body to become lethargic in its reaction.

36. (Q) What causes the hawking and spitting to get things out of his throat, which exerts him terribly, and what will relieve same?

(A) As indicated, the pressures in the secondary cardiacplexus area - which is that from which the vagus center direct, and the throat, bronchi and larynx receive their impulse. Being under pressures tends to slow the impulse or circulation. Hence we find the mucous membranes becoming irritated, and thus causing the hawking or the attempt to dislodge the condition; that becomes a part of the NERVOUSNESS, as well as arising from the specific causes.

Have the corrections in the areas indicated, in the manner as directed. Take these - the osteopathic corrections - twice each week for at least six or eight. Then we will find all of these conditions responding. And then don't leave off because you feel better, or the environs are such that it becomes rather hard to carry on the same treatment - but DO them sufficient time to make the corrections; and it will prove the most helpful for the body.

37. We are through for the present.

(See article [which was enclosed] explaining theory of Radio-Active Appliance.

For the hydrotherapy treatments - if you are not already "set" in regard to these, we would refer you to: H. J. Reilly, The Reilly Service, R.C.A. Bldg., New York City.)

REPORTS OF READING 1684-1 M 65

R1. Mr. [1684]'s brother secured readings for his daughters Miss [1683], and Mrs. [1706].

R2. 11/6/38 HLC's letter to EC: "Dr. Dobbins told me the other day that [1684] is improving. He is feeling better than when last I wrote you."

R3. 11/14/38 Mr. [1684]'s secretary requested a Physical Rdg. for her mother, Mrs. [1746].

R4. 6/20/41 Talk given by H. J. Reilly at Tenth Annual Congress of the Ass'n re 1684-1 [Physical Rdg.]:

"Now for another case that did not have such a happy ending. Mr. Cayce and myself did our best but this man, his iron will and stubbornness made success impossible. The gentleman, a man of immense wealth and a national figure in the advertising world, was sent in through a Cayce reading on Oct. 3, 1938. The reading was quite pessimistic and as I recall it, one sentence read, "If the body does not do this, disintegration will take place." I thought it would be a good idea to have my medical doctor check up on his heart and blood pressure. The heart was found to be in bad shape and the blood pressure quite high, especially the diastolic pressure. This was a definite sign of hardening of the arteries.

"The reading suggested hydrotherapy finishing off with a mild alcohol rub. Now the only form of hydrotherapy used in this type of case is an oxygen bath with a rest period and then finishing off with a light alcohol rub. After the first treatment was completed I asked him to stop in my office to let me know how he felt. This was a very difficult case

ARTERIOSCLEROSIS CIRCULATING FILE

and I was anxious to know his reaction to his first treatment. 'Well, how do you feel now?' I asked him. 'Pretty good now I must say,' he said. 'But Doc there one thing I must insist on. I am used to a very hard massage and if I come here for the treatments as suggested in the reading I won't have time to take my usual massage. I have a good massage every evening,' he said, 'and if I give it up at home I must have it when I come to you.' I told him to be sensible about the massage. In the first place the Cayce reading did not indicate massage in any way and I told him that as he went to the expense and trouble to have a reading he should stay with it and do exactly as it said. And furthermore, if he had come to me without a reading the results of the medical examination would show that all forms of manipulative therapy were to be avoided. To quote my own words to this man. 'If you had all the tea in China it still wouldn't get you massage at my Institute.' He was used to having his own way in most things, so this didn't set so well with him. But he agreed to continue the treatment and give up his heavy massage. He came in for two more treatments.

After the third treatment we again sat in my office. I asked how he felt. He said much better, 'but I do miss that massage.' 'In fact,' he said, 'I think I'll quit these sissy treatments of yours and have my man start giving me the heavy massage again.' Well, I tried to talk him out of this but to no avail. About two months later the papers were filled with stories of how this prominent man had passed away very suddenly [Dec. 1938?]. There are people who say when a man's time is up he passes on regardless, but I do think his chance of living a useful life a little longer would have been much better had he followed the Cayce reading."

ARTERIOSCLEROSIS CIRCULATING FILE

INDEX OF READING 2538-1 F 77

DEBILITATION:GENERAL

Diet:Vitamins:B-1:Debilitation:General Par. 18, 19

NERVOUS SYSTEMS:INCOORDINATION

Physiotherapy:Massage:Peanut Oil:Debilitation:

General

Par. 17

Prescriptions:Atomidine:Glands

Par. 7--9, 14

:Bromide Of Soda:Nervous Systems:

Incoordination

Par. 10--16

:Gold Chloride:

Par. 10--16

Sedation:After Effects

Par. 6, 7

ARTERIOSCLEROSIS CIRCULATING FILE

BACKGROUND OF READING 2538-1 F 77

B1. 7/6/41 Daughter's letter:

... St. ..., Calif.

My dear Mr. Cayce

I would like to have a physical reading for my mother. Since the first of the year she has been ill with arterio-sclerosis with senile dementia symptoms.

We are having her given iodide shots under directions of a physician.

Is there any cure for it? If so what? Should we place her in a sanitarium?

Will you please give this reading as soon as possible. My sister Mrs. [...] is sympathetic and one of us will be with her at time of the reading. She is at present with another sister at ..., Calif.

Send your reply to me - we shall cooperate and follow your instructions.

My mother is 77 - doctor thinks her in good physical condition except for the dementia condition. She is quite weak now as she has been kept under influence of sedatives.

Please answer soon as you can.

Sincerely, [...]

..., Calif.

P.S. I wrote you last year concerning a reading.

Will a reading for myself cost \$20 also? (physical) [initialed:] [...]

TEXT OF READING 2538-1 F 77

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 18th day of July, 1941, in accordance with request made by the daughter - Miss [...], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mrs. [1770].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading 3:30 to 3:45 P. M. Eastern Standard Time. ..., Calif.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body. You will answer the questions, as I ask them:

2. EC: Yes.

3. Now as we find, while the conditions are very serious, we find that help may be brought in the physical AND the mental reactions - if there can and will be something of a desire aroused in the purpose of this entity, [2538] as we have here.

4. There has grown such a deficiency in the vital energies that it might be said the battery has run down, - that is, the nerve energy in the centers between the cerebrospinal and the sympathetic nerve system.

5. Hence those great periods of weakness, those periods of irrational reactions, and the other periods when there are normal activities.

6. The administrations that have been made are beneficial, in a manner. But - as most forms of these - they do not react the same each time the injections are given.

ARTERIOSCLEROSIS CIRCULATING FILE

7. As we find, WE would leave off injections - for at least one period when they are supposed to be given, see - and begin instead with Atomidine taken internally. This atomic iodine, non-poisonous, will react the same upon ALL the glands of the body, see?
 8. Begin with one minim in half a glass of water of morning before any meal is taken. Increase this one minim each morning until five minims are given.
 9. Then leave off three days.
 10. Take then two minims of a Chloride of Gold Solution and four minims of a Bromide of Soda Solution, which should be prepared and be ready for taking AFTER the three-day rest period from the Atomidine, see?
 11. The Gold Solution would be prepared in the proportions of one grain Chloride of Gold to one ounce of Distilled water.
 12. The Bromide of Soda Solution would be prepared in the proportions of two grains Bromide of Soda to one ounce of Distilled Water.
 13. Keep these solutions separate except when the dosage is to be taken. Then stir two drops of the Gold Solution and four drops of the Soda Solution together in half a glass of water and take each morning for five days. Then leave off two days.
 14. Then begin with the Atomidine again, taken as before, with the increase to five drops - then leave off three days.
 15. Then take the Gold and Soda again.
 16. Keep up this routine for at least three or four rounds of each, see?
 17. Each evening when preparing the body for retirement, massage thoroughly from the base of the brain to the end of the spine with Peanut Oil, - all the body will absorb.
 18. Give Vitamin B-1 in pellet or capsule form, under the direction of physician - NOT by injection.
 19. Also give all the foods that are rich in the Vitamin B-1, with iron, with all the forms of nerve building energies and blood coagulative properties. These as we find will be found principally in fruits and vegetables that are yellow in color. Hence include in the diet all of citrus fruits, yellow corn, yellow squash, yellow peaches, and the like. All such should be taken in extra quantity. Not that these alone are to be taken, to be sure, but all of these that the body is able to assimilate.
 20. These as we find offer the opportunities for recharging, reCOORDINATING the mental and physical forces of this body, [2538].
 21. We are through for the present.
- (If you cannot get Atomidine from your local druggist, it may be ordered from The Atomidine Co., 9 South 8th St., Mt. Vernon, N.Y. It sells for \$1 a bottle, and you can order it direct if you tell them Mr. Cayce recommended it. The Chloride of Gold comes in 15 grain ampules and has to be mixed by the druggist with the distilled water. You should be able to have this done there. One of our members and friends lives in No. Hollywood. If you have any trouble interpreting or following the Reading, you might care to get in touch with her. She would be glad to help in any way possible: Mrs. W. A. Wilson, 5231 Agnes Ave., No. Hollywood, Calif.)

ARTERIOSCLEROSIS CIRCULATING FILE

REPORTS OF READING 2538-1 F 77

R1. 9/14/41 Her daughter's letter:

"Physically I believe she is better. However, no change mentally. She is quite irritable at times and is very nervous. Does not sleep well at night, also her feet seem to perspire a great deal. We are on the 4th round of the treatments you suggested. So what do you suggest? 1. Shall we continue the same treatment or go back to the iodide shots? 2. What would you suggest to give for the wakeful condition at night? We have given her some sleeping pills recommended by our doctor. 3. Do you suggest another doctor? We have not had her gone over by a doctor since we changed to your treatment. She does not coordinate well, so she is fed her noon and evening meal. We have to lock the room to her bedroom unless someone is watching, as she has inclination to wander. Will you go over the body again and answer questions concerning the condition as I have outlined it? People who have not seen her for a length of time think she seems much better. But mentally she is not herself. Thanks for your help."

R2. 9/20/41 See 2538-2.

ARTERIOSCLEROSIS CIRCULATING FILE

INDEX OF READING 2538-2 F 77

Appliances:Radio-Active:Insomnia	Par. 5, 6, 8
DEBILITATION:GENERAL	
Insomnia	Par. 5
NERVOUS SYSTEMS:INCOORDINATION	
Physiotherapy:Massage:Peanut Oil:Debilitation:	
General	Par. 10
Prescriptions:Atomidine:Glands	Par. 7--9
:Bromide Of Soda:Nervous Systems:	
Incoordination	Par. 9
:Gold Chloride:	Par. 9

ARTERIOSCLEROSIS CIRCULATING FILE

BACKGROUND OF READING 2538-2 F 77

B1. See 2538-1.

TEXT OF READING 2538-2 F 77

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 20th day of September, 1941, in accordance with request made by the daughter - Miss [...], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading 10:55 to 11:00 A. M. Eastern Daylight Savings Time. ..., Ca.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions, as I ask them:

2. EC: Yes.

3. As we find, there are bettered conditions.

4. While there is still much to be desired, as we find in the present we would keep all those things as previously suggested.

5. As soon as practical, obtain and use the Radio-Active Appliance. This is to act on the nerve forces, aiding to energize same. Apply this for an hour or so at the time, in the evening when preparing the body for the night - or during the morning also if the body is over restless. Keep the anode plates clean. Attach to the wrist first, and then the opposite ankle. Do not circulate the attachments, necessarily; but be sure the same plate is always attached first. There is NO feeling, or no electricity save the vibratory forces of the body when in use. But this will prevent the necessity of using sleeping powders or any sedative.

6. When the Appliance is begun to be used, then we would change in the manner the medicinal properties would be given.

7. Continue the Atomidine, for this is more effective than the iodide shots - and is not as severe on the body.

8. When the Appliance is started, however, take the Atomidine every other day - one minim in half a glass of water - before the morning meal.

9. Every other day (between the days of taking the Atomidine), take - preferably in the evening - the one minim of the Chloride of Gold Solution and two minims of the Bromide of Soda Solution, stirred together in half a glass of water. These solutions would be prepared in the same proportions and manner as formerly indicated, but change the dosage in this manner.

10. Do these, - keep up the massage - particularly in the dorsal, or upper cervical and upper dorsal area - and the rest of that indicated.

11. Ready for questions.

12. We are through with this Reading.

(See article [which was enclosed] explaining theory of Radio-Active Appliance and where obtained.)

ARTERIOSCLEROSIS CIRCULATING FILE

REPORTS OF READING 2538-2 F 77

R1. 1/12/47 Mrs. [1770]'s letter: "Miss [...] had a reading for her mother, [2538], who has passed on."

ARTERIOSCLEROSIS CIRCULATING FILE

INDEX OF READING 3304-1 F 73

ARTERIOSCLEROSIS

ASSIMILATIONS:POOR

ASTHENIA

Breathing:Shortness:Assimilations:Poor

Par. 16-A

Diet:Body-Building

Par. 11, 13

Doctors:Bybee,Harry R.:D.C.

Par. B1

Glands:Assimilations:Poor

Par. 7, 12

Intestines:Gas

Par. 17-A

Liver:Kidneys:Incoordination

Par. 18-A

Physiotherapy:Massage:Lanolin:Glands

Par. 12, 16-A

:Nujol:

Par. 12, 16-A

:Oils,Olive:

Par. 12, 16-A

:Peanut Oil:

Par. 12, 16-A

:Pine Needles Oil:

Par. 12, 16-A

:Russian White Oil:

Par. 12, 16-A

Prescriptions:Kaldak:Assimilations:Poor

Par. 10

:Pepsin,Caldwell's Syrup Of:

Eliminations

Par. 8, 17-A,

18-A

:Sal Hepatica:

Par. 9, 17-A,

18-A

ARTERIOSCLEROSIS CIRCULATING FILE

BACKGROUND OF READING 3304-1 F 73

B1. "I have arteriosclerosis, Dr. Bybee has helped me a lot." [Harry R. Bybee, D.C.]

TEXT OF READING 3304-1 F 73

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 20th day of October, 1943, in accordance with request made by the self - Mrs. [3304], new Associate Member of the Ass'n for Research and Enlightenment, Inc., via Miss Florence Edmonds.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. (Notes read to and transcribed by Jeanette Fitch.) Mrs. [3304] and daughter Mrs. [3637].

R E A D I N G

Time of Reading 11:05 to 11:20 A. M. Eastern War Time. ..., Va.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [3304].
3. As we find, there are disturbing conditions with this body. While these deal with the nerve energies and the reflexes in nerve forces, and in the blood supply, they arise from an unbalanced condition in the chemical forces of the body.
4. Phosphorous and iron are lacking; partially because of the character of the diet and partially from pressures that exist in the lumbar and lower dorsal areas.
5. These replenished or supplied with energies, as we find, will do away with this disturbance that arises from intestinal indigestion, or lack of proper assimilation, that comes from the lack of the body digesting the foods taken.
6. For, with the lack of the acids balanced in the diet, these - with these pressures - bring about the lack of supply.
7. Glandular forces are very good, but without their supplying - when there is not the general activity and the growth that should ordinarily go on - there comes the mean, dull headaches, tiredness, weakness through the limbs, the inability to grasp with the hands as the body would desire, or to hold; and an easily tiring of the extremities in every way.
8. In making for corrections, then, - we would begin first by purifying the system. This we would do with a few doses of Caldwell's Syrup of Pepsin. Take about half a teaspoonful every two or two and a half hours during the day (though of course, not arising to take it at night) for about a day or a day and a half, - or until the system is entirely flushed.
9. When this begins to act upon the system, then take a good dose of Sal Hepatica to flush the system.
10. Then begin taking each day a level teaspoonful of KalDak. This combination or compound carries sufficient yeast, phosphorous, iron, and other elements, to gradually replenish or rebuild the supply to the system.
11. Keep to the body building forces in the diet. Plenty of raw vegetables, such as lettuce, celery, carrots, tomatoes and the like. These supply silicon, as well as that needed in other energies to replenish the body.

ARTERIOSCLEROSIS CIRCULATING FILE

12. Also each week (on the same day each week) we would have a thorough oil rub, to stimulate all the activities of the glandular centers, or coordinating centers in glandular patches and lymph patches along the spine with the cerebrospinal and sympathetic nerve centers. Massage especially, then, in the area between the end of the spine and the 9th dorsal, and the 2nd and 3rd dorsal to the base of the brain; then across those areas in the pit of the stomach and the diaphragm area. Use this combination of oils:

Nujol or Russian White Oil as the base.....6 ounces,
Olive Oil.....1 ounce,
Peanut Oil.....1 ounce,
Oil of Pine Needles.....1/2 ounce,
Lanolin (liquefied).....1/4 ounce.

These will separate, but shake together when the massage is given - about once a week - and give this thoroughly.

13. Add to the diet plenty of sea foods, some fowl and lamb. Not too much of other characters of meat. Never any fried foods.

14. If we will do these we will find better conditions for this body.

15. Ready for questions.

16. (Q) What should be done for shortness of breath at night?

(A) We will find that these massages will take care of this, especially if given in the diaphragm area and the pit of the stomach.

17. (Q) Gas on stomach?

(A) We are cleansing this all out first, and beginning - as it were all over again.

18. (Q) Bladder trouble?

(A) Addition of the phosphates will aid these conditions in being adjusted to their proper relationships with the kidney circulation, and the liver circulation.

Do these, and we will bring much better conditions for this body.

19. We are through for the present.

(KalDak is distributed by The Lansworth Company, Lansing, Michigan.)

REPORTS OF READING 3304-1 F 73

R1. GD's note: Mrs. [3304] did not get to follow the reading, as she died suddenly Friday night, 10/22/43, just two days after the reading. Later her daughter, Mrs. [3637] obtained a Life Reading.

ARTERIOSCLEROSIS CIRCULATING FILE

INDEX OF READING 3454-1 M 49

Arteriosclerosis	Par. B2
Doctors Suggested:Tucker,A.R.:D.O.	Par. 6, 9-A
Environment:North Carolina:Raleigh	Par. 6, 9-A
Heart:Angina Pectoris	Par. B2
:ENLARGED	
HYPERTENSION	
INTESTINES:COLON:PLETHORA	
:Colonics:Glyco-Thymoline	Par. 5, 6, 9-A
:Plethora	Par. 5, 6, 9-A
:Salt & Soda	Par. 5, 6, 9-A
Osteopathy:Relaxation	Par. 6
Physiotherapy:Massage:Heart:Enlarged	Par. 9-A
Prescriptions:Drugs:Warnings	Par. 9-A
Rest:Heart:Enlarged	Par. 4, 9-A

ARTERIOSCLEROSIS CIRCULATING FILE

BACKGROUND OF READING 3454-1 M 49

B1. 9/27/43 [3454]'s letter: "What type of treatment can improve my present critical condition? Can my health be restored enough for me to resume light business activities? Would you advise any change in doctors or residence to help improve my health?"

B2. 10/5/43 [3454]'s wife's letter: "My husband has high blood pressure - which has been getting worse the past few years. His heart is enlarged and I think the blood vessels are hardened or are hardening (arteriosclerosis). He has had one attack of angina, followed two weeks later with several attacks (as I understand it) of the blood vessels to his heart constricting which seems to be very painful and alarming.

"...Doctors do not seem to know a great deal about blood pressure. A great deal of research is being done. The doctor here told me that he doubted if he could work anymore. Two years ago another doctor told me he was finished then and with vaso dilators tablets, he kept fairly well.

"I do, however, feel that this time, the heart is in a worse condition. His blood pressure goes high with the least exertion.

"[3454] has great faith and hope in what may be revealed to you. He has great courage and says he does not want to sit around and wait for the undertaker and he feels sure you will give him some advice which he is willing and most eager to follow to the letter."

TEXT OF READING 3454-1 M 49

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 5th day of December, 1943, in accordance with request made by the self - Mr. [3454], new Associate Member of the Ass'n for Research and Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. (Notes read to and transcribed by Jeanette Fitch.) Harmon Bro.

R E A D I N G

Time of Reading 4:20 to 4:25 P. M. Eastern War Time. ..., North Carolina.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [3454].
3. As we find, conditions are serious with this body. There are days when the body feels very good, yet the activities through the body, by the strain and pressures that have been put upon the heart, have caused such dilations to the thrombose area and to the heart itself that now there are organic conditions.
4. Hence quiet and rest is needed, but most of all there needs to be reduced the plethoric condition existent in the transverse and descending colon.
5. About ten days apart, we would have given scientifically - very positively but gently - several colonic irrigations; provided great care is taken that the strain does not overtax the body. This may be done only scientifically, by keeping the body in a perfectly relaxed condition, and by using only body-temperature water carrying soda and salt. Use a level tablespoonful of salt and a heaping teaspoonful of soda dissolved thoroughly in two gallons of water, to be used for the first cleansing solution. In the rinse waters, use a

ARTERIOSCLEROSIS CIRCULATING FILE

tablespoonful of Glyco-Thymoline to the gallon. Don't attempt to make a complete emptying of the colon in one colonic.

6. Do have the relaxing osteopathically after such colonics are given, preferably by those in Raleigh. These, with the removal of the engorging or plethoric conditions, will remove the strain on the heart. But it will not remove the possibilities of exercise, anxiety or taxation, overcrowding the heart again.

7. Do that.

8. Ready for questions.

9. (Q) Would you advise any change in doctors or residence to help improve my health?

(A) As indicated, this would be done in Raleigh. It would be well to reside there during the periods of having these applications. Afterward you can change back to [...] if such activities are desired. But don't overtax self. Don't get overexcited. Do keep the colonic irrigations occasionally to keep down the pressure. Don't take too much of the heart stimulants. It may be necessary occasionally, to prevent flooding, so that it causes the blood flow through the arteries and veins. Massage is much better than drugs for same, but his has been begun and damage has already been done to the organs indicated.

Do as given.

10. We are through with this reading.

REPORTS OF READING 3454-1 M 49

None.

ARTERIOSCLEROSIS CIRCULATING FILE

INDEX OF READING 3496-1 F 61

Appliances:Wet Cell:Arteriosclerosis	Par. 17--23
ARTERIOSCLEROSIS	
Chemical Imbalance	Par. 31-A
DEBILITATION:GENERAL	
Eliminations:Arteriosclerosis	Par. 25, 26
Emunctories:Arteriosclerosis	Par. 9
Environment:Locality:Change	Par. 13
Glands:Arteriosclerosis	Par. 11, 31-A
Hormones:Blood:Nervous Systems:	
Incoordination	Par. 5, 6
Intestines:Colonics:Eliminations	Par. 26
Liver:Kidneys:Incoordination	Par. 12
Nerves:Rebuilding	Par. 24, 32-A
NERVOUS SYSTEMS:INCOORDINATION	
Nursing:Attendants:Arteriosclerosis	Par. 13, 14, 27
Physiology & Anatomy:Arteriosclerosis	Par. 5--9
Physiotherapy:Massage:Calamus Oil:	
Arteriosclerosis	Par. 23, 24, 32-A
:Myrrh:	Par. 23, 24, 32-A
:Oils,Olive:	Par. 23, 24, 32-A
Psychosomatics:Arteriosclerosis	Par. 27, 28

ARTERIOSCLEROSIS CIRCULATING FILE

BACKGROUND OF READING 3496-1 F 61

B1. Oral report from daughter [...], two sons in service, one ill and caused her to worry a great deal - Last April she began to be extremely nervous and to talk all the time - Then lost speech and now can't carry on conversation - Kept her at Broad Oaks, a private sanatorium, where they called it softening of the brain - brought her home for a month and improved some, surprising the doctor - Then took her to specialist on nerves in Charlotte, N.C. who called it Arteriosclerosis - went thru skull to pump air in brain and make a picture - result, diagnosed as breaking down of the brain - then we took her to State Hospital - been there a few weeks, under observation - expect a social recovery, so she can come home, but never be well.

TEXT OF READING 3496-1 F 61

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 31st day of December, 1943, in accordance with request made by the daughter - [...], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by article in Coronet.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Daughter of [3496] and Harmon Bro.

R E A D I N G

Time of Reading 3:45 to 4:10 P. M. Eastern War Time. North Carolina.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes, we have the body and those conditions which surround and affect the body, [3496].
3. As we find, there are physical and mental disturbances with this body.
4. These, then, are the conditions as we find them with this body:
5. In the blood supply there are deteriorations. The hormones of the blood itself are lacking in those elements that carry coordinations in their activity between the sympathetic and cerebrospinal nervous system.
6. Thus those deteriorations that are indicated, giving those impulses between the cerebrospinal and the sympathetic - those reflexes where many of these become involuntary when they should be voluntary.
7. Hence those periods of repression, overanxiety.
8. There is shown not so much deterioration in the nerve itself, and little or none in the brain tissue, but in the impulses that are a part of the white and gray matter - in the centers through which coordination is established, either by reflexes from the brain or from the impulse from the sensory or suggestive system that do not altogether respond.
9. Hence the breaks, as we find, are rather in the certain centers where there are the closer associations of the cerebrospinal and sympathetic impulses, in the emunctory patches - or the cells through which the impulses to the sensory forces are retroactive to the central nervous system.

ARTERIOSCLEROSIS CIRCULATING FILE

10. These are the sources, as we find. That these are deeper than the pure centralization in such areas is indicated in the periods that have been required for this diffusion of energies or reflexes or reactions to occur.

11. Hence there are glands also from the activity of organs in pelvis, and glands in the areas where digestive forces have taken place, that become involved. Thus the variation as to impulses inclined towards things pertaining to appetites or desires in these directions, as indicated in the reflex activities in the body, as well as in the speech, hearing, taste and feeling. All of these are indicated by the manner in which these are acted upon by impulse received. Thus a debilitation in the general health-supplying and building forces is to be taken into consideration for the body.

12. The organs of the body are very good, except as related to that specific activity of an aggravating nature existing between the liver and kidneys, and then the reflexes from these indicated in the body-forces.

13. We find that it would be well to change the body from its present environs, for these work a hardship upon the body-mind itself. But it would require the care of one specific nurse to care for the body, for some six to eight months before that ability is attained to make these entire applications if there is the cooperation of the body obtained in making these.

14. While at first these may be a little out of line for the body, we find that by persuasion - not by force - the body may be induced to assist in the administration of those things necessary. We find this treatment would be much more preferably done under the supervision of one not exactly as a trained nurse but one who may be in sympathy with the spiritual aspects as well as practically acquainted with the idiosyncrasies of such a disturbance existing in conditions of this nature.

15. Then the daily applications would be on this order:

16. Each day following the bath - a tub bath or a sponge bath, or however this may be given, but do this daily - we would:

17. Use for thirty minutes the low Appliance carrying one day the vibrations of the Chloride of Gold Sodium, in the proportions of one grain to each ounce of distilled water, and the next day Spirits of Champor - commercial strength.

18. Each time the large nickle plate through which the medicinal properties pass vibratorially to the body, would be attached to the umbilical and lacteal duct plexus.

19. When using the Gold Solution, the small copper plate would be attached to the 9th dorsal center.

20. The next day when using the Camphor Solution, attach the small plate to the 4th lumbar axis.

21. Keep alternating the attachments in this manner from day to day, in regular routine.

22. Recharge the Appliance every thirty days. Change each Solution after it has been used fifteen times.

23. Each day when removing the Appliance, give the body a massage especially in the area of the 1st, 2nd and 3rd cervical; 6th, 7th and 8th and 9th dorsal, and throughout the lumbar-sacral area; using this combination of oils, added in the order named:

Olive Oil (heated).....2 ounces,
Tincture of Myrrh.....2 ounces,
Calamus Oil.....10 drops.

ARTERIOSCLEROSIS CIRCULATING FILE

Massage these oils thoroughly into the body; not as something to be gotten through with, but with the expectancy of those things to create.

24. For we can build with these, if there is the correct application of the Appliance and the massages, new brain and nerve tissue.

25. It will be necessary that there be kept normal eliminations. Daily evacuations should be a regular routine for the body. In periods these have been neglected. When necessary to use a laxative, use twice a vegetable compound as the eliminant to once a saline or mineral laxative or eliminant.

26. Do give the body at least once each month a good colonic irrigation.

27. Keep constructive activities about the body; not of the somber nature nor as dread, but rather as of something ever helpful, beneficial and creative for someone else. Build those expectancies for the body in its mind as to things it can do; not so much in that way as to BUY the body, or to make bargains that "If you will do this, we will do that," but rather in the manner that the body will contribute something to helpful welfare of others.

28. Gradually through the suggestions, as the treatments are made in these directions, the body will respond.

29. Do that.

30. Ready for questions.

31. (Q) What brought on this condition?

(A) Just read that given. It is a lack of a chemical balance, breaking the coordination between impulses to the cerebrospinal system and the activity through the glands to cerebrospinal circulation and nerve system.

32. (Q) Have brain tissues deteriorated?

(A) Read just what has been given. The reflexes are broken, but the tissues have not deteriorated. The deteriorations are in centers that are to be stimulated by the application of these oils.

33. We are through with this Reading.

(See extra sheet of directions [which was enclosed] to be sent to Mr. A. M. Godfrey, 2709 Lafayette Blvd., Norfolk Va., who will be able to prepare the Wet Cell Appliance for you according to specifications. Also see article [which was enclosed] explaining theory of this Appliance.)

REPORTS OF READING 3496-1 F 61

None.

ARTERIOSCLEROSIS CIRCULATING FILE

INDEX OF READING 5517-1 F 60

ARTERIOSCLEROSIS:AFTER EFFECTS

Diet:Parkinson's Disease Par. 9

Neuropathy:Parkinson's Disease Par. 8

PARKINSON'S DISEASE

Prescriptions:Alcohol,Grain:

Parkinson's Disease Par. 5

:Bromide Of Soda: Par. 6, 7

:Calisaya Elixir: Par. 5

:Gold Chloride: Par. 6, 7

:Life Everlasting Tea: Par. 5

:Mercury:After Effects Par. 3

:Potassium Bromide:

Parkinson's Disease Par. 5

:Valerian,Tincture: Par. 5

:Water,Distilled: Par. 5

Prophecy:Prognosis:Death Par. 1, R1

ARTERIOSCLEROSIS CIRCULATING FILE

BACKGROUND OF READING 5517-1 F 60

None.

TEXT OF READING 5517-1 F 60

This psychic reading given by Edgar Cayce at his office, 105th St. & Ocean, Va. Beach, Va., this 11th day of February, 1932, in accordance with request made by Mr. [437], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mildred Davis, Hugh Lynn and L. B. Cayce.

R E A D I N G

Time of Reading Apt. 8-G, 11:30 A. M. Eastern Standard Time. New York, N.Y.
(Physical Suggestion)

1. EC: Yes, we have the body and those conditions that affect the body, [5517]. As we find, that which may be given would be for the ease and relief of the body, rather than that as may bring normal conditions; for MANY are the distresses in the physical functionings of the body, and when these disorders - especially that of the agitans (?) affection [Paralysis agitans - Parkinson's Disease?] - affect more the respiratory system and throat, it will be hard to prevent the separation of physical and spiritual body.

2. These are conditions as we find them with this body, [5517], we are speaking of:

3. THE BLOOD SUPPLY shows the effect of the distortions in elimination, and that of organs also being affected by the non-eliminating and the nerve system - as from those centers that cause or produce the inability for the body to react to nerve impulse, so that the shaking or palsied effect of the centers from locomotary plexus brings the distorted reflexes in their activity. These in their incipiency began from those effects of too much of those forces as of mercury content in the system. This produced those first disorders for those conditions in the central nerve system, that radiated from the effects created in the lacteal ducts first, then in those of the pelvic organs and the reactions to the system. Added to this, with the age, and the effects from hardening of the arterial circulation in portions, brought those present disorders.

4. WE will find that were THESE given - one in the morning, the other in the evening - there will be less distress, and will add ease to the reactions of body AND mind, and bring for a time those of better physical conditions for the body:

5. Mornings - we would give a tea made in this manner: Life Everlasting 2 ounces to 16 ounces of distilled water, reduced

by slow boiling to 12 ounces. Strain and add grain alcohol 1/2 ounce, with:

Tincture of Valerian.....1/4 ounce,
Elixir Calisaya.....1/2 ounce,
Bromide of Potassium, 10% solution.....20 minims.

The dose would be half to a teaspoonful once each day.

ARTERIOSCLEROSIS CIRCULATING FILE

6. In the evenings, before retiring, prepare as this - in THIS proportion:
7. Chloride of Gold 1 grain to 1 ounce of distilled water. In another solution Bromide of Soda 1 grain in 1 ounce of distilled water. When given, 1 to 3 drops of the Gold solution and 3 to 6 drops of the Soda solution, in a quarter glass of water.
8. It would be well also, for REST for the body, that there be those manipulative forces more in the form of the neuropathic treatments for the body, once or twice each day.
9. The diets should be rather those that are easily assimilated, with sufficient of the stimuli (as has been given) to aid digestion.
10. Keep the eliminations as near NORMAL as possible, WITH those of the foods and eliminating forces.
11. These will bring the better conditions for this body. Ready for questions.
12. We are through for the present.

REPORTS OF READING 5517-1 F 60

R1. GD's note: Folder was marked DECEASED but no correspondence or notation to indicate details.