

**Circulating File**

**CANCER: LUNG**

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

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## CANCER: LUNG CIRCULATING FILE

Circulating Files are collections of verbatim quotes of what Edgar Cayce said during his readings on a given subject or, in some cases everything. We have medical circulating files which focus on the over 9,000 health-related readings with subjects from Acidity-Alkalinity to Weight Loss. We also have non-medical circulating files on a broad range of topics, for example *Egypt: Sphinx, Pyramids, and Hall of Records*, *Fear and Its Far-Reaching Effects*, *Advice to Parents*, *Serving in Accord with Ideals*, and *Business Advice*.

Each circulating file is simply a collection of reading quotes or full readings given for different individuals on a similar subject or disease. The A.R.E. cannot and does not suggest treatments for physical ailments nor make claims about the effectiveness of the therapies. We encourage anyone working with the health readings to do so under a doctor's care and advice.

The circulating files support the research aspect of the Cayce work. We appreciate any feedback informing us of progress made in improving one's life or achieving good health by applying suggestions given in the readings. Please send any feedback (testimonies, experiences, results, etc.) to:

Library: Circulating File Desk  
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215 67<sup>th</sup> St  
Virginia Beach VA 23451 Or e-mail: [CirculatingFiles@edgarcayce.org](mailto:CirculatingFiles@edgarcayce.org)

Please note: The complete Edgar Cayce Readings are available through the members only section of our web site, [EdgarCayce.org](http://EdgarCayce.org) or on CD-ROM.

Some circulating files contain commentaries or summaries written by physicians. These reports are to be used as a basis for further research in the form of controlled studies, and should not be misinterpreted to be either a refutation or an endorsement by the doctor. Referral doctors wanting to borrow a file for an extended period may do so by writing to the Library: Circulating File Desk.

Our hope is that through the Cayce readings you will find the wholeness and oneness which is God's plan for us.

Blessings, A.R.E. Member Services Team

### **There are in truth no incurable conditions.... 3744-2**

This Circulating File consists of an overview and the Edgar Cayce psychic readings on lung cancer. The information is not intended for self-diagnosis nor self-treatment. Please consult a qualified health care professional before following any advice contained within this file.

Articles and books are included because the information supports the remedies and therapies described in the Edgar Cayce readings or are of a helpful nature. Their inclusion does not imply endorsement or recommendation. Before following any advice contained in the articles, please seek the counsel of your doctor.

Products may be purchased from Baar Products, the official worldwide supplier of Edgar Cayce health care products: [www.baar.com](http://www.baar.com) or call 800-269-2502.

**Cancer: Lung**\*

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2. Cancer: Animated and Carbon Ash: Case Study, Breast Cancer, Vol. 3	
3. Osteopathy	

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\* Circulating Files & Research Bulletins are available from A.R.E. membership services at (800) 333-4499 or: <http://www.edgar cayce.org/circulating>

**If you decide to have Chemotherapy...**

\*Consider being tested for which chemotherapeutic agent will work for *your* particular cancer. One such laboratory is [www.rgcc-genlab.com/?tests](http://www.rgcc-genlab.com/?tests)

The lab is located in Greece but you contact people are in Texas (see below). The only consideration is the cost. Insurance does not cover this.

**This laboratory can also test for which natural supplements will work for you.**

\*Also look into insulin potentiation therapy, a way of using chemotherapy but at a much lower dose: [http://www.holisticcancersolutions.com/ipt\\_report.htm](http://www.holisticcancersolutions.com/ipt_report.htm)

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## **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 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:

- \* Self-acceptance. As we rid ourselves of self-condemnation, we make room for healing forces to enter.

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- \* 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

## Overview on Lung Cancer

Lung cancer accounts for more deaths than any other form of cancer in the United States. Annual rates for lung cancer are currently an estimated 170,000 new cases diagnosed in the United States resulting in an estimated 150,000 deaths per year.

Risk factors linked to lung cancer are highly associated with cigarette smoking which accounts for 85 to 90 percent of all cases. Other factors include exposure to substances in the workplace (e.g., asbestos and certain organic chemicals), radiation exposure, and radon exposure (especially in smokers).

Standard medical treatment for lung cancer varies with the form of the disease. Lung cancers are of two principal types, small cell or nonsmall cell disease. For small cell lung cancer, which spreads rapidly, radiation therapy and chemotherapy are primary interventions. For localized nonsmall cell cancers, surgery is the treatment of choice. Although surgeons may remove the affected part of the lung, recurrences are common.

Treatment outcome is determined by multiple factors such as the type of the cancer, the progression of the disease, and the general health of the patient. Early intervention results in better prognosis. Prevention of lung cancer is a high priority. Thus many cancer experts advocate decreasing or stopping cigarette smoking as a preventative strategy.

### EDGAR CAYCE'S PERSPECTIVE OF CANCER

Edgar Cayce gave many readings for persons suffering from a wide variety of cancerous conditions. Here are some of the key points to consider with regard to Edgar Cayce's perspective of cancer.

- **CANCER IS AN ENTITY UNTO ITSELF.** In most cases, cancer is a group of cells or tissues which separates ("segregates") itself and forms its own entity within the larger system of the body. In a sense, cancer has its own separate identity like a parasite which infests a host organism.
- **CANCER REPRESENTS A FAILURE OF NATURAL PROCESSES.** Edgar Cayce observed that the same processes which result in cancer are present in the body all the time. Cancer usually results from the failure of natural processes such as coagulation and elimination of wastes.
- **CANCER DRAWS FROM THE VITALITY OF THE BODY.** Cancer uses the body's life-force energy to survive. Like any parasite, cancer is a drain upon the resources of the host organism.
- **CANCER HAS MANY CAUSES.** There are many etiological (causative) factors associated with cancer. Heredity, environmental toxicity, poor eliminations, injury, lack of vitality, and depleted immune system were the most often cited factors linked to cancer. Specifically, chronic irritation or bruising were often said to be triggering factors producing tumors which could become malignant.



- **THERE ARE MANY FORMS OF CANCER.** Edgar Cayce recognized the various kinds of cancer. On two occasions he stated that there are nineteen forms of cancer.
- **CANCER CAN OFTEN BE PREVENTED.** According to Edgar Cayce, keeping a healthy diet and good eliminations can help prevent cancer. Specific therapies such as iodex and ash ointment and plantain salve were recommended by Cayce to prevent lumps and tumors from becoming malignant. Gentle osteopathic treatment was also often prescribed to set up "drainages" and improve eliminations thus decreasing the chances for cancer.
- **EARLY TREATMENT RESULTS IN BETTER PROGNOSIS.** In agreement with modern medicine's view of cancer treatment, Edgar Cayce noted that early intervention produces better therapeutic results.
- **CANCER INVOLVES MENTAL AND SPIRITUAL ASPECTS.** Edgar Cayce's holistic approach to health and healing is notable in the readings he gave for person's suffering from cancer. The mental and spiritual aspects of prevention and treatment were strongly emphasized. Cayce also stated that excessive worry and negative attitudes can make a person with a genetic predisposition for cancer more vulnerable to developing the illness.
- **CANCER IS SOMETIMES A KARMIC PATTERN.** Consistent with the perennial philosophy which acknowledges the continuity of consciousness, Edgar Cayce observed that in some cases cancer can result from past life experiences.
- **THE TREATMENT OF CANCER INVOLVES MANY MODALITIES.** Edgar Cayce recommended a wide variety of therapeutic modalities for the treatment of cancer. Treatments directed at decreasing toxicity and increasing vitality were emphasized. On the whole, natural therapies that worked with the body to heal itself were given priority.
- **EDGAR CAYCE SOMETIMES RECOMMENDED SURGERY AND RADIATION.** In certain cases where the cancer was progressive and extreme, surgery and/or radiation therapy were recommended. Modern chemotherapy techniques were not available during Edgar Cayce's era.
- **SOME CASES OF CANCER WERE REGARDED AS INCURABLE.** Although Edgar Cayce was generally optimistic with regard to the body's innate ability to heal itself from almost any illness, in some cases of cancer the disease was too advanced to expect a physical cure. In such instances, Cayce would recommend therapies to decrease the pain and suffering while emphasizing the mental/spiritual (soul) aspects of healing.

## **EDGAR CAYCE'S APPROACH TO LUNG CANCER**

Edgar Cayce gave approximately nine readings for seven individuals suffering from lung cancer. This group of readings naturally vary due to individual differences and

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variations in the progression of the disease. Thus, the summary provided in this overview will focus on the common features of causation and treatment.

Tabor's Cyclopedic Medical Dictionary states that cancer "may be caused by various forms of chronic irritation." This view is entirely consistent with Edgar Cayce's perspective of cancer - particularly with regard to lung cancer. This is also consistent with the known causes of lung cancer such as cigarette smoke and environmental toxins which continually irritate the lungs. Two other important factors associated with cancer are decreased vitality (resistance) and poor eliminations.

Thus the treatment of lung cancer involves specific treatment to the lungs and general systemic therapies to improve eliminations and increase vitality. The most common recommendations for the treatment of lung cancer appear to be:

- Improve eliminations and decrease toxicity with cleansing diet and hydrotherapy (castor oil packs and colon therapy);
- Utilize ultra-violet light therapy and animated ash to assist the system in fighting the cancer while increasing oxygen in the system;
- Provide inhalant therapy to purify the lungs (apple brandy from charred oak keg);
- Increase vitality with beef juice taken in small quantities as a medicine;
- Create constructive attitudes and emotions by working with the Ideals Exercise.

Keep in mind that the Edgar Cayce approach is complementary to the conventional medical approach. This means that it can be used in addition to other forms of treatment. This approach does not require you to stop other forms of treatment. Work closely with your physician in developing a treatment plan that is best for you.

Note: The above information is not intended for self-diagnosis or self-treatment. Please consult a qualified health care professional for assistance in applying the information contained in the Cayce Health Database.

**INDEX OF READING 70-1 M ADULT**

CANCER

Diet: Cancer

Par. 2, 4

Heredity: Influences: Prenatal: Cancer

Par. 3

PHYSIOLOGY & ANATOMY: ELIMINATIONS

UREMIA: CANCER

**BACKGROUND OF READING 70-1 M ADULT**

None.

**TEXT OF READING 70-1 M ADULT**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 16th day of December, 1927, in accordance with request made by his niece, Miss [...].

**P R E S E N T**

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Mr. L. B. Cayce.

**R E A D I N G** Lexington Hospital, Time of Reading Cor. 57th St. & 10:  
15 A. M. Eastern Standard Time. Lexington Ave., 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 the treatment for the cure and relief of this body.
2. EC: Now, we have the findings here of that as has been made note of as regarding the physical conditions of this body; then we have the body and the physical conditions as we find them. These are very much in order, and we find while the physical conditions are somewhat distressing and aggravating, the body is responding somewhat, and will more, provided the eliminations are considered, and especially in that while the poisons are of a chronic nature, yet the specific condition as has brought these about (through the inactivity of the kidneys) will be bettered if the capillary circulation is given much of the eliminating to do. While internal medicines will be beneficial towards easing the pain in some respects, yet the greater and better results may be obtained from the rest, the careful diet, and the application of those conditions for the body that increase the capillary circulation, that prevent the system from becoming clogged there and thus through the lymphatic and the capillary carry back into the system those conditions that would cause greater distress to the organs involved in the condition.
3. As to the seat and cause of this, we find of long standing. Not exactly of a prenatal condition, but of a predisposition, as it were, toward the weakness in the body, and the inactivity of hepatic circulation and the throwing, as it were, of all the stress on the functioning of the lower portion of the hepatic circulation. This, as is seen, rather of the chronic nature by the character of the water as has been taken by the body, and through the slushing of the system without cleansing the system, and this then caused an unstabilization between the action of the kidneys and the liver themselves, and began with the uric acid, and this brings about that condition as exists in the present.
4. Then, to meet the needs - as has been given, follow out those lines as being followed; being very careful of the diet, that it does not carry those properties that cause distress to the digestive system, especially in the form of gases or any condition that will bring a taxation to the hepatic circulation in its elimination. Centralize the elimination, especially, through the capillary and lymphatic circulation, either by that of the baths or packs, and let the medicinal properties as given be not as a counterirritant, but as active forces with those organs as are seen that cause the distress. Do that.
5. We are through for the present.

**REPORTS OF READING 70-1 M ADULT**

R1. 12/23/27 See 70-2.

**INDEX OF READING 325-34 F 57**

Attitudes & Emotions: Worry	Par. 5, 10-A
Bible: Books Of: Mark 14: 38 : Matthew 26: 41	Par. 13-A Par. 13-A
CANCER: TENDENCIES	
Healing: Spiritual	Par. 13-A
Lungs: Cancer: Tendencies	Par. 8-A
Osteopathy: Cancer: Tendencies	Par. 2, 4, 9-A
Prescriptions: Ash: Animated: Cancer: Tendencies : Calcidin: Cancer: Tendencies : Olive Oil: Eliminations : Phenolphthalein: Not Recommended	Par. 5, 6-A, 7-A, 12-A Par. 5 Par. 4 Par. 3
Reincarnation	Par. R2

**BACKGROUND OF READING 325-34 F 57**

B1. See 325-33 on 3/27/30, giving continued advice for breast cancer.

**TEXT OF READING 325-34 F 57**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 2nd day of April, 1930, in accordance with request made by her son, Mr. [257].

P R E S E N T

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

R E A D I N G

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

(Physical Suggestion)

1. EC: Yes, we have the body here, Mrs. [325]. This we have had before. Now, conditions show that in so far as the applications are being carried in the manner given, SO far has been the response. While there are periods when the body does not feel so well, and that the cough disturbs the body, these conditions are improved at the present, and with the continuation these SHOULD respond.
2. The manipulations should not be too severe, but remember that a physical body needs exercise that the activities may not become dormant in any portion of the system. Hence this should be a GENTLE but a THOROUGH massage, taking into consideration all activities and that being attempted to be created in the system.
3. The eliminations must be kept somewhat above the normal, but these should NOT be of such a nature, as has been given, that will DISTURB the equilibrium in the BLOOD supply; that is, when there is the use of such activities, or of the creation of so much activity in the eliminations in alimentary canal, the BLOOD supply is ATTACKED THROUGH the manner in which ASSIMILATIONS take place. As is seen, for illustration, when cathartics - as of over dose of salts or Pluto or of phenophthalein, or any of those that excite the mucus membranes of the intestines as to cause the emunctories and lymph to become overactive, the BLOOD is attacked. Of course, this has been given as warning.
4. Then, oil - that, does not strain - or olive oil, that that gives food value to intestines and to stomach and to digestion; or oil enemas - any of these may be used EFFECTIVELY, ESPECIALLY of the massage OSTEOPATHICALLY - not just a masseuse, but massage osteopathically, which takes into consideration the leverages necessary in all of the cartilaginous centers, taking into consideration the sinew and muscular forces of the system; not straining, to be sure, for easily would tissue be disturbed in same.
5. DO that. Keep the ash also, and occasionally keep those as in the Calcidin, and keep the body quiet and as pleasant in its surroundings as possible. Do not ALLOW the body to worry, nor to EXCITE itself as regarding conditions, circumstances, or anything about same. Ready for questions.
6. (Q) Are the lamps with the ash producing the proper result?  
(A) Better were these of a stronger lamp, or light - but these are very good, and are in a manner supplying the necessary increase in carbon or oxygen in its activity. Carbon meaning, as the element of energy. Oxygen, as that which forces its activity in a human system.
7. (Q) Should the ash be increased or continued as being given, twice a day?

(A) Given twice a day. Do not increase it as yet. Be sure it is stirred in water and that not too much adheres to the container when taken.

8. (Q) Is the lung condition clearing up properly?

(A) As far as the congestion is concerned, clearing very good. As far as those actions of the condition from the tumor, or from those forces as form from same, these have not cleared yet - but have not made farther inroads yet either.

9. (Q) How often should osteopathic treatments be given?

(A) At least two or three times each week, or when necessary to REST the body.

10. (Q) Should the body have had as much company as it had on Sunday last, or is it better to keep the body perfectly quiet?

(A) The activities of the body-mental and physical have been such that this may be a moot question by many. Just as has been given, do not let company - or even associations of the surroundings of the family - be of such a nature as to cause worry, either by being too little attentive to the body or too OVER attentive to the body! See, it leaves a wide range! This should be judged according to the CONDITIONS, as the MOODS even of the body change. There are times when they are not wanted, and these should not be forced. There are times when ALL are wanted, and many more, and these should be had!

11. (Q) Should the body be allowed to sit up in a chair when she feels like it?

(A) When she feels like it! Would BETTER be!

12. (Q) How long shall she continue the treatment of ash and lamp as given?

(A) If they are asked about every few days, as they have been - we will tell when we are through! Don't be foolish!

13. (Q) Will Jewish Science aid this body to overcome the condition in the system?

(A) The application as has been given regarding mental forces of the system are active, and it has been outlined often as to how these are active within a physical body. Both the spiritual and mental body may so give that activity in a physical organism as to destroy, or as to allow the physical to overcome the mental and spiritual. The spirit is often willing, the PHYSICAL is MOST often weak. This will aid, [if] the PROPER CONSIDERATION will be given for the views, for the training, and for the outlook of THIS particular body, [325].

14. Do as we have given, for we are through for the present with this reading.

#### **REPORTS OF READING 325-34 F 57**

R1. 4/3/30 Son's letter: "Thank you very much for the information rec'd today and I am very glad to know that mother is improving. We certainly enjoyed your visit as we always do."

R2. 4/9/30 Mrs. [325]'s letter: "I am feeling a great deal better. The readings are all just as I was at the time. My cough is almost gone, and as the readings said the real foundation of my illness is worry. Yes, I had plenty to worry about. [257] was being led away from the family and I could not understand how that could be after all of his promises to me. My right side is the outcome of ten years of hard work and struggle to make [257] or to help him make himself, as I needed him so terribly much at that time and all I ask for in return is to guide the boys, as I have guided him, but it was not all of his fault. [GD's note: Mr. [257] now [year 1930] has a wife and family of his very own. Mrs. [325] misses that close association of many years which she now has to share with

his wife. When her husband died her oldest son [257] became the head of the household, helping her with the other children. He was a devoted son, visiting her a little while nearly every day for the rest of her life, and every Sunday afternoon. He also helped each of the other children, the two youngest of which were now in their teens. [9/18/35 See Mrs. [325]'s Life Reading 325-63 explaining this close attachment between mother and son, due to them being husband and wife in a Biblical incarnation.]] I would not write and explain to you only for the readings demanding an explanation. That is the reason my mind makes my body ill. [257] is a wonderful son to me, but just to me does not satisfy me, but all things are working out all right and I am glad to be the sacrifice. I do hope that I will be well and strong again, as the readings helped me to get well as no doctor could do. I hope that you will have your just reward for your aid and God will bless you with every good gift that you so well deserve in carrying out His will.”

R3. 4/22/30 See 325-35.

R4. 5/1/30 See her letter under 325-35 saying she is satisfied now since [257] has found a wonderful factory and the four boys are again working together.



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**BACKGROUND OF READING 374-1 F 15**

B1. 7/20/32 "16 drs. of N.C. have examined, made lots of pictures, skin tests, examined my blood and sputum, and the x-rays and f. scope revealed that my right lung is partially covered or diseased, and at first it was pronounced a cancer of the lung but everything has proved negative... Coughing and shortness of breath is the only way that I suffer."

B2. A yr. later Mr. [853] came with Miss [374]'s father to get the reading

**TEXT OF READING 374-1 F 15**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 16th day of July, 1933, in accordance with request made by the father, Mr. [...], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [853].

**P R E S E N T**

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Miss [374]'s father, Mr. [853], and L. B. Cayce.

**R E A D I N G**

Time of Reading 3: 00 to 3: 25 P. M. Eastern Standard Time. ... County, N.C.

(Physical Suggestion)

1. EC: Yes, we have the body here, [374].
2. As we find, conditions are rather serious in the present. There is lack of vitality and resistance that is gradually being destroyed through infectious forces that arise in the system.
3. There may be given, as we find, that which may ease the body; rather than using up vitality by only giving those things that prevent the establishing of any assimilations (that is being done by administration of narcotic and hypnotic forces), for these - while they ease or make null - are not even palliatives, nor are they doing anything towards producing a state where resuscitation may take place. To be sure, in the beginnings of changes, it would require that an amount be given, but with the effect of properties that may be administered this may be gradually diminished.
4. If there will be sufficient of the vitality for the gaining of resuscitating forces there may be the gradual absorption - and hopes for resuscitating.
5. These are the conditions, then, as we find with this body, [374] we are speaking of:
6. First, there have been those forces that were lodged in the system from inhalation of a metallic nature; that was of such conditions that, in the attempt to produce about this pin, infectious forces arise within the portions thus involved - and arise from that as of brassy nature.
7. Hence the character of the sputum for a time, and the activities of the system were that - of the first stages - of a scar or tubercular nature, yet these passed into more of the nature of sarcoma - and the eruption, or corruption, as discharges - and the ensuing effect upon the system rather of the nature of malignant forces.
8. These have gradually spread, then, over the area affected, that prevents the oxidization of the supply of the blood forces through the respiratory system; and has gradually reduced, through this activity, the resuscitating forces within the system.
9. We would in the beginning, then, have these applications that may aid in establishing such a resistance as to bring a possibility of resuscitating the vitality of the body:

10. First, the air in the room should be laden with turp and eucalyptol. This may be effected by the boiling of same, or dropping same into boiling water, that the fumes of the same are about the couch or bed and may be inhaled by the body.

11. We would also have those properties from mullein made into a tea, as the drink for the body; these made in the same manner - and about the same strength of - tea that is taken as a drink. Preferably, at this season, though, it should be made of the green mullein leaves, and especially of the burr and flower of same; though the leaves may be included.

12. Also, for resuscitating forces, we would have the animated or carbon ash taken internally, one-eighth of a grain taken each day.

13. Following the ash there should be the application of the violet ray; especially it would be well to give this over the sides, rather than spine or the front portion, but from armpits downward on either side, over the lung and respiratory system area, for this will strengthen the abilities of releasing oxygen in the system.

14. Well, too, that the violet ray applicator be burned not directly on body, but so that there is sufficient of the ozone from same to be inhaled - through such treatments each evening. These may aid also.

15. In the diet, have those things easy of assimilation; and the better would be as much beef juice as the body may assimilate. None of the meat itself, but just sips of the juice taken every half or three-quarters of an hour would be well - and strengthening for the body.

16. Ready for questions.

17. (Q) What should be the proportion of the turp and eucalyptol used?

(A) One time, or in one container - either that in a kettle or in an open container, or like a croup cup, in a quart of water put five to fifteen drops of turp; and in the other container (not together), put from ten to twenty drops of the oil of eucalyptol.

18. (Q) Should these containers be in the room at the same time?

(A) Not necessary; or they may. Just so the air is kept laden with these. As indicated, more of the eucalyptol would be used than the turp. It doesn't hurt for them both to be in the room at the same time, but they may be kept one after the other.

19. (Q) How much of the mullein tea should the body have at a time, and how often?

(A) As often as water is given. Just little sips at the time.

20. (Q) Is the light that is being used sufficient to use with the carbon ash?

(A) This is of a different nature. This is rather a sun light, which would be sufficient with the carbon ash itself - but the violet ray is of even a higher voltage, see, and the electrical forces go directly into the body; while this light being used is rather the reflected activity, see? and does not produce ozone or loosen oxygen and the hydrogen in such a nature to become effective in the air about the body which is efficacious for the system, and for the inhalations of same. Neither does the light being used act as direct as the violet ray with the ash, see?

21. (Q) How long at a time should the violet ray be used?

(A) On the body itself from two to five minutes on either side; that is, ten minutes then in all - see? and burned, so that the air may be purified (that is, inhaled), for fifteen to twenty minutes; this not touching the body, of course, at all, but filling the room - or about the body - as well as possible, see?

Under the existent conditions, of course, it's well for as much oxygen as possible. Hence the manner in which it has been kept about the body; but let these inhalations that come from burning about the body be so that they may be inhaled by the body. Not necessary to smother the body, of course, with sheets or covers - but burned in the room, so that it is ladened - or the fumes from same wafted over the body, see?

22. (Q) Where can we get the necessary proceeds to carry out treatments?

(A) This will require very little for the carrying out; very little.

23. (Q) How long will it take for treatments to have desired effect?

(A) You will know in five to seven days the good or non effectiveness of the applications.

24. (Q) Just how should the other sedatives be diminished; in what quantities?

(A) As necessity demands; as there is not too much pain to the body, see? As recuperative forces take place, and as the body feels better, make them farther and farther apart - the dosages

25. (Q) Is it possible for her to recover?

(A) That depends upon the reactions to the system, to be sure.

26. (Q) Did I understand that at one time the body had inhaled a pin of some kind?

(A) Brass pin; two and a half years ago.

27. (Q) Just where has the pin lodged at present?

(A) X-Ray would show it in the lungs, if it had been taken in time.

28. (Q) If the body gains sufficient strength, should an operation be had to remove the pin?

(A) Most of this has been absorbed, you see; MOST has been absorbed.

29. (Q) Did the body swallow a quarter about the same time?

(A) We do not find this in system at present.

Follow these suggestions, and then in ten days - if there are the activities that justify it - there may be given further suggestions as to how and the manner for carrying on.

Do these as given for the present.

30. We are through.

#### **REPORTS OF READING 374-1 F 15**

R1. 7/26/33 Letter from Mrs. [264] to EC: "...I went out to see [374] this morning, and SHE IS BETTER. Believe me, she is going to live. I realize she has a long way to go yet, but she [374] will make it. She can hold her eyes open and talk. And you know she has been lying in a stupor for about two months. NOW she takes only one dope in twenty-four hours, whereas she was taking from five to twelve. They had Dr. Brenner [Dr. Edw. P. Brenner, D.C.] out there last night, and he put the light on her. It came yesterday. Mrs. [...] said [374] slept nearly all night. The first real sound sleep she had had in months. They all seem so encouraged. We have everything for her but the ash, and I hope that will be here in a few days. I am SO THANKFUL of even a tiny bit of improvement in her..."

R2. 8/1/33 See 374-2.

**INDEX OF READING 374-2 F 15**

CANCER: LUNGS

Doctors: Brenner, Edward P.: D.C.

Par. 9-A

Prophecy: Prognosis: Death

Par. 4

Sedation: Cancer: Lungs

Par. 4, 8-A

**BACKGROUND OF READING 374-2 F 15**

B1. See 374-1 on 7/16/33 for tuberculosis and cancer of the lungs.

B2. 8/1/33 A.M. Mr. [853] phoned for emergency ck. reading, saying that little [374] was slipping - to please phone back results of reading

**TEXT OF READING 374-2 F 15**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 1st day of August, 1933, in accordance with request made by the father, Mr. [...], Active Member of the Ass'n for Research & Enlightenment, Inc., through Mrs. [264], over telephone.

**P R E S E N T**

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

**R E A D I N G**

11: 25 to 11: 30 A. M. Eastern Standard Time. ...., N.C.

(Physical Suggestion)

1. EC: Yes, we have the body here; this we have had before.
2. Conditions, as we find, are not so good.
3. While there has been some response, there is the ability of the eliminations to be set up so as to carry OFF these accumulations.
4. Unless there is the drawing OFF, or the stimulation through taking more of the hypnotic as to reduce the pain, there must come the separation.
5. When the body has responded to either of these, if it does respond, we may give that which may be helpful.
6. Overanxiety has brought some destructive forces.
7. Ready for questions.
8. (Q) Under present conditions, which would be the better course?  
(A) It will necessarily be BOTH, for it'll have to be under the influence of a hypnotic - or a narcotic - for drainage to be superficially done!
9. (Q) Can Dr. Brenner do any good, or be of any help? [E. P. Brenner, D.C.]  
(A) Only in quieting the body.
10. We are through with this reading.

Phoned to Dr. Brenner at 11: 40 A.M.

**REPORTS OF READING 374-2 F 15**

R1. 8/6/33 Letter from Mrs. [264] to GD: "...Well, the little girl [374] did not make the grade. She lived all that day and night, and passed on the next night about twelve o'clock. She was thoroughly conscious most of the time until the end.

"We certainly appreciate what Mr. Cayce did. My only regret is that they did not have a reading sooner.

"That night after talking to you, [853] went out there, and Mr. [...] got him to get a medical Dr., and [853] said Mr. and Mrs. [...] begged him (the Dr.) to treat her according to the reading, and he refused, finally saying they would have to get some one who knew nothing of medical science to do it..."

**INDEX OF READING 511-1 F 50**

Air: Oxygen: Ash: Animated	Par. 11
Ash: Animated: Cancer	Par. 9--13
Breathing: Shortness: Cancer: Lungs	Par. 8
Cancer: Bacilli	Par. 2
: BREAST	
: LUNGS	
: Narcotics: Contraindicated	Par. 4
Clairvoyance of E.C.: Action & Places	Par. 1
: Conditions Confirmed	Par. 1
Doctors: Rubin, H.H.: M.D.	Par. R3
Electrotherapy: Ultra-Violet Light: Green Glass	Par. 10, 11
Physiotherapy: Massage: Ash, Animated	Par. 13
: Iodex	Par. 13
Prescriptions: Benzoin, Tincture Of: Sedation	Par. 7
: Cinnamon Water: Nausea	Par. 6
: Codeine: Sedation	Par. 7
: Eucalyptol, Oil Of:	Par. 7
: Limewater: Nausea	Par. 6
: Potassium Iodide:	Par. 6
: Syrup, Simple: Sedation	Par. 7
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**BACKGROUND OF READING 511-1 F 50**

B1. 2/8/34 Wire from friend, Mrs. [509]: "Mrs. [511] will be either at Radio City or Medical Center at hour designated. The home address is ... Serious condition has not been told her. This diagnosis is by request of her sister and approved by an older sister."

**TEXT OF READING 511-1 F 50**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 8th day of February, 1934, in accordance with request made by her sister, Mrs. [...], through 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. L. B. Cayce and Boyd Davis.

**R E A D I N G** Fifth Ave., Time of Reading New York City 3: 50 to 4:  
10 P. M. Eastern Standard Time. (Now either at Radio City or Medical Center, N.Y.C.)  
(Physical Suggestion)

1. EC: Yes, we have rather the impressions from the home surroundings, as we have transient conditions as respecting the locating of the body-individual. [GD's memo: I phoned Mrs. [509] immediately after the reading and she told me that Mrs. [511] was definitely in transit at the time.] As we find in this environ, ... Fifth Avenue, of [511]:
  2. There are those conditions existent wherein there is tissue in lung, in breast, involved; from conditions where they in their very activity are CREATIVE from that they produce in the system, or are of the malignant nature - thus not only sapping the life force but filling the blood supply through the character of the condition or the nature of the bacilli so involved throughout the system.\*
  3. Thus excruciating pains are produced at times, and there is a gradual sapping of the very life force in the physical body.
  4. To give only hypnotics or narcotics is to gradually allow the body to lose its resistance or ability for resuscitation.
  5. To operate under the existent condition would prevent proper coagulation in tissue; for, as indicated, not only does it involve the tissue in which the condition has centered, but along veins and arteries and their walls as well.
- \* [GD's memo: She also told me that Mrs. [511] did have cancer of the breast and lungs. No intimation was given previously as to diagnosis of her condition. Mrs. [509] simply made the appointment for Mrs. [511] and subsequently sent wire. See 511-1, Par. B1.]
6. As we find, if these properties were combined, this would relieve the excruciating pain. Though at first it may produce or cause some nausea, this may be subsided (the nausea) with equal portions - or a tablespoonful limewater and cinnamon water combined, and small sips taken. We would include in same a few minims of 10% solution Iodide of Potassium, 3 to 10 minims of a 10% solution in this quantity. When this has settled the stomach somewhat, then give another dose. We would combine this, then:
  7. To 2 ounces of compound simple syrup, add:  
Oil of Eucalyptol.....40 minims, Rectified Oil of Turp.....5 minims,  
Tincture of Benzoin.....20 minims, Codeine.....1 1/2 grains. (This compound, or Codeine compound, well powdered before added, so it may dissolve when shaken together.)



8. The dose would be a teaspoonful three or more times each day, or in the beginning when necessary to keep the body from severe pain. This is to act in the place of injections of narcotics. This is not a curative, yet it is an active force and easily assimilated by the respiratory system in such a manner as to create for constructive influences IN the blood supply. And will also aid the body in being better able to breathe and clarify the blood supply. THIS taken internally.
9. Each day we would take one-quarter grain Animated Ash; half of it (or one-eighth grain) taken about nine or ten o'clock in the morning and the other half (of the quarter grain) taken about three or four o'clock in the afternoon.
10. Five minutes after the Ash has been taken, apply the ultra-violet light for one and a half to two minutes, at least thirty-eight to forty inches from the body, over the lower cervical and upper dorsal area. Preferably use the quartz light, or mercury quartz light. This is the heavier of such machines. Should this redden the body too much, then we would use the green light or glass BETWEEN the body and the ultra-violet, which will prevent so much irritation to the superficial circulation and such strong light - taken twice each day for this period. Or the light may be moved some more distance away from the body.
11. The light taken after the Ash will cause the action of the ash of the carbon to clarify through the releasing of oxygen in the blood stream, by being centralized in the portions of the lungs thus affected, and in the tissue adjacent to same.
12. At least every day, preferably in the evening after the last dose of Animated Ash, we would use a compound prepared in this manner:
13. To 1 ounce of the compound commonly called or known as Iodex, add 2 grains of the Animated Ash. This we would mix thoroughly together and use as a rub over the portion of the breast from the joining of the collar bone to the end of the breast bone. And this would be massaged into this portion of the body.
14. Do this, and keep the diet and the eliminations so that these are as near normal as possible.
15. And these, as we find, should bring not only helpful but resuscitating forces to this body.
16. Ready for questions.
17. All of these, as we find, may be applied by nurse in charge, and not necessary that there be any hindrances - but insisted that these be done.
18. And do not use the hypnotics or narcotics nor operative forces unless further suggestions are given for same.
19. We are through for the present.

#### **REPORTS OF READING 511-1 F 50**

R1. 2/16/34 Letter from [509] to EC: "...My friend and her husband [[511]'s sister and husband] had the interview with the doctor, having the entire confidence of [511]'s family, and he utterly refused to conform or cooperate in any way and there it rests. The sister's only consolation being that she offered the very best she knew and my advice is to be comforted therein... I talked to a friend of mine, a doctor - he is ready to take on any case I may bring to him from your diagnosis. Will of course also go over patient but conform utterly to treatment and medication. He has long been interested in astrology

CANCER: LUNG CIRCULATING FILE

and psychic phenomena. To be sure he is an M.D. and when he has the evidence he will advocate it. I told him I considered I was offering him the greatest opportunity and blessing...”

R2. 2/19/34 Letter from EC to [509]: “...Of course I am not surprised at the doctor's attitude regarding Mrs. [511]. I hope it has not made her sister pessimistic...”

R3. 2/19/34 Mrs. [255]'s letter: “I thought the reading wonderful for Mrs. [511]... Last night we met Mrs. [509]'s doctor at her home. We were favorably impressed. He [H. H. Rubin, M.D.] had seen Eileen Garrett just 2 days ago. Has had several psychic readings for patients through her... He told us he would do anything he is able to do - he certainly has a full appreciation of your work.”

CANCER: LUNG CIRCULATING FILE

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Streptococcus: Tuberculosis: Cancer	Par. 12-A
TUBERCULOSIS: CANCER	

**BACKGROUND OF READING 1282-1 F 10**

B1. In coma for four days; doctor says her lungs are collapsed completely; no hope.

**TEXT OF READING 1282-1 F 10**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 30th day of October, 1936, in accordance with request made by the parents and brother, through Study Group #7 of the Ass'n for Research & Enlightenment, Inc., recommended by Mrs. [540] and Mrs. [1222].

**P R E S E N T**

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. [1282]'s bro., Maywood Lawrence Olds, Sallie and William Jones.

**R E A D I N G**

Time of Reading 8: 30 to 8: 45 P. M. Eastern Standard Time. ...., Va.

(Physical Suggestion)

1. EC: Yes, we have the body here, [1282].
2. As we find, conditions-physical are very serious in the present. And as might be said, it is for the body-physical a blessing that there is little awareness of the PHYSICAL discomfort that WOULD be accompanying full consciousness.
3. The activities of the blood supply are gradually losing their efficiency in being able to be oxidized, or sufficient oxygen. Hence the more oxygen that may be given to keep the present condition from becoming as stagnations through the system, the better for the body.
4. Hence as an oxygen tank, or as those fumes from the Pine Oils, or a combination as we would find - if not the oxygen tank is possible, then use:  
Pine Oil Eucalyptol Compound Tincture of Benzoin
5. This as the FUMES that may be inhaled.
6. Give as much air as possible for the body.
7. If there is a responding to this, on the morrow give internally - preferably not in capsule, though it may be necessary under the conditions to put in same, but if prepared in a formula, this:  
Honey.....1 drop, Rectified Oil of Turp.....1 drop,  
Compound Tincture of Benzoin .....1/2 drop, Codeine.....1/8 grain.
8. These as combined, if put in a capsule. One dose not more than ten hours together. This will as we find aid, if there is through THIS day, THIS period, no coagulations or settlings in those portions of circulation where changes should be made in the blood stream itself.
9. Ready for questions.
10. (Q) What proportion should the fumes be, and how prepared?  
(A) Equal portions and as in a croup cup or as in a little water over flames so that the boiling off of same produces this in the air.
11. (Q) Just the plain Oil of Pine?  
(A) Plain Oil of Pine.
12. (Q) What caused this disease?  
(A) Infectious forces in the blood supply that made for an acute condition producing strep, then making for an activity upon the circulatory forces.
13. (Q) How long has she had this disease?

- (A) A year, eighteen months.
14. (Q) Why can't she swallow?  
(A) This the fullness as produced from the clogging or the congestion of the mucous membranes in the throat. A spray with THIS will make it able to swallow:  
To 1/2 ounce Distilled Water add:  
Grain Alcohol, 85% pure.....1/4 ounce,  
Oil of Eucalyptus.....10 drops,  
Compound Tincture of Benzoin.....15 drops.  
This as a spray. Not too much, as to strangle.
15. (Q) How often should it be used?  
(A) Every two hours.
16. (Q) Why does she have no appetite?  
(A) Lack of assimilation. These added as has been indicated should aid, if there is the response from the inhalations.
17. (Q) Why is she so cross with her parents?  
(A) The natural inclination from the activities in the disturbed conditions. Not the nominal or normal reaction, to be sure.
18. (Q) Is her mind alright?  
(A) As has been indicated, it is well for the body that there is not the full consciousness. As far as the mind or the mental self is concerned, yes. As for its combinations with influences about it, no. But this is a MERCIFUL condition, as it were, under the EXISTENT forces.
19. (Q) Any indications that she will respond to these treatments?  
(A) If there hadn't been, there wouldn't have been given those suggestions for the morrow! But there are EVER those conditions about such that there MAY be a sudden stopping of ANY oxidization, and that means putrification of blood flows, see?  
Do these, though, as has been indicated.  
Then we would give on the second or third day, if there is ANY response, the Animated Ash with the Violet Ray; this applied after the Ash is down - this to be emptied to be sure on the tongue and a little water to swallow same. In five to ten minutes apply the violet ray over the spine opposite the lungs; not the front but the back, from one and a half to two minutes. That to be given morning and evening, one-eighth grain.  
As to any strengthening forces, give beef JUICES - ONLY! Sips will be worth more than several spoonful attempted.
20. (Q) Any other suggestions?  
(A) Do this - and pray!
21. We are through.

**REPORTS OF READING 1282-1 F 10**

None.

**INDEX OF READING 1875-1 M 51**

CANCER: LUNGS

Forces: Creative	Par. 8
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: Keg, Charred, Oak:	Par. 4
Prayer: Intercessory	Par. 2, 4
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**BACKGROUND OF READING 1875-1 M 51**

B1. 3/29/39 Mother-in-law's letter to EC:

Mr. Edgar Cayce-

Dear Sir -

Mrs Jane Revere Burke gave me your name today and told me to write to you, to ask your help in the healing of my son-in-law [1875] you [who] lives in ... County. He is 51 yrs. old and a big husky man the picture of health - and in good physical condition except for one thing. A year ago a slight cough developed, which seemed like a cold he could not shake. It went on until Labor Day tho he had consulted with his family Dr. Finally he went to the hospital for a thoro examination and there they discovered a malignant growth on or in the lung. It was too far advanced to remove the lung so they gave him Xray treatments. He also has been under the care of several healers, and even a week ago today the Drs. said that the cancer was under control but last Sat. they (the Drs.) discovered that the condition had spread to the other lung. We do not give up hope however, nor does he or his wife - for we believe in Divine healing - and we know God is able and will answer our prayers if we ask BELIEVING.

If only our faith is strong enough He will not fail us. Mr. [1875] has the WILL to get well, and is bound to win out. My husband (who has passed on) was a Divine healer and he is with a band of healers working for Mr. [1875]'s recovery. May I ask you to cooperate with us in prayers for Mr. [1875]'s complete recovery to health. He has not lost weight, his heart is in good condition, and he is strong enough to drive his own car. Will you please let me hear from you, and the conditions under which you will treat him.

Gratefully yours

B2. 4/14/39 Mother-in-law's letter to EC:

Mr. Edgar Cayce.

Dear Sir,

Sometime ago I wrote you about my son-in-law Mr. [1875], who has what the Dr. call cancer in the lung. I received an answer from you and the literature telling all about the remarkable work you are doing.

I have filled out one of the blanks you sent me, and am enclosing a ck. for \$20. to become an associate member of your organization. I shall be glad to join you in prayer and meditation at whatever time you will appoint for the Reading. His wife will also join with us, but I'm not so sure about Mr. [1875], as he is rather skeptical along these lines.

My husband (who was a healer when on this earth) will join you as I know he is working for Mr. [1875]'s recovery from the beyond.

If you need any more details for this Reading will be pleased to inform you. Shall await the appointed time for the Reading, believing that God will direct us in the right way.

Yours very truly

**TEXT OF READING 1875-1 M 51**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 8th day of May, 1939, in accordance with request made by the mother-in-law, Mrs. [...], ..., Mass., new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended through Association literature.

P R E S E N T

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

READING

Time of Reading 10: 40 to 10: 50 A. M. Eastern Standard Time. ...., Conn.

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, - those environments, those activities and intercessions.
3. As we find, those determined factors - or as have been intimated - are a part of the entity's experience in the present.
4. With those applications that are being made, and with the intercessions that are being brought to bear for the betterment physically of this body, - we would add the fumes of Apple Brandy. Half a gallon of the Pure Apple Brandy would be put in a gallon or gallon and a half charred oak keg. Two small openings would be made in the end of the keg. This would be kept close to where it may be evaporated by the heat. The fumes or the gas from same, then, would be inhaled, - by removing one of the small plugs that would stop the opening, and undoing a rubber tube that would be put in the other opening. Both openings would be kept tightly corked, of course, when not in use; or a metal container or tube put on one, and kept tightly corked, and a small plug in the other opening so that it may be removed when being used, so that the air - as the inhalation is made of the fumes - may enter the lungs for the purifying of the tissue there, that is involved in the infectious forces through same.
5. Keep the rest of those things that have been applied, and are being applied.
6. Keep the body quiet through those periods of the activities necessary for the better eliminations to be kept.
7. These as we find will bring the better influences and forces for the body of [1875].
8. Let the attitude be the reliance upon the Creative Forces that will bring into the experience that which is best, which is in keeping with the promises and the intent and purpose.
9. Realize, it is well to rely upon others, but the consciousness, the awareness of the divine must be aroused within self if destructive forces would be put to rout.
10. We are through for the present.

(See drawing [which was enclosed] to illustrate Keg prepared for Brandy. Be sure it is a CHARRED oak keg.

Also see application [which was enclosed] for joining the Prayer Group of the Association.)

**REPORTS OF READING 1875-1 M 51**

R1. 5/10/39 EC's letter to [1875]'s mother-in-law:

Dear Mrs. [...]

Just hope and pray the suggestions will add a bit of strength and hope to the better welfare of Mr. [1875]. The strength that alone comes in HIM is the healing power of what ever school of thought it may come or appears so to me.

May His Grace Mercy and Love be with Mr. [1875] and those who labor with and for his welfare here.

Sincerely [signed] Edgar Cayce



CANCER: LUNG CIRCULATING FILE

R2. 6/1/39 Mother-in-law's letter: "I think I wrote you thanking you for the reading you gave Mr. [1875] on May 8th. I am writing now to ask...a physical reading for...[Miss [2712]]..."

R3. 3/8/42 Letter [still writing about Miss [2712]]: "I have once before had you diagnose a case for me but the patient was too far gone to respond to your treatment."

R4. 8/15/44 She requested Physical Reading for herself, but due to illness EC could not keep the appointment.

R5. 2/2/45 Mother-in-law's letter to GD:

Dear Miss Davis,

A friend of mine wrote me recently of the death of Mr. Cayce.

I am writing to tell you how very sorry I am to hear that that good man has passed on. I was so very interested in the great work that he was doing. I had an appointment with him to give me a physical reading.

I have read "There is a River" several times and have loaned it to many of my friends. There is no one in the world to fill his place.

You mentioned that an article in the "Coronet" magazine - added greatly to his popularity. Would you tell me in what month that article appeared so I can send for one. I enclose stamp for your reply.

Thank you. Without Mr. Cayce I suppose your Society cannot go on.

Yours truly - I just find [found] in your letter that it was Sept. Coronet.

Thank you just the same.

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BACILLOSIS

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**BACKGROUND OF READING 4436-1 F ADULT**

B1. 2/11/24 She wrote: "I feel so hopelessly helpless over my condition and believe your diagnosis will be true... I have very little money...am unable to work. My husband died in May. I am entirely dependent on a relative... I would like to see if you could help me in my claim with the government as to my husband's disability received during service, which I feel sure caused his death and I am due to receive.

"If I am in a physical condition to be near the border, please be plain with me, for I do not fear death and unless I do grow better, it would be a relief unless I could get a means of support, without my present imposition on relative." [EC wrote making appointment, telling her to contribute as she was able.]

B2. 2/15/24 EC's letter to [4436]:

P.O. Box 463, Dayton, Ohio

Mrs. [4436] Montgomery, Ala.

Dear Mrs. [4436]

Yours of the 11th was forwarded to me here. We will be very glad to undertake a reading for you, and enclosed you will find our request card for such a reading. You will note the date and hour. You will please return card in time that we may know that this will be a satisfactory time for you for the reading. Should there be any special question that you desire to ask relative to any special condition, please make note of those in your reply. We are rather at a heavy expense, but desire to be of help wherever possible, and only desire that people contribute whatever they are financially able to do for the work we give.

Trusting that we may be of help to you, I beg to be

Yours sincerely, Edgar Cayce

**TEXT OF READING 4436-1 F ADULT**

This Psychic Reading given by Edgar Cayce at Phillips Hotel, Room 115, Dayton, Ohio, this 21st day of February, 1924, in accordance with request made by self - Mrs. [4436].

P R E S E N T

Edgar Cayce; Linden Shroyer, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading 3: 00 P. M. ...., Alabama.

1. EC: Now, we find there are many abnormal conditions with this body. These have to do with functional conditions. Also with organs as affected that in some condition has become that that has become almost malignant in nature.

2. Now, these are conditions as we find them in this body, Mrs. [4436] we are speaking of. First:

3. IN THE BLOOD SUPPLY, there is the overcharge in the blood supply of those bacilli as created in the system itself, and that also left in the blood supply by the non-elimination through improper functioning of organs. This affects the system in the emunctories and lymphatics. Also through the pulmonaries and the functioning of the capillary circulation, giving the increase at times in the capillary circulation in its attempt to eliminate these properties. Through the excretory system being overcharged gives this effect in the capillaries. In the quantity we find this below the normal, yet in the white above the normal. Hence the strain that is ever present in those portions of the system that create the new blood supply.

4. IN THE NERVE SYSTEM, this we find affected in various ways, though not the condition as is producing the effect as created. This in the cerebro-spinal becoming more of a reflex from the sympathetic system, as the sympathetic system is overcharged, and gives to many of the centers those expressions to the nerve system that prevents the body from creating the resistance necessary in the system, especially when functioning organs rebel and others are called on in a manner and way to carry on the functioning of eliminations, especially in other portions of the system.
5. IN THE ORGANS THEMSELVES, brain supply very good.
6. Organs of the sensory system suffer from the condition of nerve force more in the reflex than in direct manner.
7. Lungs, larynx and bronchials we find the conditions in these is produced from the overcharging of the lymphatic and the emunctories and the excess of secretions that need to be eliminated in the system, and in that also of that creating the extra amount of bacilli as carried in the body, and the supply of blood force is received both through the pulmonaries and in their functions as creating of blood, the spleen and of the constituents to cleanse the blood through this portion of the system, and in the ability to throw off those forces become lacking show the effect through these.
8. In the heart's action above the normal, as temperature as created in the system in supply is larger than normal.
9. In that of the pancreas and the functioning of the digestive organs, we find these have been upset more by properties as taken in the system than by functioning of these organs direct.
10. In the liver this is below the normal in its functioning becoming congested in portion, and engorged in that where the excretory system functions. This gives then the overcharge to the blood and the lack of the system being able to eliminate properly those poisons that should be carried through the dross of the system. The lymphatics in the digestive system then gives an excess and the discharge as shown in the pieces show how this affects the condition in the intestinal tract.
11. In the colon itself we find these properties taken where the excess of conditions in the system are left, and it leaves in this portion of the body those that assist in creating the bacilli.
12. The kidneys and the organs that function through this portion of the excretory system becoming overcharged gives the discharge in the system, as is shown through that of the refuse as is eliminated from the system. This becoming then overcharged, showing caky clay, and the form of sediment as is given in improper functioning of these organs.
13. Organs of the pelvis being so creating the disturbance through the sympathetic system, and the excess of secretions is rather that of an overtaxed system than of organic conditions, though this has same given often as the condition that needs the direct attention, rather that of the blood supply and excretory system than the local organs there.
14. R E L I E F: To give then the best to this body, to give relief to those distressed conditions in the system, we would take these properties in the system, and direct the mental and the spiritual forces to the alleviating of conditions through the system. Take these in the system: To one gallon of rain water, we would add:  
Sarsaparilla Root.....4 ounces, Wild Cherry Bark.....2 ounces,  
Yellow Dock Root.....2 ounces, Burdock Root.....2 ounces,  
Sanguinaria Root.....2 ounces, as is first made from.

In the formation of this, as given, we would supply then that of the Mandrake Root in the form of the podophyllin, and the Buchu Leaves thirty grains.

15. Reduce this by simmering to one quart. Strain while warm and add four ounces of grain alcohol, with three drams of Balsam of Tolu cut in it, with two drams of Balm of Gilead. The dose would be tablespoonful three times each day, taken after meals. Do this.

16. Direct the mind forces as this acts in the system. Keep those properties for the diet as will give the reviving forces through the nerve tissue. That of vegetable matter that grows above the ground. That of broth, or of meats of wild game. Little of other kinds of meat. Keep the water that is taken in the system carrying at all times a very small quantity of elm, and of sassafras root tea.

17. Do that. We will bring the best to this body.

### **REPORTS OF READING 4436-1 F ADULT**

R1. 2/22/24 EC wrote suggesting that she have the prescription filled by Mr. Earl Hall at Hamrick's Drug Store, Montgomery, Ala.

R2. 3/3/24 She wrote: "Mr. Hall filled the prescription Sat. I think your diagnosis quite remarkable and true. I really think it encouraging, for I had been sick so long and felt my case beyond aid.

"I feel sure I will improve, for I feel stronger and will carry out your full instructions with utmost faith.

"Am enclosing a \$1 bill. Hope to be well and able to work again some day, then I can really help in donations to a work I think so worth while. I am a stenographer."

R3. 3/11/24 EC wrote: "You need now only to have faith necessary to carry out the suggestions made, and I'm sure you will be feeling strong and well before you know it. Don't be discouraged when you have bad days, but just keep suggesting to yourself, with each and every treatment, that you are going to soon be well, and you will find it will work wonders for you."

R4. 3/20/24 She wrote: "Enclosed you will find \$1 as a little offering for your work.

"I am improving wonderfully, so you can imagine my gratitude. I appreciated your last letter, as it gave me encouragement."

R5. 3/26/24 EC's letter to [4436]:

P.O. Box 463, Dayton, Ohio

Mrs. [4436] Montgomery, Ala.

My dear Mrs. [4436]

Yours of the 20th, with enclosure, received, for which I thank you very much. It certainly is gratifying to know that you are feeling so much better, and I know that you are going to continue to do so. We have many letters similar to yours, but scarcely one that seems to have that faith necessary to bring the healing power to themselves.

Again thanking you, and assuring you that we are very much interested, and want to hear from you whenever it is possible, with kindest personal regards,

Sincerely, Edgar Cayce

R6. 4/2/24 She wrote: "Enclosed a small offering for the work. I am still improving, so maybe my greatest wish will some day be realized, to make my life a success. How I wish more of us could and would give our best for humanity as you are doing."

CANCER: LUNG CIRCULATING FILE

R7. 4/24/24 She wrote: "Am sorry not to have sent this little offering earlier. I am still feeling fine. Feel much stronger. Have accomplished lots of work. When I get where I do not ever cough, will be as well as anybody. Even that is improved.

R8. 5/1/24 EC's letter to [4436]:

P.O. Box 463, Dayton, Ohio

Mrs. [4436] Montgomery, Ala.

Dear Mrs. [4436]

Yours of a few days ago received and many thanks for your letter and for the contribution, should have written you before, and thanked you for the other, but keep so busy on letter writing and am so very poor at the machine myself, and no one would ever read it were I to try and write in long hand. Keep the steno busy at other letters and papers so, yes even you get neglected when I shouldn't, but trust you will pardon me won't you?

Am certainly glad to know that you continue to feel better, and know that you are going to be real well and strong and come help us out in the Institute work soon as we get in full swing, for can't help but just want every one near that have helped. Well couldn't do that but some way, well we will see.

Listen am sending you another card fill out and return at once. We want to check up on your condition, and would like for you to make a list of specific questions or questions of specific conditions that want to know about will you please do that. You know Earl Hall don't you? Get him to make them out if you don't want to, but of course would like best for you to make them for you know just what you want to know and how to ask it.

Again thanking you and hoping to hear from you real soon. Give Hall one of these books for me.

Sincerely

R9. 5/9/24 EC gave her a check reading 4436-2.

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**BACKGROUND OF READING 4436-2 F ADULT**

B1. 2/21/24 She obtained 4436-1 for bacillosis, lung cancer, etc.

**TEXT OF READING 4436-2 F ADULT**

This Psychic Reading given by Edgar Cayce at Phillips Hotel, Room 115, Dayton Ohio, this 9th day of May, 1924, in accordance with request made by self - Mrs. [4436].

**P R E S E N T**

Edgar Cayce; Linden Shroyer, Conductor; Gladys Davis, Steno. George S. Klingensmith.

**R E A D I N G**

Time of Reading 10: 30 A. M. ...., Alabama.

1. EC: Now, we find the conditions throughout this body are improved in the physical, in the spiritual and in the mental, from that as we have had before.
2. In the pulmonaries and those of the plexuses that are sympathetically and in functioning directly connected with the functioning of the pulmonaries, we still have a good deal of inflammation which causes the reaction in lungs proper.
3. In the nerve plexus in the lower lumbar we still have here much inflammation. At times, however, this is worse than at others, for with the contraction and engorging of organs to function in their normal manner pressure is created in the center and produces improper functioning of the lymph glands, and there is an excess then of the discharge in the uterus.
4. In the digestive tract, and in the emunctories of the eliminating organs, we find these much improved. The ligaments and tissue, however, about the capsule of the left kidney, and also some in the right, shows how that this organ functions abnormal and produces a state of acid condition; yet this is much better than when we had this before. The whole system has more of the incentive, both through the functioning physically of the organs in the system, as received by the mental attitudes of the body, and as is compelled by the medicinal properties suggestion to the functioning system in that of a pathological way and manner.
5. Then, to give the better conditions to the body, we would keep those of the medicinal properties in the system, as has been accorded, and in the same way and manner use those; adding this for the different local conditions to be met: First, we would apply the vibration from the violet ray along the bronchials and over the frontal portion of the lungs at the apex of the bronchial tube or upper portion of lung.
6. In the spinal column give the vibration from the 2nd dorsal to the 6th and 7th dorsal, and cervicals to the 2nd. Lumbar only across the sacral region.
7. For the congestion, and for the sensation as produced in the bronchials by this condition of the plexus in the 4th, 5th and 6th dorsal, use this as an inhalant, only using this when there is the effect produced, or when such a tickling sensation is produced as to have paroxysms of coughing: To 4 ounces of grain alcohol, add:  
Eucalyptus Oil.....40 minums, Oil of White Pine, cut with Rectified of Turp,  
White Pine.....15 minums, Oil of Turp.....10 minums, added to the solution after well compounded to-gether, and 5 minums of Creosote, or better the Rectified Oil as is found in Benzosol.
8. For the condition in uterus, we would use douches of Creolin. This made of course very weak, and where parts exposed show rash or itching apply white vaseline to these parts so affected, keeping the body in the open air as much as possible. That is, not in the



night air but early morning air especially, exercising sufficient but not overtaxing the strength of the body.

9. Eat as much green vegetable matter as is consistent. Little of meats, save fish or wild game. Do this. We will bring this body to its normal condition and to a world of usefulness in the present physical plane.

10. (Q) Do the gums of this body need immediate attention from a dentist?

(A) Some of the teeth need immediate attention from a dentist. Would be well to use for a wash this [Ipsab] for the gums: To 6 ounces of distilled water, add 2 ounces Prickly Ash Bark. Reduce by simmering (not boiling) to 2 ounces. Strain and add Powdered Common Salt until we have a very thin paste. Rinse or rub gums with this once every two days until this trouble in the mouth and gums has subsided.

11. (Q) Is coffee harmful to this body?

(A) With meats, yes. Without meats, no.

12. (Q) At times when the body is a little constipated, and the system seems more clogged, would a purgative be helpful?

(A) Enemas rather than purgative. High enemas.

13. (Q) Does the body do more work and take more exercise than it should?

(A) Do not overtax the body beyond its strength to cause breaking of cellular force in the lung proper.

14. (Q) Should the body continue drinking water with elm bark or sassafras in it?

(A) It should.

15. (Q) As the general condition of the body improves, will it gain in weight?

(A) It will.

16. (Q) Is the climatic condition alright for this body?

(A) At present, yes.

17. (Q) Is the body resting sufficient for the condition?

(A) Rest sufficient that the body through physical forces, and through the incentives as received pathologically from medicinal properties, may have its opportunity to function. A great deal depends upon the mental attitude as to the rest sufficient. Do not become a burden to self or to others, yet never overtaxing beyond what the body knows its physical capacity.

#### **REPORTS OF READING 4436-2 F ADULT**

R1. 6/3/24 She wrote: [She had been asking EC to use his influence to help her with government claim, etc.] "Enclosed you will find a certified copy of a letter and one dollar, as a donation to your work.

I haven't succeeded yet in getting a violet ray machine. Mr. Thomas E. Harris of Selma [to whom you referred me for helping to obtain one] is in Atlanta and will be gone 4 weeks, but I will hear from him as soon as my letter reaches him. I hope soon to do all the things suggested in my last reading. At present I feel wonderfully improved, even since I heard from you last. I just know I will be well again.

Won't it be wonderful if I can get the money from government to help me have the things I need to make me well and to help your work, too?

Thanking you always for what you have done and are doing for me, I am" Sincerely  
[4436]

CANCER: LUNG CIRCULATING FILE

R2. 6/10/24 She wrote: "I think in a short while now I will have the violet ray machine and can be getting full benefit of my treatment as prescribed by you."

R3. 7/1/24 "I am improving each day. Have just started to use my violet ray."

R4. 8/20/24 "Enclosed you will find \$1, a small offering for your work, with my best wishes.

At present I am going to the dentist and also using the violet ray regularly. Feel that I am improving.

Hoping the work continues to grow, I am" Sincerely [4436]

R5. 3/18/25 "Your letter explaining the ANI [see under 4861-2, Par. R1] was rec'd. Am very sorry to seem so late in replying, but conditions around me, also my physical condition, prevented.

I am most interested in the success of your work and regret that I cannot, at present, affiliate myself with it, but will let you hear from me when my future plans are more settled and I know just what I am to do.

In April I can send a small offering of \$2 and after that, whenever I can, will send a love offering, hoping to bless the work that it may grow.

Thanking you always for helping me and with best wishes to each of you, I am"

Sincerely yours, [4436]

R6. 11/9/26 She wrote: "So sorry I can't contribute on account of conditions around me... I surely feel your cause worthy and should be supported."

R7. GD's note: Future mailing returned marked ADDRESS UNKNOWN.

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SINUSITIS

TUBERCULOSIS

**BACKGROUND OF READING 5239-1 F 39**

B1. Born 3/30/05 in Ireland; res. Michigan; single.

B2. 11/21/43 Letter: "Last July I read an article in the 'Magazine Digest' condensed from THERE IS A RIVER. Since that time my mind has kept wandering back to that article until finally about 3 weeks ago I purchased the book. While I've read a great deal about spiritual healing, healing by hypnotism, etc., I've never read anything just like that which is set forth in this book... I have always thought that these blessings were beyond my reach... Have had a great deal of trouble with my chest, throat and head. I haven't been to a doctor for about 5 years, as the last time it was my misfortune to visit one, I believe that a series of shots which I received at that time laid me on my back for 3 months. Mother and dad passed on recently, and I manage to keep working as I have no other alternative, but sometimes I get so discouraged. Before damp weather, (and there's plenty of it in Michigan) I get so hoarse I can scarcely talk, and then I cough up pus which seems to relieve the hoarseness somewhat. Have also had hemorrhages from my throat. Sometimes I fear TB, but haven't courage to find out from a doctor. You, being blessed through prayer, and your work also being blessed, it would somehow be different. When ill and discouraged at one time, I seemed to hear these words as if spoken to me, 'Be not dismayed, for in thy heart Christ has a thing for thee apart.' While I don't know what these words could mean, somehow or other they seem to give me new hope every time I think of them."

B3. 2/15/44 Letter: "...In the first place I've sinus trouble and quite a bit of trouble in my throat and chest, especially in upper part of left lung, and would like to know what is causing this trouble, also if I'm allergic to any substance in the house. Have swollen glands in my throat and beneath my ears and sometimes a severe pain at top left side of my head. Have pain in lower right side extending down into right leg, and also at times pain in upper right side affecting my stomach. Would like to know what is causing these conditions and if they can be remedied, also if I have cancer or TB in my throat or any part of my body..."

**TEXT OF READING 5239-1 F 39 (Typist, Protestant)**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 15th day of June, 1944, in accordance with request made by the self, Miss [5239], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by an article in "Magazine Digest," condensed from the book, THERE IS A RIVER.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis and Jeanette Fitch, Stenos.

R E A D I N G

Time of Reading Set bet. 3: 30 to 4: 30 P. M. Eastern War Time. ..., Michigan.

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, yes we have the body here, [5239].
3. As we find, if these conditions are taken in time, we may soon eliminate the sources of the infection. There is through the soft tissue in the face and throat a catarrhal condition which is manifested in the bronchi and the upper portion of the lungs. These cause the

great amount of acidity and at times upset the whole of the digestive system. These are tending to make for the wasting away, or for the infection to become of such a nature as to become consuming within self, destroying white blood and red blood, also either by leakage or the manner in which the sputum takes up the bacilli produced in the red blood circulation.

4. We would first prepare an inhalant in this manner: Take a six-ounce container, large mouth bottle, and prepare a cork with two vents in same. Neither of the vents is to enter the solution which will be put in same, but should be put so that from one there may be drawn off, by inhalation, the fumes from the chemical combination which would be put in this. These should be corked thoroughly so that the evaporation would not lose the solution. Then put in the container four ounces of grain alcohol. This amount is used for the gathering of gas and fumes from this compound then shaken together. Then add in the order named:

Oil of Eucalyptus.....20 minims, Rectified Oil of Turp.....5 minims,  
Compound Tincture of Benzoin.....15 minims, Oil of Pine Needles.....10 minims.

5. Shake this solution together and then inhale deep into the nostril, not swallow but let it enter the trachea and bronchi.

6. Then we would also inhale into the mouth, for the soft tissue of the nasal passages and roof of the mouth, all of those portions to be saturated with, the fumes from this.

7. Then we would prepare a two-gallon charred oak keg. Have two vents in this, so that the gas may be inhaled, this about three quarts of pure distilled apple brandy. Inhale only the fumes from this. Keep this where it will evaporate faster than just ordinarily; or close to the heat occasionally. Keep the corks tight until ready to inhale. Once a day should be sufficient.

8. Do take Acigest as a stimuli for better digestion. Take a teaspoonful in milk at least three times each week, preferably at the evening meal.

9. Then the diets: Do include more raw vegetables in the diet. Save the juices when these are scraped, grated or cut and use with gelatin. Especially celery, lettuce, tomatos, carrots, watercress, all foods which may be eaten raw.

10. Thus we will soon bring bettered conditions for this body.

11. Ready for questions.

12. (Q) What can be done to relieve swollen glands in throat and beneath ears?

(A) Just do what we have given here. Take a massage often. But when we remove these poisons it will be necessary to increase the eliminations until there are two evacuations daily, from the alimentary canal. These may be assisted at times by cleansing the colon, which is well anyway. But for this body use only vegetable compounds or with senna base, see?

13. (Q) What is causing the trouble in upper part of left lung?

(A) Infection, as has been indicated. Use these inhalations for clearing the tissue in throat, nasal passage and lungs. We will bring better conditions soon.

14. We are through with this reading.

(See illustration [which was enclosed] of Brandy Keg.

Acigest is hydrochloric acid in a form easily assimilated and sells for one dollar a bottle. Distributed by The Colloidal Health Products Corp. Attention: Mr. A. A. Nichoson, Greenvale, L.I., N.Y.)

**REPORTS OF READING 5239-1 F 39**

R1. 7/6/44 Letter: "Thank you very much for my reading of June 15. Was quite pleased with this reading until I set out to obtain the required remedies. The only thing I've been able to get so far is the "Acigest" which arrived today. Have been informed that oak kegs are not made in the 2-gallon size, 5-gallon being the smallest, and at the present time even these are very scarce. Also, after inquiring at several places for apple brandy, I finally gave up, as no one seems to have it. As to the inhalant prescription which calls for (along with the other ingredients), grain alcohol, after traveling around several druggists who all informed me that grain alcohol just 'isn't' these days, I finally left the prescription with one druggist in the hope that some day he might obtain some grain alcohol. This is all very discouraging as I find I'm really no further ahead today than I was when I first wrote you. Am writing to you again with the hope that you may be able to inform me if a substitute could be used in place of the 2-gallon keg, or perhaps you might know where I could purchase a 2-gallon keg. Also, I noticed some of the liquor stores had apple jack and was wondering if this was anything like apple brandy."

R2. 11/20/44 Letter: "This is a report on the progress of my reading on June 15... Have tried time and again to have this inhalant made up, but without success an account of the grain alcohol. Have been informed that it's against the law at the present time to sell grain alcohol or to make it up into a prescription unless the prescription is written and signed by a doctor. If you know of any place where I may have this inhalant made up or any doctor who will write it into a prescription for me, kindly let me know... While I've finally been able to purchase a second-hand 2-gallon oak keg, have been unable to get the apple brandy to use with it. Am now writing to my brother in Washington... To say the least, the whole thing is very discouraging, and as time wears on I'm not getting any better and sure hate to face this winter."

R3. 1/13/45 Letter: A.R.E. wrote explaining why an answer to the above was delayed, suggesting that she write to Meredith Drug Co., Virginia Beach, Va., to get the formula for the inhalant filled.

R4. 9/23/70 She wrote from Florida: I have just finished reading the book "Edgar Cayce - Mystery Man of Miracles" by Joseph Millard, and was deeply impressed by the many miracles performed by this great man.

I had a reading by Edgar Cayce on June 15, 1944 [5239-1]. At that time I tried to follow the instructions given me but could not find a charred oak keg in or around the City of Detroit, so gave up.

Now, 26 years later, I have lost the sense of smell because my sinuses are in such a poor condition, and I took early retirement because of my lung condition. On May 28th of this year I was in an automobile accident which did further damage to my nose.

Do you folks think that at this late date my condition could be helped, even if I just inhaled the fumes from apple brandy and used the inhalant Mr. Cayce recommended. Incidentally, the inhalant cannot be filled here as the pharmacists say they do not carry all the ingredients.

I have kept Mr. Cayce's reading all these years and am only sorry I didn't get a life reading also. I notice Mr. Cayce died about a year after he gave me the physical reading.

R5. 10/22/70 We sent current data from A.R.E., referring her to The Heritage Store and Ingram's Pharmacy in Va. Beach.

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**BACKGROUND OF READING 5374-1 F 60**

B1. 7/8/44 Daughter wrote: "My mother is very ill - her lungs filling with water and needing drawing often, and I came home to see her. She would like to have the reading in my place. She has read some of the material regarding your organization and readings. Will you substitute her in my appointment? On August 11, P.M. I've another appointment which may be used for a Physical Reading for me." [For further background see daughter's report under 5374-1, Par. R6 and R7.]

**TEXT OF READING 5374-1 F 60**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 21st day of July, 1944, in accordance with request made by the self - through daughter - Mrs. [...], Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by Mrs. [3407].

**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 At home, Set bet. 3: 30 to 4: 30 P. M. Eastern War Time. ..., Michigan.

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, as we find, these are rather serious disturbances for this body. From cold and congestion and lack of vitality, there is a great deal of inflammation in the pleura or that area of the capsule of the lungs. Because of this irritation there is an accumulation from lymph circulation or a formation of quantities of fluid. These are causing adherences or lesions or adhesions in portions of the lung.
3. These will require rest in the open, though this should be not too much in the sun but not entirely out of the sun. When there are the great accumulations, of course, these should be drained, but we should begin with the use of packs about the body, especially as a jacket which should be made with mud baths, which may be put about the body, as to prevent this adherence of the pleura to either the walls of the lung or the cavities or the area of the body-structure itself. This, as we find, should be made with Antiphlogistine or the California mud, medicated.
4. We would also find that for the prevention of the infections through the alimentary canal there should be at least twice each day in the water taken an antiseptic, such as a few drops of Glyco-Thymoline.
5. We would for the healing of same use the brandy keg which has been described, how that this is a charred container, at least a gallon and a half or two gallon. Into this put a gallon of apple brandy and have this where it is kept warm to produce quantity of the gas forming, and only the gas should be inhaled, at least twice a day.
6. We would also add Calcios as a stimuli to be used for the better circulation.
7. We would also add Acigest as to aid in the formation of the proper activity in assimilation of foods which should be taken.
8. The Acigest would be taken in raw milk, a teaspoonful every other day, at the evening meal.



9. The Calcios should be taken just the quantity which may be thinly spread on a whole wheat wafer, once each day at the noon meal.

10. As to the diet: Plenty of calves liver, broiled, two or three times a week. Beef juice should be taken regularly as medicine, a teaspoonful four times a day at least, but when taken it should be sipped, not just taken as a gulp. White wines as a stimuli will be most helpful for the body. These should be very light; that is, the alcoholic content not more than six percent. These would be most helpful. Not too large a quantity of starches; then, no white bread. The dark breads or what may be called pumpernickel or rye or whole wheat are well for the body. Oft raw vegetables should be prepared with gelatin, or gelatin alone would be well. Watercress should be taken very often, as also the foods which are used as garnishes for dishes, as with steak or the like. Never too heavy foods but oft take in small quantities plenty of fish and fowl. These should be well prepared, never fried. When the small fowl are prepared chew the bones oft. All of these will be helpful.

11. If we will do this we may bring help to the body. The continuing of just drawing off and the other means don't balance well for the body.

12. We are through with this reading.

(See explanations [which were enclosed] regarding Apple Brandy Keg, Beef Juice, and Acigest and Calcios. Acigest and Calcios are both distributed by The Colloidal Health Products Corp., Attention: A. A. Nichoson, Greenvale, Long Island, N.Y. The Acigest is hydrochloric acid in a form easily assimilated and sells for \$1 a bottle. Calcios is free calcium easily assimilated, a syrupy paste, that sells for \$2.50 a jar.)

#### **REPORTS OF READING 5374-1 F 60**

R1. 7/21/44 GD's note re Apple Brandy fumes and charred Oak Keg: In a gallon and a half to two gallon keg put at least 1/2 a gallon of Pure Apple Brandy; not other than re-distilled apple-brandy, Hildrick's is a good make [See Par. R10 below re Hildick's made by Laird & Co.].

Prepare two holes in one end, one of sufficient size that a tube may be connected through which there may be inhaled the fumes (not taking the brandy itself). Do not let the tube go into the solution at all, but only into that vacuum where the fumes are formed by the natural processes of the brandy's evaporation. Inhale the fumes into the throat and lungs two or three times a day. Two or three inhalations each time will be sufficient in the beginning, but gradually increase. Do not let the brandy get too low. When it has evaporated to half or two-thirds of the quantity, refill. Don't throw the other away, it is still good. The other small opening is only for the air, so that the body will not be drawing against the lack of air when inhaling the fumes.

**KEEP THE HOLES CLOSED WHEN NOT IN USE.**

The activity of this is not only for the destruction of live tubercle tissue, but it acts as an antiseptic for all irritated areas; also giving activity to cellular force of the corpuscle itself. It acts as a stimuli to the circulation, then recharging each cell as it passes through areas so affected by the radiation of the gases from this fluid itself.

(The above information has been extracted from various readings of Edgar Cayce on tuberculosis, and presented by the Association for Research and Enlightenment, Inc., Virginia Beach, Va., August 1943.)

R2. See Source File Key #5374 for drawing illustrating Oak Keg prepared for inhaling fumes from Apple Brandy re 5374-1.

R3. 7/21/44 GD's note re making pure beef juice:

**DIRECTIONS FOR MAKING PURE BEEF JUICE**

Get your grocer to cut a pound of lean beef into small cubes. Put the cubes (only use the lean, remove all fat) in a covered fruit jar, using only the lean pieces - no fat. Put jar inside pan of water (water coming to about half the depth of jar). A cloth may be put in the bottom, around the outside of jar, to insure not breaking or cracking the jar. Boil until chunks of beef are thoroughly done. Strain. Keep juice in cool place. Take as indicated. The usual quantity for an adult is 2, 3 to 4 teaspoonfuls during a day, but taken at different periods during the day, not all at one time. It may be diluted or used full strength. Take it very slowly, in sips. Let the body be a minute or two minutes in sipping a teaspoonful, so that each sip of the juice is mixed thoroughly with the juices of the mouth before swallowing. It may be taken with whole wheat crackers, Ry-Krisp or Zwieback. If kept in refrigerator, the juice may be kept for 2 or 3 days; but if warm weather or any question about it spoiling, make fresh daily. (Arranged from 1343-2) If preferable, the beef juice - or other foods, such as vegetables may be prepared in Patapar Paper; which may be obtained at the ten cent store, department store, grocery store or the like (25 cents a doz. sheets). In this way the entire food elements are preserved, and no water is added in the cooking - you obtain the pure juice from the food itself, and the real food value doesn't evaporate in steam - as it sometimes does in other methods of cooking. Patapar paper is manufactured by Patterson Parchment Paper Co., Bristol, Pa. (Arranged from 1343-2)

R4. 8/1/44 Daughter's letter: "It almost seemed that Mama couldn't make out long enough to wait for the reading to reach here...we sent a telegram for the Acigest and the Calcios. We started everything else prescribed but the brandy keg... The doctors say she can't last but a week or so - not more than five or six, at most. The reading gives us hopes, though, and so we would appreciate it if you would see about a check reading for her with these questions: What makes the catch in her throat? Is there cancer? What would be best as a cathartic? Are we doing right with the already prescribed treatment? She will be here at home... unless we do have to take her to the ... Hospital."

R5. 3/12/45 "A beautiful soul has gone to its reward [referring to Edgar Cayce]... Please tell me if you have anything about cancer. I've just had one removed. My mother [5374] died January 11 after having had all known treatments and an operation three years ago this month."

R6. 10/16/47 GD sent Questionnaire to Mrs. [5374]'s daughter and on 1/19/48 Mrs. [5374]'s daughter replied as follows:

Q-1. In your opinion did the analysis of the Reading cover the condition? A-1. Yes, even better than previous diagnostics.

Q-2. Give symptoms of condition described correctly? A-2. Short of breath, water (or fluid) on lung, nausea and very weak.

Q-3. What was the physician's analysis of this condition? A-3. Cancer went into the lung and caused the fluid, which caused shortage of breath.

Q-4. Have the suggestions given in the Reading been followed exactly as outlined? A-4. Some of them were - with good results.

Q-5. For how long? A-5. Two months, approximately.

Q-6. Describe the extent to which improvements have resulted? A-6. The antiphlogistine was applied as ordered with entire relief from breath shortness, with no drainage of fluid from that time on. The strengthening diet was followed for a time, resulting in more strength.

Q-7. Comment. A-7. The patient died six months after the reading was given but she was following none of the reading at the time. However, it was never necessary to drain off any more fluid from the lungs after following the reading in that regard.

R7. 1/19/48 Letter from [5374]'s daughter: "...Up to the time Mama had the reading she had had cancer of the breast removed by surgery three years before she died. The whole breast was removed and she was cut down the forearm and all the muscle was taken from the front of her left arm. Then after the operation healed she had twenty-one x-ray treatments supposedly removing all cancer.

"She was never real well after the operation. She gradually became short of breath and after trying plain doctoring and chiropractic treatments, he found a place to have a fluoroscope made and there the doctors said she had enlarged heart and it was crowding her lungs. She got no relief, however, and so she went to have an x-ray picture made and that doctor advised draining her lung. This brought temporary relief. She had her lung drained four times before the reading, but didn't need it after we made the jacket and used the packs recommended in the reading.

"There had never been a diagnosis of T.B. although from strengthening treatment given in the reading and from my own knowledge of her and her condition, it seems that tuberculosis, instead of cancer, could have been her undoing. Of course, that doesn't count in this case now..."

R8. 2/2/50 EC health extract report by Mrs. Georgia Adams, A.R.E. member, on TB and Pleurisy: "I used the Apple Brandy Keg fumes - began to inhale fumes about 10/1/49. No pleurisy pains all winter. Cough reduced. Expectorate much less. I expect extraordinary results based primarily on increased spiritual understanding."

R9. 8/17/53 Belknap Hardware & Manufacturing Co.'s letter to Dr. Fogel:

111 East Main Street Louisville 2, Kentucky

Mr. D. H. Fogel, M.D. 1380 Bedford Street Stamford, Connecticut

Dear Mr. Fogel:

Thanks for your letter of August 8th advising that you were interested in charred oak kegs. We are happy to tell you that we do stock these in one gallon and two gallon sizes. Since we are wholesale dealers only and are not licensed for retail selling and not finding you listed in the mercantile agency as being engaged in the Mercantile Business we regret that we will be unable to take care of the request for you unless you can purchase them through the hardware store that you now trade with.

If you will have the hardware store send in your order for you marking his reply to my attention making reference to this correspondence we will see that the order is taken care of promptly or perhaps if you want additional information have your merchants write us for this and we will be glad to advise you through your favored store.

Yours very truly [signed] H. R. Wiseheart SALES MANAGER HR WISEHEART: ELH

R10. 10/2/68 Letter from Laird & Company, Distillers & Importers:

Scobeyville, Monmouth County, N.J. 07724

Mrs. H. King Ponderosa Park Subdivision Route 2 Prescott, Arizona 86301

Dear Mrs. King:

I certainly am sorry that your original note inquiring about Apple Jack Brandy was mislaid and not replied to. Then when your September 12th letter came in, I was away on an extended business trip and I've just returned.

We certainly very much appreciate your interest in Apple Jack Brandy and I'll see if I can answer your questions to your satisfaction.

Both our Laird's Apple Jack and Hildick Applejack Brandy brands are produced in essentially the same way. First, let me explain one thing that I'm sure creates some confusion. The term "Apple Jack", "Applejack Brandy" or "Apple Brandy" in this country all mean identically the same product. As a matter of fact, the federal regulations relating to names of identity outline the use of all three of these terms as specifically meaning Apple Brandy, or brandy produced from apples.

Either the Laird or the Hildick brand, both of which are available in Arizona, are straight apple brandies and I have an idea this is what you mean by the term "pure". Because of some rather complicated federal laws relating to advertising and promotion particularly, the term "pure" cannot be used with any distilled spirit beverage including apple Brandy. I think you mean by this term, is there anything added to the brandy other than the apples it comes from and the answer is a definite no. We make Apple Jack Brandy by producing pure, sweet cider from whole, tree ripened apples which is allowed to ferment naturally without any yeast, cultures, or starters being used to generate initial fermentation. The fermentation is accomplished from the natural yeasts that are in the apples themselves. The fermented apple juice is distilled to about 130-135 proof, and placed in charred oak barrels for aging. We age the Apple Jack Brandy from 4 to 8 years. In the case of the Laird and Hildick brands that you are familiar with in Arizona, they are a combination of 4, 5 and 6 year old apple brandies. When the product is ready for bottling, the brandies are removed from the barrels, and cut to 80 proof with pure water and after appropriate filtering, the product goes into the bottles which you see and buy in Arizona.

As to the question of redistilled, there are two types of stills involved in the production of apple brandy. In the case of so called pot stills or batch stills, two distillations are required to raise the proof to 130-135. In the case of column stills known as continuous stills, it is a single distillation that takes the proof to the level required for proper aging. There is another part of the process of distillation that actually falls into the category of redistillation which you may have in the back of your mind. At the very beginning and at the very tail end of any given distillation run, the very first brandy that comes over from distillation and the very last brandy that comes over from the tail end of the distillation is called "heads and tails". These brandies are shunted to separate tanks called heads and tails tanks for the reason that they carry excessive fusel oil and other components which are not desired in the end product. These heads and tails are actually redistilled through ensuing runs of the stills throughout the season so that the final ultimate end product has had removed from it all the undesirable products, so in fact, a share of all the Apple Jack Brandy is redistilled a number of different times throughout the season.

Actually the use of charred oak barrels for aging Apple Jack Brandy also has a great deal to do with what in your terminology you call "pure". The char in the charred surfaces of the oak barrels is actually a form of activated charcoal which in your business you are thoroughly familiar with as an absorber of impurities.

The federal government, of course, has very strict regulations and I'm sure you can see why, against claiming any form of medicinal help or medicinal properties for any

CANCER: LUNG CIRCULATING FILE

distilled spirit beverage. Thus, while we have surprisingly large files of all kinds of letters from pharmacists, doctors and consumers relating to the use of Apple Brandy medicinally, we really can't use them or publish them. As an interesting sidelight, however, John Thomsen has been our warehouse manager for some 30 years and he is the man who controls the many, many thousands of barrels that we have in government bonded warehouses stored away for aging. As you can imagine, the aromas as you come into these warehouses are quite delightful because the charred oak barrels being made of wood, breathe and permeate the atmosphere with the aroma. In the 30 years John Thomsen has been with us, he maintains that he has never had one cold and attributes this fact to his inhaling of the aromas constantly present in the aging warehouses. I've been with the company myself for about 7 years and in truth, I have never seen John with a cold during that time. Whether or not he is right about his assumption I certainly have no way of knowing, but it is kind of an interesting sidelight that relates somewhat to your question about lung conditions.

I hope this gives you at least some background information that may be useful and helpful to you.

Best regards.

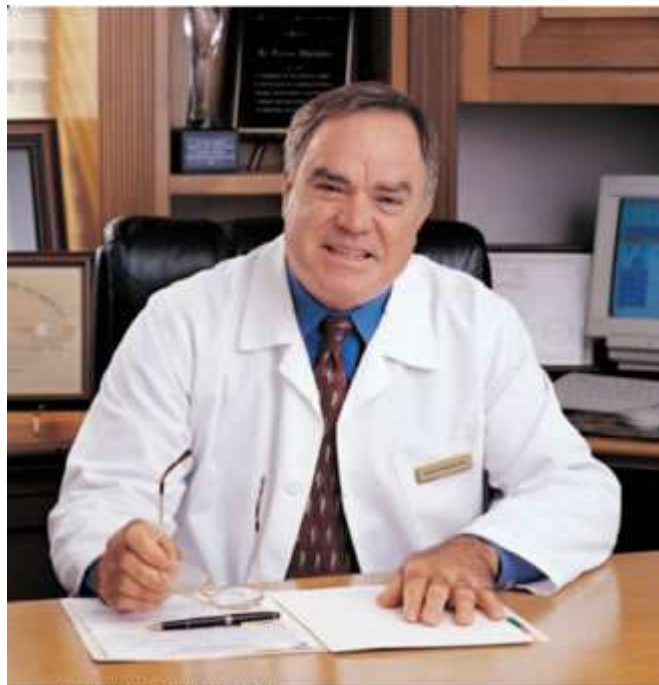
Sincerely, [signed] Andrew F. Ward Vice President AFW: vmd

R11. 12/7/71 GD's note: The Colloidal Health Products Corp. has gone out of business.

R12. 12/5/74 GD's note: See 218-1 on 9/9/30 advising a young man with T.B. to make his own apple brandy by grinding, reducing to pulp one-half bushel of apples, placing in closed charred oak container twice as large as the quantity. Keep corked tight in warm place for 3 days. Then inhale twice daily fumes from the fermentation in vacuum of the charred container.

R13. 1/30/76 GD's note: The 1 and 2 gallon charred oak kegs may be secured from Gibbs Bros. Cooperage, P.O. Box 848, Hot Springs Nat'l Pk., Ark. 71901.

# What I Would Do if I Had Cancer



Dr. Whitaker at his Wellness Institute.

By Julian Whitaker, M.D.  
*Venture Inward*, January/February 2004

Cancer! Perhaps no other diagnosis is as feared. Yet many people fear the treatment options nearly as much as the disease itself – and rightly so. Conventional cancer therapy is toxic and dehumanizing – and, by and large, it doesn't work. Its reliance on aggressive, invasive, and toxic methods such as surgery, chemotherapy, chemotherapy, and radiation therapy is based on the faulty paradigm that the body must be purged of cancer by any means necessary. This may have seemed reasonable in the early 1890s when William Halstead, M.D., performed the first radical mastectomy, but it has proven to be so wrong over the last century that continuing to adhere to it constitutes more fraud than honest mistake.

In this report, I am not going to tell you what you should do if you have cancer. Only you can make that decision. However, I will tell you what I would do if I had cancer. Equally important, I will tell you what I wouldn't do. To begin with, I wouldn't accept a diagnosis of cancer as a death sentence. I wouldn't swallow everything my doctors told me. I would research treatment alternatives and become my own expert on my condition. In short, I would fight for my life by all means available to me.

The strategies that I would use to fight cancer are similar to strategies I would use to fight any serious illness such as heart disease or diabetes: dietary modifications, targeted nutritional supplements, and other natural therapies. The beauty of these therapies is that they can be used with whatever other treatment – conventional or alternative – you would choose to undergo. Together, they give your body a fighting chance to heal itself. Let's first look at my anticancer diet.

## My Cancer-Fighting Diet

Diet is a more powerful cancer therapy than most people realize. **There is solid evidence that improved nutrition strengthens the immune system, slows the growth of tumors, and protects against metastasis (the spread of cancer).** In a study conducted at the University of Victoria, B.C., researchers examined 200 cancer patients who had experienced “spontaneous regression” (an inexplicable cure or tumor reduction). A full 87 percent of these patients had made major changes in their diets.

If I had cancer, I would take this research to heart. I would switch to a primarily vegetarian diet and eliminate virtually all sources of saturated fat, including meat and dairy products, as well as trans fatty acids found in processed foods. Diets high in these saturated fat and trans fatty acids have been shown to stimulate cancer growth. At the same time, I would include healthy fats from cold-water fish (salmon, tuna, and mackerel) and flaxseed. The omega-3 essential fatty acids in these foods are proven to protect against cancer.

In addition to small amounts of healthy fats, my anticancer diet would include moderate servings of protein, and abundant helpings of fiber-rich vegetables, fruits, legumes, and whole grains. Plant foods are loaded with beneficial vitamins, minerals, and phytonutrients that slow cancer growth. I’d make a special effort to eat foods with known anticancer properties – soybeans, cruciferous vegetables (such as broccoli and cauliflower), leafy green and yellow-orange vegetables, berries, citrus and other fruits, garlic, and green tea.

I would also investigate macrobiotics. Macrobiotics is an Eastern tradition, defined by Michio Kushi, founder of the internationally famous Kushi Institute in Massachusetts, as “the universal way of health, happiness, and peace.” At its center is a “perfectly balanced” diet consisting of 50 percent whole cereal grains and 20 to 30 percent locally (and preferably organically) grown vegetables, supplemented with smaller amounts of beans, sea vegetables, soup, and occasionally white meat, fish, and fruit. Many studies have demonstrated the value of this kind of diet in treating cancer patients.

### Nutritional Supplements Are a Must

A healthy diet is only one tool in the fight against cancer. Equally important are nutritional supplements. As a doctor, I know that cancer cells drain nutritional resources from the body and leave it in a state of malnutrition. Studies have shown that cancer patients have sub-optimal levels of a number of vital nutrients – particularly antioxidant vitamins and minerals.

If I had cancer, I would take a highpotency multivitamin and mineral supplement to ensure my body had the nutrients it needed in doses adequate to mount an attack on cancer cells. I would also take targeted supplements that have proven to strengthen the immune system and help the body fight back against cancer. Here are some of the most promising:

**Selenium:** The trace mineral selenium is one of our most powerful weapons against cancer. In a study published in the *Journal of the American Medical Association* in 1996, researcher Larry Clark, Ph.D., of the Arizona Cancer Center, presented convincing evidence that supplemental selenium could reduce cancer death rates by as much as 50 percent! In this study, Dr. Clark recruited 1,312 people with a history of skin cancer and divided them into two groups. Those in the first group were given 200 mcg of

selenium per day, while those in the second group were given a look-alike placebo. Though selenium had no effect on skin cancer recurrence in these patients, its effects on overall cancer incidence and mortality were dramatic – there was a 37 percent lower cancer rate and 50 percent fewer deaths from cancer in the selenium group. In fact, the results were so definitive that the study was stopped early, as researchers felt it would be unethical to deny the placebo group the benefits of this remarkable mineral.

Selenium is a powerful antioxidant that facilitates the quick repair of free-radical damage to DNA – one of the primary causes of cancer. In addition to its own antioxidant properties, it is also essential for the production of glutathione, an important antioxidant and detoxifier produced by the body. But selenium's ability to protect against cancer goes far beyond this. It actually causes cancer cells to self-destruct before they replicate, thereby short-circuiting cancer growth.

**I take 200 mcg of selenium daily and strongly recommend that anyone concerned about cancer do the same.** The form used in the study is high-selenium yeast, which is the most bioavailable form.

**Vitamin C:** Numerous studies have shown that high-dose vitamin C is associated with a decreased risk of cancer. But can it be effective in the treatment of cancer? Studies done by Scottish physician and researcher Ewan Cameron, M.D., provide compelling evidence that it can.

Malignant cells produce an enzyme called hyaluronidase that breaks up the “glue” that holds cells together. This allows cancerous cells to infiltrate healthy tissues. Dr. Cameron discovered that vitamin C inhibits the production of this enzyme, thereby strengthening the “cellular cement” and slowing cancer growth. When he gave high-dose vitamin C (an average of 10 grams per day) to cancer patients, he reported remarkable improvements in quality of life and survival time.

In addition to strengthening the “glue” between healthy cells, vitamin C enhances immune function and stimulates the formation of collagen that encapsulates or “walls off” tumors and prevents them from spreading. It also corrects the vitamin C deficiencies seen in most cancer patients, speeds surgical wound healing, enhances the effectiveness of some chemotherapy drugs, and reduces the toxicity of others.

Extra vitamin C is a must for cancer patients. **If I had cancer, I would take 10,000-15,000 mg a day.** High-dose vitamin C can cause gastrointestinal distress in some people, so it should be taken in small doses throughout the day, with food, to minimize that possibility. Some people tolerate buffered vitamin C better. Vitamin C may also be given intravenously.

**Coenzyme Q10:** Like vitamin C, coenzyme Q10 (CoQ10) is a powerful antioxidant and cancer fighter. CoQ10 is most active in the mitochondria, the energy-producing factories in every cell. It functions like a spark plug within the mitochondria, igniting the creation of ATP, the basic unit of energy that runs your entire body.

Research has shown that cancer patients often have serious deficiencies of CoQ10. According to Dr. Karl Folkers, the “father of CoQ10” who began studying this nutrient back in the early 1960s, supplemental CoQ10 is extremely effective in reducing and eliminating tumors in some patients. In 1995, in conjunction with Danish researchers, Dr. Folkers published a study reporting complete tumor regression in five patients with advanced breast cancer using an average of 390 mg of CoQ10 per day.



I am convinced that CoQ10 is a valuable component of a comprehensive cancer treatment program. **If I were facing cancer, I'd take 100-200 mg of this very safe supplement, in an oil-soluble form, every day.** CoQ10 requires a little fat to be best absorbed, so it is best taken with a meal.

**Bovine and Shark Cartilage:** One of the most exciting discoveries ever in cancer research was announced in the summer of 1998. Two drugs under development were able to dramatically shrink tumors in mice by choking off their blood supply. It may be years before these drugs, called endostatin and angiostatin, are ready for human use, but two natural agents that work in a similar way are available right now in your health food store – bovine and shark cartilage.

Research on cartilage dates back to the 1950s, when Harvard-trained physician John Prudden, M.D., discovered that bovine cartilage dramatically facilitated wound healing. Dr. Prudden later found that bovine cartilage inhibited angiogenesis, the growth of a network of blood vessels around a dormant tumor that allows it to grow and metastasize – the same mechanism by which the drugs endostatin and angiostatin are purported to work.

Attention turned to shark cartilage in the early 1990s. Sharks are unique in that they have no bones – their entire skeleton is cartilage. This ancient species also has an amazingly robust immune system, and unlike other animals, sharks rarely get cancer. Biochemist William Lane, Ph.D., was intrigued by Dr. Prudden's work but thought shark cartilage might work even better as an anti-angiogenic agent.

After carrying out some early studies – and being given the run-around by the NCI – Dr. Lane teamed up with Charles Simone, M.D., a well-respected oncologist who utilizes nutritional therapies in his medical practice. In 1993 they set up a full-scale study of shark cartilage involving patients with advanced metastatic cancer, most of whom were considered to be “terminal” by conventional cancer doctors. Thirty-five of the patients went on an intensive shark cartilage program, along with dietary and lifestyle changes to enhance immune function, and over a third of these “terminally ill” patients showed improvement. Three patients experienced complete remission, and nine others experienced a significant reduction in their cancer. All of the patients reported improvements in overall quality of life, energy, pain, appetite, and mood.

**The recommended dose for bovine cartilage is 9 grams per day. For shark, it is an average of 70 grams per day (1 gram per 2.2 pounds of body weight, or as much as 1 gram per pound in very advanced cases).** Both bovine and shark cartilage come in capsules, but with the large amount of shark cartilage required, it is easier to mix a powder in juice or water three times a day – or to administer it by rectal enema. Because cartilage doesn't actually kill tumors, but shrinks them by cutting off their blood supply, it should be taken indefinitely to avoid possible recurrence. The higher doses of shark cartilage may be lowered by half as improvement is noticed, usually after a minimum of 20 weeks, and then reduced to a maintenance dose of 8-10 grams daily.

**Essiac Tea:** In 1922, Canadian nurse Rene Caisse met a woman who told her she had been cured of cancer by drinking an Ojibway Indian tea which consisted of four herbs: burdock root, sheep's sorrel, slippery elm, and Indian rhubarb root. Caisse made the tea for her aunt, who had inoperable cancer. Her aunt was completely cured, and Rene, naming the tea Essiac (Caisse spelled backwards), found her life's work.

Rene Caisse never claimed that Essiac tea was a cancer cure, nor that it would help everyone. But neither should we dismiss it as just another old folk remedy – its history is too solid to ignore. The individual herbs in Essiac tea have all been shown in recent years to have anticancer activity, and thousands of cancer patients in the past 70 years have claimed to have been helped by Essiac tea.

The most convenient and least expensive way to use Essiac tea is to buy the mixed herbs, brew your own, and store it in the refrigerator. Drink two ounces three times a day at least one hour before meals, and give it an initial trial of 12 consecutive weeks without interruption. Essiac tea is available in health food stores.

**Hydrazine Sulfate:** Most cancer patients don't die from cancer. They die from cachexia – the energy loss, malnutrition, and wasting away that cancer causes – and from opportunistic infections and organ failure that accompany this weakened state. Cachexia results from the abnormal metabolism of cancer cells. Unlike healthy cells, cancer cells break down glucose for energy in the absence of oxygen, generating lactic acid as a byproduct. Lactic acid and other breakdown products are taken up by the liver and – with the expenditure of a great deal of energy – converted back into glucose. The glucose is again gobbled up by the cancer cells, more lactic acid is produced, and the energy drain is perpetuated.

If I had cancer,  
I would take this  
research to heart.  
I would switch to a  
primarily vegetarian  
diet and eliminate  
virtually all sources of  
saturated fat, including  
meat and dairy prod-  
ucts, as well as trans  
fatty acids found in  
processed foods.



Joseph Gold, M.D.,  
an innovative physician  
who has been consistently  
hounded by the cancer  
establishment, has  
researched a safe, effective  
way to break this vicious  
energy-depleting cycle –  
hydrazine sulfate. This  
inexpensive chemical  
breaks the energy depleting  
cycle by blocking an  
enzyme that is required to  
convert lactic acid back  
into glucose. Instead of  
attacking a tumor, it simply  
deprives the tumor of the

energy needed to grow. Studies conducted in the former USSR and at the UCLA Medical Center have shown that hydrazine sulfate improves appetite, weight gain, energy levels, quality of life and, in terminal patients, survival time. It also appears to relieve the side effects of chemotherapy and radiation therapy.

The dosage of hydrazine sulfate Dr. Gold recommends is one 60 mg capsule before breakfast for the first three days; two capsules a day, one before breakfast and another before dinner, on days 4 to 6; and on day 7 and thereafter, three capsules a day, one before breakfast, one in the mid-afternoon, and one before bedtime with a snack. However, the dosage of hydrazine sulfate may vary with body weight, and should be discussed with your doctor. The course lasts six weeks and is then interrupted by a one-to two-week drug-free interval. This same cycle can be repeated as often as needed.

Alcohol, barbiturates, tranquilizers, and foods high in tyramine (cheese, raisins, cured foods like sausages, and fermented products like yogurt and miso) should be strictly avoided while taking hydrazine sulfate, as they can interfere with the drug's effectiveness and cause significant side effects and sickness.

**Amygdalin (Laetrile):** Amygdalin (also known as **vitamin B17** or laetrile) has been the subject of more controversy than any other single anticancer agent. This naturally occurring substance is found in over 1,200 plants, and is especially prevalent in the seeds of apricots, peaches, cherries, plums, and apples. In the body, amygdalin acts like a “smart bomb,” breaking down into substances that selectively target cancer cells while leaving normal cells alone.

Studies carried out by biochemist Kanematsu Sugiura, Ph.D., at Memorial Sloan-Kettering Cancer Center in the 1970s showed that amygdalin stopped the growth of small tumors and could dramatically reduce the spread of breast cancer in laboratory animals. However, the results of these studies were not made public by Memorial Sloan-Kettering. In fact, officials there set out to discredit this research. When one experiment failed to confirm Sugiura's findings, the public affairs department was told to instruct the media that amygdalin had been “proven” worthless. What they didn't say is that this experiment had used 1/40 of the dose used in Sugiura's successful studies – hardly a fair trial of a potentially valuable cancer-fighting compound.

Likewise, a widely publicized 1981 clinical trial “proving” amygdalin to be worthless had serious flaws. This trial was carried out at the Mayo Clinic, with the support of the National Cancer Institute, among terminally ill cancer patients who had already had their immune systems devastated by surgery, chemotherapy, and radiation. These patients were unlikely to benefit from any therapy. To make matters more difficult, the substance used was not amygdalin (laetrile), but isoamygdalin, a relatively inactive form of amygdalin. Despite these challenges, the cancers of 70 percent of the patients stabilized during the three weeks that they received intravenous amygdalin. (Oral amygdalin did not halt the progression of cancer.)

While the cancer establishment continues its criticism of amygdalin, this natural compound remains one of the most widely used supplements among alternative physicians. Although it can be dangerous if too much is taken, at recommended intravenous and oral doses, it is safe and appears to be an effective anticancer agent, especially for improving well-being and relieving cancer pain. Apricot kernels or laetrile capsules can be ordered by mail. The usual dose is 250 to 1,000 mg or 10 to 20 apricot kernels daily.

**Ukrain:** Ukrain is a unique product consisting of an herb called greater celandine (*Chelidonium majus*) combined with a cancer drug called thiotepa. Greater celandine has a long history of use as a folk treatment for cancer, while thiotepa was the first anticancer drug produced by the German pharmaceutical industry. Although each of these compounds is highly irritating and toxic on its own, the combination is remarkable for its ability to destroy cancer cells while leaving normal cells unharmed.

Ukrain is the brainchild of Dr. J. Wassyl Nowicky, who named it after his native country (without the final “e”) and unveiled it at the 13th International Congress of Chemotherapy in Vienna in 1983. For a therapy that stemmed from folk cancer treatments, it has an impressive body of research behind it. In studies conducted at the National Cancer Institute, Ukrain was tested against 60 different human cancer cell lines

and completely inhibited the growth of cancer in 57 of them, including leukemia, melanoma, and cancers of the lung, colon, brain, ovary, breast, and kidney.

Clinical studies of this anticancer agent are equally impressive. In a 10- year clinical study conducted by scientists at Dr. Nowicky's Ukrain Anti- Cancer Institute in Austria, 93 percent of patients starting treatment at the earliest stage of tumor development (no metastases) experienced a total remission. In patients with minimal metastasis, the success rate was a still remarkable 72 percent. Even in patients with advanced metastatic cancer (considered "terminal" by most physicians), the success rate was 30 percent.

Ukrain works on several fronts to selectively destroy cancer cells. It inhibits DNA, RNA, and protein synthesis in malignant cells and reduces these cells' oxygen consumption to zero, effectively killing them. Like shark and bovine cartilage, it also inhibits the growth of blood vessels around a tumor, starving the tumor of nutrients and helping to prevent the spread of cancer beyond the original site. And it fortifies the immune system by increasing the number of T helper cells, which coordinate key immune activities, and macrophages, which seek and destroy abnormal cells.

Over 120 scientific papers on Ukrain have been published by scientists from 16 countries and 47 universities and research institutes. Investigation of Ukrain continues not just in Austria, where it is produced, but at many institutions in Canada, France, Germany the Netherlands, Switzerland, Thailand, and even Swaziland. Unfortunately, American oncologists are far less open to the potential value of this anticancer compound. Only a handful of alternative practitioners in the United States offer Ukrain therapy. (See Resources sidebar.)

**Keep Searching:** The therapies that I have described above are the ones that, in my opinion, would offer me the best chance of success in fortifying my immune system and helping me to combat cancer without destroying my body in the process. In contrast to the invasiveness of surgery, the toxic brew of chemotherapy drugs, and the destructive effects of radiation, these therapies have an impressive record of safety. What's more, countless patients with "terminal" cancer have used these therapies to beat the odds and are living proof that "cut, burn, and poison" are not the only ways to combat cancer.

If I were battling cancer, I wouldn't stop with what I know now. I would continue to search for effective, nontoxic therapies that would give me a fighting chance. I would likely turn to Ralph Moss, Ph.D., probably the most knowledgeable writer in the world on alternative therapies for cancer. His books are a much-needed antidote to the mainstream media's glorification of conventional cancer therapy. Through a service called *The Moss Reports*, he also provides personalized recommendations on the best alternative cancer treatments worldwide, depending on the type and severity of cancer.

I would consult People Against Cancer, a nonprofit organization that provides a comprehensive counseling service called the Alternative Therapy Program. It includes a review of your medical records by a network of doctors who use alternative therapies.

Finally, I would look into cancer treatment clinics using therapies that promote the body's innate healing powers rather than devastate the immune system. Here are two of the most promising clinics that I would explore.

**Burzynski's Antineoplastons:** Antineoplaston therapy is a remarkable cancer treatment devised by Stanislaw Burzynski, M.D., and administered at his clinic in Houston, Texas. I firmly believe that antineoplastons are among the most important

breakthroughs of the century in cancer therapy for one reason: they address cancer at its origins. Administered by mouth or intravenously, these small protein compounds enter cells and alter specific functions of their genes. Some activate tumor suppressor genes that cause cancer cells to undergo apoptosis (programmed cell death), while others turn off oncogenes that would otherwise cause unbridled cell growth – the very definition of cancer.

Dr. Burzynski recently celebrated the 25th anniversary of the founding of the Research Institute and the Burzynski Clinic. There was much to celebrate, for since opening his clinic, he has extended the lives of thousands of cancer patients, many of them with aggressive, “incurable,” or highly advanced cancer. Dr. Burzynski’s success rate is especially remarkable considering the types of cancer he is most closely associated with – virulent brain tumors that conventional medicine is powerless to treat. In one trial of patients with brain tumors, survival, complete remission, and

partial remission rates were seven times greater with antineoplastons than have been documented in the published studies of patients with similar tumors treated with surgery, radiation, and chemotherapy.

If you are interested in pursuing antineoplaston treatment, be aware that the FDA controls who gets to use the therapy and who doesn’t. Patients with malignant brain tumors or lowgrade lymphoma may begin therapy as soon as they are diagnosed, but those with other types of cancer are often required by the FDA to first undergo radiation

**DR. WHITAKER’S RESOURCES  
MENTIONED IN THIS ARTICLE**

The vitamins and minerals mentioned in this report are available in health food stores or from Healthy Directions, at 800-722-8008 or [www.drwhitaker.com](http://www.drwhitaker.com).

**Bovine cartilage** developed by Dr. Prudden, VitaCarte, is available in health food stores or from Phoenix Biologics, 800-947-8482. Dr. Lane’s shark cartilage, BeneFin, is also available in health stores or at [www.lanelabs.com](http://www.lanelabs.com).

For more information on shark cartilage, read Dr. Lane’s books, *Sharks Don’t Get Cancer* and *Sharks Still Don’t Get Cancer*.

**Hydrazine sulfate** is available from Bio Research Institute, 800-291-1508.

For information about **amygdalin (laetrile)**, call Bio Research Institute at 800-291-1508.

To learn more about **ukrain**, which should be used under the care of a physician, write to the Ukrainian Anti-Cancer Institute, Margaretenstr. 7/ 7, A-1040 Vienna, Austria, or visit their Web site, [www.ukrain.com](http://www.ukrain.com).

**Ralph Moss**’s books on the cancer industry and alternative treatments for cancer are available in bookstores and many libraries. For information on The Moss Reports, call 800-980-1234 or visit [www.cancerdecisions.com](http://www.cancerdecisions.com).

To contact **People Against Cancer**, call 515- 972-4444 or visit [www.people-againstcancer.com](http://www.people-againstcancer.com).

To learn more about the **Burzynski Clinic**, call 713-335-5697 or visit the Burzynski Research Institute’s Web site, [www.cancermed.com](http://www.cancermed.com), or the Burzynski Patient Group’s Web site, [www.burzynskipatientgroup.org](http://www.burzynskipatientgroup.org).

To learn more about **Hoxsey** therapy, contact the Bio-Medical Center in Tijuana, Mexico at 011-52-66-4684-9011 or the National College of Naturopathic Medicine at 503-255-4860.

**I3C** is available from Life Extension, 800-544- 4440 or 800-841-5433, or [www.lef.org](http://www.lef.org).

The brand of **modified citrus pectin** used in the research cited in this report is PectaSol, available in health food stores or from EcoNugenics, 800-308-5518.

Cell Forte with **inositol hexaphosphate (IP- 6)**, from Enzymatic Therapy, is sold at most health food stores.

**ImmPower AHCC** by American BioSciences can be ordered from Harmony Company at 800-422-5518.

or chemotherapy. Patients must be seen in the Burzynski Clinic in Houston, and may be required to stay in Houston for two to four weeks for daily antineoplaston administration and evaluation. It is an expensive therapy but is sometimes covered by insurance.

**Hoxsey's Herbs:** The Hoxsey therapy is one of the oldest alternative therapies for cancer. A self-trained healer, Harry Hoxsey used herbal formulas passed on by his great-grandfather to treat cancer. Some of these formulas were applied to the skin in order to selectively destroy cancerous tissue, while others were designed to be taken internally. These tonics were believed to balance the body and create a healing environment in which the immune system is strengthened and tumors die.

Hoxsey established a clinic in Dallas, Texas, in the 1920s, where he had good success treating cancer patients. Despite popular support for his treatment, the conventional medical community dismissed Hoxsey as a charlatan and he was repeatedly arrested for practicing medicine without a license. In one two-year period, he was arrested over 100 times! Eventually, his treatment was banished from the U.S. When Hoxsey retired, he passed the torch to his nurse, Mildred Nelson, R.N., who established the Bio-Medical Center in Tijuana, Mexico, in 1963. It was the first alternative medical treatment facility catering to American citizens outside the United States.

Since its establishment, the Bio-Medical Center has treated thousands of cancer patients. The types of cancer that seem to respond most favorably include melanoma, chronic leukemia, lymphoma, and other types of skin cancer. Patients with cancers of the lung, colon, prostate, cervix, and breast also report a good response. Recent research leaves no doubt that Hoxsey's formulas, however strange their origins, do indeed contain many plant substances with therapeutic activity. In fact, scientists have identified antitumor activity in all but three of Hoxsey's plants, including burdock root, red clover, barberry, licorice root, and prickly ash.

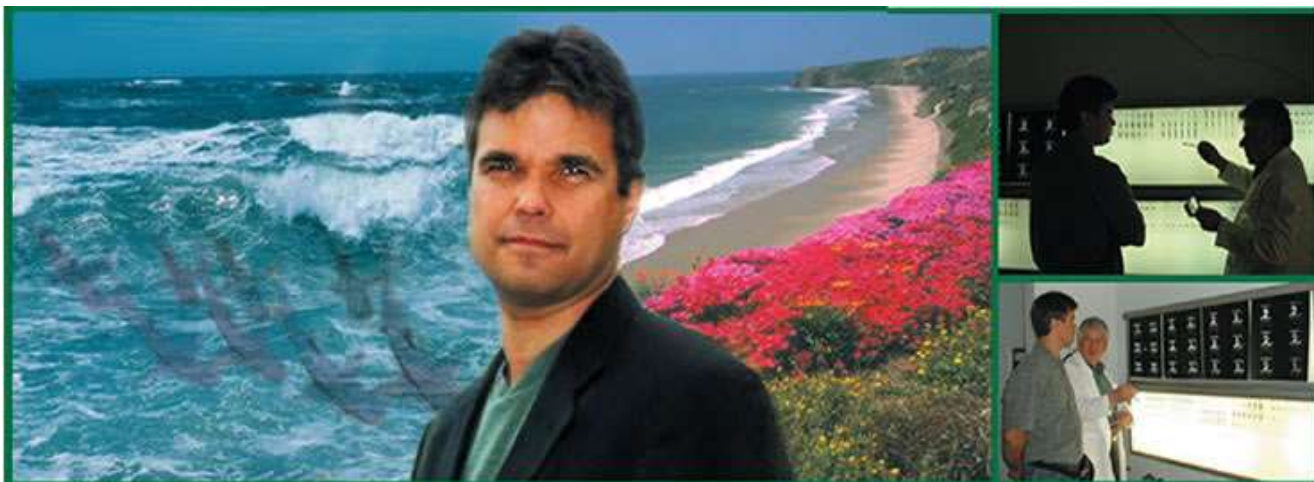
When patients are confronted with a diagnosis of cancer, reason often flies out the window. At the very time they should be making calm, well-considered, educated decisions, they're paralyzed by shock, fear, and an extreme sense of urgency. Many patients in this situation rush headlong into whatever course of action their physician recommends. They do so not so much because they have faith in the effectiveness of current cancer therapies, but because they're too scared to do anything else.

Be an "exceptional" patient, even if you're labeled "difficult." Don't be afraid to ask your doctor for documentation, and don't be reluctant to question what you don't understand or disagree with. Absolutely get a second opinion, and possibly a third and a fourth. I know it takes courage to question your doctor's recommendations and even more courage to reject them. Don't forget, it's his or her professional opinion. But it's your life.

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Julian Whitaker, M.D., is founder and president of the Whitaker Wellness Institute Medical Clinic in Newport Beach, Calif. He is the author of the monthly newsletter Health & Healing, and has written eight books including Reversing Hypertension, Reversing Diabetes, and Reversing Heart Disease (Warner Books). For more information, visit [www.drwhitaker.com](http://www.drwhitaker.com) or call 1-800-539-8219. This article is a reprint of Dr. Whitaker's booklet of the same title. Used by permission.





At one point Allen used imagery of sharks eating his tumors. Today he is cancer-free and trying to help others learn of the alternative healing methods that were so successful in his case.

Discussing results of CT scans with the radiologist at the Bio Medical Center in Tijuana, Mexico.

## Healing Cancer with Cayce's Help

by Allen S. Chips, D.C.H.

*Venture Inward* magazine, March/April 2006.

As an alternative health professional, I never thought I would be the one telling about my own battle with cancer. I'd helped others cure theirs, but did not expect to be in the position of needing the advice, "Physician, heal thyself." We always think that it won't happen to us – we take so many supplements, do our spiritual work, meditate, try to eat right, then whammo! the body does things that we don't consciously want. Like me, many embark upon a grand educational journey through alternative or allopathic medicine, in search of healing.

People often ask me, "Do you know what caused it?" or "Do you have any pollution problems near your house?" I tell them yes, that I know what the turning points were for contracting the disease, and then getting rid of it. I did have a pesticide plant near my house. I tell them genetics played a role, as my mother contracted the exact same strain of Hodgkin's at the same age. I also tell them that my traditional oncologist now says I am a walking miracle: "the most exceptional patient [he's] ever had." So here's my story:

I know the events that led to the breakdown of my immune system, which led to mono - a virus that resulted in Hodgkin's lymphoma. It was, in part, a family issue. In order to protect our family's privacy, I will leave out the details; but almost everybody is familiar with the potential difficulties inherent in parenting teens. When you come from an ethnic background, such as mine, family is everything, and so the turbulence was all-consuming.

My teenagers are great today, but back then, I experienced sleepless nights and dissatisfaction toward life for a short period of time, I must admit. This inner restlessness was just enough to trigger a change in my health.

I came down with the first symptoms of night sweats and week-long fevers on Good Friday, in April 2003, was diagnosed with Hodgkin's lymphoma on May 21, right on my 20th wedding anniversary, and reluctantly set up my first chemo date for June 16. My diagnosis was stage 2B - two areas of the body, traveling in the blood. Two tumors on the neck, four tumors between the heart and lungs, and growing. I was supposed to take 12

treatments of A.B.D.V. chemotherapy, with a PET scan after eight treatments, to determine whether chemo would be enough. If not, radiation would also be necessary.

I got on the recovery warpath in May by spending every day, from 7:30 a.m. to sometimes as late as 1 or 2 p.m., researching cures in a book or on the phone. I contacted a wide variety of treatment programs, oncologists, cancer researchers, alternative health practitioners, psychics, ministers, recovered cancer patients, and the National Institutes of Health's National Council of Complementary and Alternative Medicine (NCCAM).

At first, because sharks don't get cancer, I put myself on shark cartilage; however, I later discovered, through the NCCAM website, this form of calcium by itself had proved to be ineffective. I put myself on garlic, due to the recent studies in Japan showing tumor reduction capabilities, and added high doses of coenzyme Q-10 to the mix, due to its recent reports of assisting cures in breast and other cancers. I changed my diet to eating slightly higher amounts of fruits and vegetables. I implemented daily "white light" meditation for tumor reduction using shark imagery. At first I imagined great whites eating tumors, then purple nursing sharks in my bloodstream for eating any traveling cancer cells. I also took a multivitamin, some green grasses, elderberry extract, and vitamin E with B6, B12, and folic acid. I did hypnomeditation daily and received guidance that purple was my healing color for this condition. I later had a significant dream that I would be healed. This was confirmed by my deceased grandmother during a symptom-relieving reiki treatment with my wife, who is a reiki master and medical clairvoyant.

I did get the tumors in my neck to shrink slightly from mid-April to mid-May, but by the end of May, I knew I was losing the battle. One of the two tumors on my neck was growing. It went from a kind of loose kidney bean to fanning out and attaching on the side of my neck. This was the week before I was to teach a segment of our past-life therapy training program at the A.R.E. Each night, I felt deathly ill, as if I had a cross between walking pneumonia and the flu. It felt like lighter fluid on the sternum and a brick on the chest.

On June 1, I woke up in the morning, after a few hours of sleep, drenched in sweat. That day, the first day of the class, I announced my problem and that other instructors would take over the training thereafter. Several students came up to ask me if I'd explored the A.R.E.'s health and rejuvenation center. I told them that I would look into it. By the end of the day, I had set up an appointment for a lymph cleansing – a three-and-a-half-hour process that would begin at 9 a.m. the next day. That night I received a much-needed mind-body regressive soul-retrieval session.

The next day began the turning point in my recovery. The lymph cleansing included three parts with three practitioners: a lymph massage, acupressure with castor oil packs, and a colonic. The lymph massage felt relaxing and balancing, but the acupressure was a real purger. As I lay there with a hot castor oil pack on my abdomen, sweating like a pig, the pressure points on my arms and wrists felt like nails were being driven through them. I was having difficulty breathing, and my practitioner said, "Wow, you are moving a lot of energy." A cleansing effect was apparent.

Next was my first colonic, where my worst fear came true. The therapist was a former hypnotherapy student from a certification program I had taught at the A.R.E. (God help us during these kinds of synchronicities!). Nevertheless, she was very professional and experienced, so it turned out to be a very educational and beneficial experience. (I



continued colonics for the first few months.) At the end of my session, I met with a staff member at the Health and Rejuvenation Center who told me about a relative who had Hodgkin's lymphoma and cured it with chemotherapy. It was encouraging to know that traditional medicine had cured someone, should I wish to go through with it. However, the side effects of chemotherapy, of contracting more cancers, concerned me. This was particularly true of radiation therapy.

My acupressure therapist gifted me with the booklet, *Cancer Medicine from Nature*, by Roger Bloom. The book made sense, as it emphasized the herbs Edgar Cayce recommended to rectify cancerous conditions. Herbal medicine made sense to me, as I recollected a Cayce reading suggesting there was natural cure for every illness. I felt that God would have foreseen our conditions of illness and given us this grace; so I wanted to find out more about it while at the A.R.E.

After checking in with the conference department, to secure my speaking schedule at A.R.E. (all of us affirming I would be here next year), the next stop was the A.R.E. Library. There, I explained to Linda, the librarian, of my plight, and she immediately committed to helping me find a natural cure for my condition. Apparently, she'd also cured herself of a medical condition with the help of the Cayce readings. I loaded up with books, tapes, videos, magazines, and illustrations, and headed to the resource room to work with the readings on CD-Rom. I found a wealth of information.

My focus was on herbs and diet. I wanted to see what Edgar Cayce recommended not just to prevent cancer, but cure it. I found multiple recommendations of burdock root, stillingia, yellow dock root, wild cherry bark, and potassium iodide. I also found elderflower and noticed that Cayce recommended an alkaline diet.

As I watched the video outlining the Hoxsey approach, *Quacks Who Cure*, my head spun. Harry Hoxsey was a naturopath curing cancer around the time Cayce was giving readings, prescribing almost the exact same herbal compounds. What I saw convinced me that these two men discovered the cure for cancer. The government conspiracy...the alkaline diet similar to the Cayce diet...and the herbs – almost identical. Due to the fact that Hoxsey was curing cancer outside of the medical establishment, the A.M.A. filed a lawsuit, which Hoxsey won in a counter suit. He proved he was curing cancer as he'd claimed. However, a few weeks later Hoxsey's 17 clinics, which were located in almost every major city across American, were pad-locked by the F.D.A. In 1962, their headquarters in Dallas moved to Tijuana, Mexico, where the clinic still exists today. At the end of the video, I viewed several testimonials of cancer cures.

Then, I watched another video called, *Hoxsey's Bio Medical Center - The Experience*, which described a patient's experience at the clinic. A husband and wife who both recovered with the clinic's treatments produced it.

She'd been diagnosed with pancreatic cancer and given three months to live – 20 years ago! I later found out that typically those who are diagnosed with pancreatic cancer are told to skip chemotherapy because it would just shorten their lives. Traditional medicine offered no hope. Wow! I later phoned her to find out her husband was diagnosed with non-Hodgkin's lymphoma a few years after her cure, and he was also cured with Hoxsey therapy using no traditional medicine.

The number of testimonials I'd heard on the video indicated that it couldn't be quackery. After Linda pointed out the Hoxsey Formula in the Baar Products catalog, I got on the phone with Bruce Baar, president of Baar Products, whom I'd met years earlier at

a conference held at the A.R.E. Even though Bruce advised me to go to the clinic in Tijuana, instead of experimenting with his formula, I decided to try it just to see what it would do. His tonic's main ingredients were similar to the original Hoxsey tonic (burdock root, stillingia, red clover, poke weed, licorice, cascara sagrada, prickly ash bark, buckthorn bark, berberis root, and potassium iodide) with the addition of a few herbs that Cayce recommended for cancer recovery. However, this formula was suspended in an alcohol base, which I later found out reduced its potency.

Next, I went to the Heritage Store and bought burdock root and red clover (also traditionally used in Native American cures), and the herbal digestive tonic Formula 545 (also available through A.R.E.), since it contained yellow dock, sarsaparilla, prickly ash, and wild cherry. Finally, I mixed in some licorice extract with all of the above, creating my own concoction.

Next, I began the Cayce alkaline diet. That night I contacted a local chiropractor, who was referred to me by the A.R.E. librarian. She said that she had been diagnosed with breast cancer last September and immediately checked into the Bio Medical Center in Tijuana to use their system as her only treatment. Originally, her tumor was the size of a half dollar and was now the size of a dime. (Recently, she'd informed me that her physician in the U.S. took CT scans, which indicated a solid remission; she now has outlived her relatives, many of whom had died from cancer).

I started on all the Cayce herbs on June 2. At that time, I figured that if I could get the Cayce/Hoxsey herbs and diet to work, as evidenced by shrinking my tumors, I would skip chemo.

By June 5, I was home in Virginia when I received my package with the Hoxsey tonic from Baar Products. That night I sensed the presence of Padre Pio, the stigmatist, in my bedroom. My prayers previously requested his intercession to either heal me or enlighten me as to the purpose for having the disease. That night, I received the message that I would not be healed through divine intervention, but that I was to educate others on my journey.

My wife and I flew to Puerto Vallarta for a third honeymoon just before I was to start my first of 12 chemotherapy treatments on June 16. I continued to use the herbs and a form of Cayce's alkaline diet while I was on the trip, when nothing short of a miracle happened. I felt the large tumor on my neck detach itself, like a rubber band snapping against my neck. It began to shrink as the week went on, and by the time I arrived at the oncology clinic on the 16th, it was the size of a BB. The other lymph node, which had also been proliferating, was by then nonexistent. My physician said, "You are the most exceptional patient in the history of my practice." He told the nurses, "I don't think Mr. Chips will be needing his chemotherapy today." They looked dumbfounded as I could barely hold myself together to make another appointment for a six-week check up.

However, unfortunately, the battle wasn't over. By the end of June, at a family gathering, people said that I still didn't have good color. I felt bloated and was having night sweats every two weeks through the end of July, (my oncologist indicated that night sweats could possibly coincide with the spread of cancer cells through the blood stream). I was worried and asked God for a dream of discernment. That same night, I had a dream that I erroneously interpreted as an urging to take chemotherapy, and with the medical professionals in my family urging me, I signed up to start the process the third week in

July, thinking I would do both alternative and traditional medicine to make sure I won the battle. I told my physician about the dream:

“I was in a car race and had a slow vehicle that was very frustrating. There were two big black guys in the back seat, and one in the passenger seat. The one in the passenger seat kept grabbing the steering wheel trying to take over the driving. I felt the message was that somebody must take over from here, and I should stop self-treating. I think you [the doctor] may have been the woman with dark hair who started the race. I interpret this as a sign that I should probably start chemo.”

He told me he wasn't sure about my interpretation of the dream, since I was making good progress with the Cayce herbal-dietary approach, but that he would order in the “juice” if I wanted it. My traditional oncologist had written three books on oncology and spirituality, so his hesitance about my interpretation of the dream is worth noting.

I took one round of chemo anyway, thinking I would do self-hypnosis and imagery to stave off the side effects. Afterward, I was anemic, had hives from an allergic reaction, blisters on my tongue, severe, debilitating short-term memory loss (from intravenous steroids), and the list goes on. I couldn't remember what I did or said from one moment to the next, and of all of my gifts from God, my mind is my most treasured asset. A few days later, when I went to church, my pastor looked at me and said, “What happened to you?” I told him that I took a chemotherapy treatment, and he said, “Maybe you needed to try it to find out it was something you should never do again.” I agreed. I felt like death warmed over, and I almost fainted a couple of times during the service.

I knew that Spirit was talking through him. After church, I checked myself into the emergency room, and was told not to drive. On the way home, my wife's intuition was that it would kill me if I proceeded, so I vowed never to do chemo again.

In essence, I was on my own from here. I was a “no-show” on my next chemo appointment, and at my subsequent doctor's visit, my oncologist said I needed to have at least 5 more treatments (of 12 minimum) to have any remote chance of a cure. He recommended I take off from work for at least a year, close the speaking and publishing business, and have my wife support me. I said, “No way.” He said, “You know one treatment won't cure you.” I acknowledged that, and was officially signed off as “refusing treatment” in my medical charts. As I departed, I will never forget my oncologist's face as he shook my hand farewell as if he would never see me again.

In the meantime, I recalled the Cayce reading indicating that nothing significant in one's life would happen without first appearing in a dream, so my wife and I thought long and hard to reinterpret my dream correctly. After all, I had asked God to give me a dream for the purpose of discernment. Then, it all began to make sense. We reinterpreted the black driver, who fought me to take over the steering wheel, to represent Hoxsey's “black tonic,” one of the herbal compounds used at the clinic which is characterized by dark root extracts. The group of passengers was the Mexican medical staff at the Bio Medical Center, Tijuana, Mexico. We both ascertained that I was supposed to go to Mexico and let them “drive” now; and we were betting it would be the black tonic they would prescribe for me.

I contacted the local chiropractor again in Virginia Beach. She said, “Eighty years and 80 percent success. You can't beat those statistics.” This confirmed it. As I hung up the phone, I decided no more self-treating. Next, I booked a flight to San Diego, destination Tijuana, Mexico.

When I got to Tijuana on August 10, I requested an additional consultation with a homeopathic physician (all the physicians had been there 15-20 years). In the waiting room, I read the visitor registry. It was filled with testimonials, many from patients who had returned for checkups many years later, still satisfied that the B.M.C. had extended their lives. I read many stories of people whose cancer had metastasized and were cured with Hoxsey therapy in a last-ditch effort after traditional medicine gave up on them.

An oncologist who had worked at the clinic for 18 years examined me. He said my liver and spleen were slightly enlarged, so we would need to stay in frequent contact to make sure the cancer was not spreading to my organs. Next I was shown all my CT scans, which covered a wall. The BMC's radiologist and several alternative medicine physicians pointed out cancer-related factors in the CT scans. That morning, I learned much more about the extent of my disease than I had in the U.S.

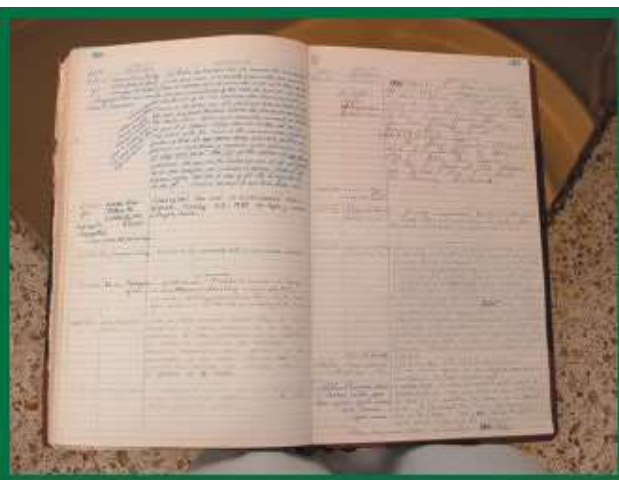
Later, I met again with my oncologist, who put me on a much stricter diet, eliminating pork, vinegar, tomatoes, processed sugar and flour, most fats, alcohol, and many preservatives. The diet added alkaline-forming foods, and took away acid-forming foods. Supplemental replacements were given for specific nutritional deficiencies. The premise for the diet, which had to be followed exactly, was that cancer couldn't grow in a highly alkaline environment. While stifling cancer growth it stimulated the immune system to attack the tumors. The herbs, which cleanse the blood and restore the organs, further boost the immune system and destroy the capillaries feeding the tumors, all of which was evidenced in my CT scans. Years on the diet rebuild the immune system to a level sufficient to prevent any cancers from recurring. The diet works like a vaccine. Once the immune system recognizes and overcomes certain cancer cells, the body maintains a permanent immunity to them.

Second, he put me on the "black tonic," as he called it. (Bingo! Just as the dream indicated.) Their herbs were suspended in a potassium iodide base (instead of alcohol), which proved to be much more potent, as I would discover for the next two months experiencing prolonged digestive tract cleansing. Apparently, the berberis, which is known for killing candida, was doing its job. Then, in the homeopathic consultation I was put on two forms of Chinese medicine. The first was from Spring Wind Herbs - a Berkeley California based Chinese medicine pharmacy that labeled the powdered tea, "Lymphoma Rx." The other was the new "miracle cure," as it's been referred to in the International Journal of Oncology, 2001, called Artemisinin. Nutracology in Hayward, California manufactures Artemisinin. It's a derivative of the herb, artemesia (sweet wormwood), which has been a long-time cure for malaria in Asia. An article written by Robert J. Rowen, M.D., stated that it's been credited with 100% effectiveness, in all cases studied, often resulting in complete remissions - but is not approved by the FDA. I was also put on Montana yew tree needles, the natural, much less toxic derivative of the popular chemo drug taxol.

The last phase was supplement education - Keep taking CoQ-10, garlic, and multivitamins; stop the shark cartilage, and take coral calcium with magnesium instead, since it has several minerals our soil doesn't pass on to our foods anymore.



The cafeteria which serves American and Mexican meals, prepared without toxins, carcinogens, or acid-forming foods.



The testimonial book in the BMC waiting room, containing a large number of success stories.

At the end of my consultation and examination, which cost less than \$100, I was offered a lifetime supply of the herbal medicinal tonic, which amounted to several thousand dollars. There were a few other minor expenses. The clinic was willing to work with patients if they couldn't pay it all at once. At that time, a patient could try the tonic for one year at a price of \$700. Since I knew the remedy was going to work for me, and because the Bio Medical Center recommended a minimum of five years on the tonic, I bought the lifetime supply.

Upon returning home, I experienced six to eight weeks of digestive tract cleansing, which I had been warned about. By late summer, I changed my imagery to God's light melting everything directly, like ice cubes in the sun. I also created a healthy attitude of Buddhist detachment within my personal relationships.

My next visit was to our local hospital in November. The Osteopath who examined the CT scan (on the screen in front of me, since he was my friend and neighbor) exclaimed, "These look necrotized! What have you been doing?" He knew I had given up chemo as soon as I started it, and he had been praying for me. I told him what I'd done to get to this point. Next, I flew out to Mexico for a checkup, and my Mexican oncologists said the same thing: "They (the tumors) look black, and small." Usually, it takes a year or so to boost the immune system high enough to kill and shrink the tumors to this degree, not three months!

In 2004, after two rounds of CT scans, one in the spring and one in the fall, I received a clean bill of health from my local traditional oncologist. He said, "You're done. You don't need to come back here anymore." He had become more interested in how I did it, so I promised him a lunch out after my one-year routine checkup due in the fall of 2005 - when I would further explain these cures from nature.

Yes, the BMC doctors agreed that the chemo was a help, but not a cure; my traditional oncologist concurs. In fact, he originally believed it was a miracle from God. I believe it's a combination of the Cayce/Hoxsey herbs and alkaline diet, the daily imagery I utilized, and the people that God put in my path to teach me how to win the race. The A.R.E. introduced me to natural remedies I didn't realize existed. The BMC made available these unknown cures, and their holistic support system included a thorough

education of diet, herbs, supplements, environment, and lifestyle factors. Throughout the process, they promptly responded to every email and phone call.

This journey made me realize that we are all on borrowed time, and we need to heed the saying *carpe diem*, which in Latin means, “seize the day.” With gratitude, I owe my life and well being to Edgar Cayce, Harry Hoxsey, the people at A.R.E. and the Bio Medical Center - and first and foremost, to God.

“There is within the grasp of man all that in nature that is the counterpart of that in the mental and spiritual realms, and an antidote for every poison, for every ill in the individual experience, if there will but be applied nature, natural sources.”

Edgar Cayce reading #2396-2

**Important Resources:**

Bio Medical Clinic: 011-52-664-684-9011; BMC@telnor.net; www.Hoxsey.com

Baar Products: (800) 269-2502; www.baar.com

A.R.E. Health and Rejuvenation Center: (800) 333-4499

Cansema and Hoxsey Video

Nutracyology: (800) 545-9960; allergyresearchgroup.com

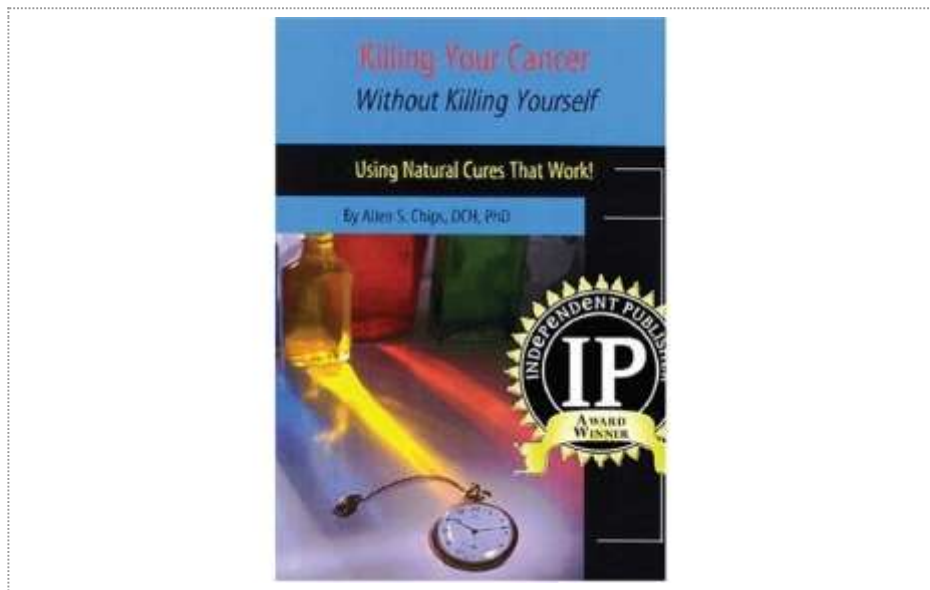
Spring Wind Herbs (pharmacy): (800) 588-4883

A.R.E. Bookstore: (800) 333-4499; www.edgarcayce.org

Dr. Rowen’s newsletter, *Second Option*: (800) 728-2288; (770) 399-5617

*Killing Your Cancer Without Killing Yourself*, by Allen S. Chips, D.C.H.

**Dr. Allen S. Chips** is president of the American Holistic University, and the National Association of Transpersonal Hypnotherapists, and the author of three books: *Clinical Hypnotherapy, a Transpersonal Approach*; *Script Magic: a Hypnotherapist’s Desk Reference*; and *Killing Your Cancer Without Killing Yourself*. Over the past 12 years he has been a popular speaker at A.R.E. conferences on such topics as: professional hypnotherapy certification, reincarnation, life between lives, cancer prevention and recovery, personal growth, and more – all relative to the readings of Edgar Cayce.



**Late June, 2004: A Friend in Need is a Friend Indeed**

Taken from the book, *Killing Your Cancer Without Killing Yourself: Using Natural Cures that Work*, by Allen S. Chips, DCH, PhD

I walked into my office and my wife greeted me. She then replayed a message for me from Dr. Jans, an alternative health professional who teaches meditation and clinical hypnotherapy courses at our annual convention, where many alternative health professionals give workshops and presentations. In the message, he explained with a cordial Indian accent that he had cancer and could not teach at this year's conference. He sounded concerned.

I phoned him back and discovered that a malignant tumor had been discovered in his lung this spring. He was not a smoker, although his father had been one when he was growing up. Shortly after it was discovered, it grew to four centimeters, at which time Dr. Jans did radiation and chemotherapy. It shrank to 2.5 centimeters, but by June it was growing more aggressively than before, and it began to approach 6 centimeters. He was so winded it was difficult for him to climb a flight of stairs.

He apologized for not being able to make our September event, and it was evident that he wasn't sure he would survive that long. His doctor was not responding to his and his family's phone calls trying to request another CT scan or more therapy...

I told Dr. Jans my story, and the stories of others I'd talked with who were successful with the Hoxsey method. He responded that he had tried a traditional and alternative medicine treatment program in Chicago, which was too expensive and turned out to be ineffective. I told him it was different using the herbal medicines and nutritional concepts of the mystic Edgar Cayce and the naturopath Harry Hoxsey, and I told him about the 80-year reputation of the clinic. Finally he implied that in a last-ditch effort he would try the program.

A few days later he was bound for San Diego, destination Tijuana, Mexico. On his return in early July, he called me and said the oncologists at BMC put him on a cancer vaccine, which was used as a nasal spray and was not approved in the United States. He was also prescribed the black tonic and the Hoxsey diet. Within a month, his lung capacity and energy level had returned, and two months later he was in full swing teaching at our conference.

(A year later he credited his recovery from lung cancer to the Hoxsey system. I questioned the doctors at the clinic, who said that their success rate for lung cancer is higher than 80 percent, perhaps as high as 90 percent, because of the addition of the cancer vaccine.)



## The Nut That Heals: A Report on Almonds

Almonds can improve your health in many ways. They have been shown to fight cancer and are beneficial in preventing chronic illness.

by Scott Grady, *Research & Education, A.R.E. Clinic*  
<http://www.areclinic.org/articles.asp?ArticleID=10&src=m>

For most scientists, an almond is a nut like any other nut. The common opinion seems to be that nuts taste good, fill you up, and provide you with plenty of energy — but that's about it. This way of thinking is on the verge of change.

The latest research into the biochemistry of nuts is shining a new light on the importance of nuts in the daily diet. The early stages of this research suggest that the nut of the sweet almond tree (*Prunus dulcis*) may possibly be the greatest of all the nuts, and capable of providing remarkable health benefits.

It was in ancient times that the sweet almond first developed a reputation as a healing food. It was thought to help increase vitality, clear up skin problems, and help the body resist intoxication. In the late 20th century most researchers simply assumed that these old ideas were exaggerations, mere folk tales based upon mythology and the basic nutritional properties of nuts — protein, calories, and the known healing effects of vitamin E, which is abundant in almonds.

Edgar Cayce, a man regarded as the father of American holistic medicine, also highly favored the almond. In his readings, Cayce often recommended that almonds be included in the diet. Sometimes the consumption of almonds was portrayed as a key therapeutic agent — used to improve the complexion, improve eliminations through the colon, and even to prevent cancer.



If these recommendations of Cayce are accurate, and almonds are highly therapeutic in action, then clearly there are some unknown special qualities to the almond. What are these special qualities? What has modern research shown?

A search on the Internet for research on the benefits of almonds yields scant, yet intriguing results. Among these are studies where the American Institute for Cancer Research and the World Cancer Research Fund have reported that nuts, including almonds, are made up of many health-producing substances which could be helpful in the prevention of cancer.



### **Almonds VS Colon Cancer**

The University of California at Davis reports that a high-fat diet rich in whole almonds reduced the colon cancer risk in rats chemically treated to induce this cancer. When compared with rats fed a high-fat, wheat bran-rich diet, which has been thought to protect against colon cancer, the whole-almond group showed a 33% reduction in colon cancer precursor cells, a significantly greater reduction than found with the wheat bran.

Paul Davis, PhD, the study's lead researcher said, "Colon cancer is thought to be a nutrition-related disease, brought on and exacerbated by high-fat, low-vegetable, low-fiber diets. Since whole almonds are a complex, natural package of plant-based protein, monounsaturated fats, fiber, and a variety of micronutrients and phytochemicals, we hypothesized that they may be protective against colon cancer.

"In fact, not only did whole almonds inhibit colon cancer precursor cells from developing, but we were gratified to see that they were significantly more effective than wheat bran, widely believed to protect against this type of cancer."

### **Almonds VS Lung, Breast, and Prostate Cancer**

Research at Pennsylvania State University showed that plant chemicals found in almonds inhibited tumor cell growth in culture. Two flavonoids in particular, quercetin and kaempferol were found to be strong suppressors of lung and prostate tumor growth.

Other research has shown that flavonoids in almonds, fruits, and vegetables can suppress breast cancer cell growth when these cells have been exposed to cancer-causing agents.

Other phytochemicals, such as plant sterols and plant sulfur compounds, are also being linked to cancer prevention.

But not all of the almond research relates to cancer. Research presented at the Experimental Biology '99 conference suggests that almonds and other nuts can help reduce body weight.



### **"Smart" Fats are Good for You**

Researchers at Harvard University have found that oils from almonds, other nuts, and olive oil do not significantly raise body fat. Contrary to popular belief, nutritious dietary oils — "smart" oils — rarely contribute to body fat. Body fat is typically created by the consumption of too much refined sweets and starches, as was

noted by Edgar Cayce in the early 20th century.

The Harvard research shows that a person will lose just as much weight on a low-calorie/smart-fat diet as they would on a low-calorie/low-fat diet. In fact, eating a diet rich in smart fats like olive oil and almond oil provides multiple additional benefits. Smart oils add essential nutrients to the body, including important factors for building hormones. A diet including smart fats is also more satisfying and can help dieters avoid the “yo-yo effect” of weight loss followed by weight gain.

One researcher, Kathy McManus, MS, RD, said, “We found that initially people were reluctant to join the nut and olive oil diet group because they feared they might gain weight. But in the end, not only was this eating pattern as effective for loss as the low-fat diet, but there were additional benefits, both in terms of health and enjoyment.”

The report states that people in both the low-calorie/low-fat and low-calorie/smart-fat groups lost an average of 10 pounds over a 12-month period. The group using the smart-fat diet was successful in keeping the excess weight off, and even showed a significant drop in blood pressure, toward healthier levels. Those who used the low-fat diet, however, began to regain lost pounds and showed no change in blood pressure.

#### **Almond and Olive Oils Lower Blood Pressure**

Why did the Harvard researchers report a reduction in blood pressure for the smart-fat group? This positive change came about from better nutrition. The body's blood pressure is governed by hormones, so high blood pressure can be a sign that the body is starved for the substances found in the nutritional fats.

#### **Almond Oil Reduces Cholesterol, Prevents Heart Disease**

Not only can the oil in almonds lower blood pressure, but by the same mechanism it can positively affect blood cholesterol levels. A study conducted by the University of California at Davis showed a significant improvement in blood lipid profiles among men and women who replaced 50% of their habitual fat intake with either whole almonds or almond oil for six weeks. The reduction of “bad” LDL cholesterol was similar regardless of whether whole almonds or almond oil was consumed. The “good” HDL cholesterol levels remained fine.

“Since there were no differences in blood lipid parameters between the two dietary groups in this study,” said Davis, “it appears as if the oils in almonds, which contain monounsaturated fats as well as other lipid-related compounds, are primarily responsible for their cholesterol-lowering effects.”

Researchers from Harvard University's School of Public Health found that four thousand male and female heart attack survivors who ate nuts at least twice weekly had a 25 percent reduction in risk of recurrent coronary heart disease, compared to those who never consumed nuts. Reductions in risk were seen both in those on cholesterol-lowering therapy and those not on such therapy.

“We looked at other healthful foods, such as fruits, vegetables and grains,” said Lisa Brown, DSc. “Of these, only broccoli, cabbage and other cruciferous vegetables showed a similar reduction in recurrent heart disease risk.”

### **Almonds for Fertility and Diabetes**

As the research on almonds continues, studies are beginning to illuminate the mechanisms behind Cayce’s recommendations and the beliefs of ancient healers. Almonds contain nutrients that can help complexion, heal the cardiovascular system, and prevent cancer. Research from other countries suggests that almonds may also improve vitality.

Scientists at the King Saud University Research Center, in Saudi Arabia, have conducted a study on almonds, which are used as aphrodisiacs in Traditional Arab Medicine (TAM). Their research included acute toxicity tests, which show no toxicity related to almonds. Their findings also indicated that consumption of almonds can lead to improved vitality in mice, as shown by an average increase in body mass, a reduction in white blood cell count, and significantly increased sperm motility and content without any evidence of spermotoxicity.

The Centre for Biomedical Engineering at the Indian Institute of Technology, in New Delhi, India, has conducted research showing significant hypoglycemic effects from a non-oil portion of the almond. This may indicate a use for whole almonds in the diets of those with excessively high blood sugar.

### **What is in Almonds?**

So far laboratories have come up with only a few hints as to why almonds produce the health results they do.

Nearly half of the weight of an almond is almond oil. Almond oil is a bland-tasting oil — though rare, higher grades have a wonderfully sweet aroma.

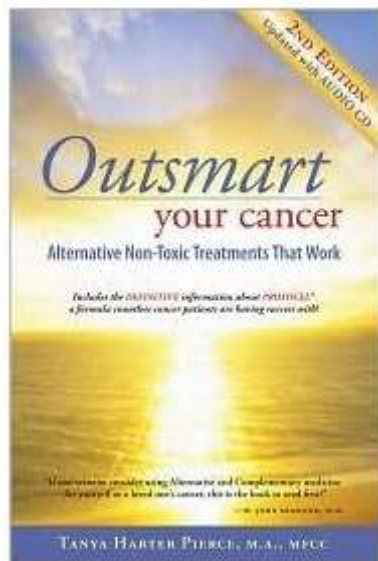
The non-oil portion of the almond is largely made up of proteins, and contain virtually no starch, hence their reputation as an alkaline nut.

One ounce of almonds contains over 35% of the Daily Value (DV) for the antioxidant vitamin E, 21% DV for magnesium, 8% DV for calcium and 6% DV for potassium, as well as 3 grams of dietary fiber. Almonds also contain important flavonoids (including quercetin and kaempferol), plus biotin and sulphur compounds. As the research continues, I’m sure we’ll hear much more about the remarkable properties of the almond.

*“Quiet, meditation, for a half to a minute, will bring strength - will the body see physically this flowing out to quiet self, whether walking, standing still, or resting. Well, too, that oft when alone, meditate in the silence - as the body has done.”*

EDGAR CAYCE READING (311-4)

## **Books and More Information on Alternative Approaches**



In writing this in-depth book, author Tanya Harter Pierce interviewed scores of people who outsmarted their cancer and went on to live normal healthy lives. Read their real-life stories and how they completely recovered from lung, breast, prostate, colon, kidney, brain, bone, pancreatic, lymphatic, and other types of cancer using non-toxic approaches.

In an easy-to-understand conversational style, Pierce also presents sound scientific evidence supporting alternative cancer therapies, and explains why they are so effective.

<http://www.outsmartyourcancer.com/#toc>

### **Why Not Evaluate Alternative Treatments For Cancer?**

#### **What Have You Got To GAIN?**

Below are brief descriptions of each alternative approach discussed in the book *OUTSMART YOUR CANCER [Second Edition]*. For a more in-depth understanding, real-life case stories, and instructions on how to obtain each of these treatments as well as their approximate costs, please refer to the full-length book, *Outsmart Your Cancer: Alternative Non-Toxic Treatments That Work*.

#### **The Hoxsey Therapy**

Currently, this herbal approach to cancer, involving an internal tonic, a topical salve, and a topical powder, can be obtained in its original form from Mexico. But for decades it was a thriving successful cancer treatment in the U.S. It was the first widely used non-toxic cancer approach, but was so heavily opposed by the American Medical Association that it was finally forced out of the United States in the 1950's. Melanomas and lymphomas are considered the best responders to this herbal approach. The treatment is inexpensive and, for most effective results, the main Hoxsey clinic in Mexico should be consulted.

#### **Essiac**

A cold herbal tea, Essiac was first obtained from a Native American shaman in Canada. Based on age-old traditions, this combination of herbs has proven successful for thousands of people with cancer over many decades. It was eventually rigorously tested and endorsed in the United States by President Kennedy's personal physician, Dr. Charles A. Bruschi. Essiac is currently mass-produced in a variety of forms and by a variety of companies. Many people have continued to experience success with it for cancer, but, as with any mass-produced herbal treatment, finding a good quality product is extremely important. Combining Essiac with some other alternative cancer approaches has also proven helpful for many cancer patients. (However, it cannot be combined with Protocol.)

### **The Gerson Method**

This is probably the most difficult alternative treatment for cancer patients to carry out, but it is still achieving great results for many people. Dr. Max Gerson's method is a nutritional approach that involves very strict dietary changes, frequent juicing of fresh, organic fruits and vegetables, daily coffee enemas, and an array of supplements and other procedures. The Gerson Institute in southern California, or other certified clinics, start people out with instruction on the method, then this treatment can be continued at home.

### **Laetrile**

This alternative treatment for cancer is possibly the most misunderstood by the public, as a result of massive misinformation propagated by the cancer industry and press decades ago. However, it is still being successfully used to treat cancer in Mexico as well as in a few places in the U.S. Intravenous treatments along with other nutritional supplementation (and sometimes other adjunctive treatments) are usually combined for best results.

### **Dr. Kelley's Enzyme Therapy**

Two physicians in New York, Dr. Gonzalez and Dr. Isaacs, are working together to treat cancer patients with this approach and are having great results. The treatment centers around taking high doses of special enzymes that can only be gotten from these physicians. It is a rigorous nutritional/dietary approach, involving strict diet, up to 150 pills a day, and regular coffee enemas, but is not quite as difficult as the Gerson approach.

### **Burzynski's Antineoplastons**

At his professional clinic in Houston, Texas, Dr. Stanislaw Burzynski heads an impressive team of physicians where they treat cancer patients with an innovative non-toxic approach called "antineoplaston therapy." This treatment is unique and can only be obtained at this clinic and one other location in Mexico. It is the most expensive alternative cancer treatment (averaging around \$7,000 per month), but boasts a good track record for many types of cancer. For a number of years now, the FDA has been supervising clinical trials at the Burzynski Clinic, and this restricts the administration of antineoplaston therapy to only certain cases. However, anyone with cancer can call the clinic, set up a consultation, and find out if they qualify for entering a trial. If not, Burzynski's group offers some other innovative methods for treating cancer as well.

### **Protocel®**

This unique liquid formula is one of the easiest and least expensive alternative approaches to cancer, yet may be one of the most successful. Protocel is non-toxic and, because it is so easy to use, is often ideal for administering to small children with cancer or the elderly. It was developed by a chemist to interfere with the anaerobic functioning of cancer cells. The fact that cancer cells obtain their energy primarily through anaerobic means (glycolysis) was proven in the 1930s and 1940s by two-time Nobel Prize-winner, Otto Warburg. Since all healthy cells in the body use aerobic functioning, Protocel leaves healthy cells unharmed. In 1990, the National Cancer Institute tested this formula (under its previous name of Cancell®), and the results showed it to work better than chemotherapy on a large variety of cancer cells lines. *Outsmart Your Cancer* is the only source in print to present the history,

theory, and correct usage of Protocol, and it also presents 16 inspiring testimonials from cancer patients who used it successfully to fight their cancer.

### **Hospital Santa Monica**

This in-patient hospital in Mexico, run by Dr. Donsbach, is a professional setting that focuses their cancer treatment around various oxygenation therapies. Just over the San Diego border, this modern facility is an option for people who want around-the-clock supervision in a hospital setting. Doctors and technicians are trained to administer a variety of non-toxic approaches, with the three main treatments being Hydrogen Peroxide, Ozone, and Hyperbaric Oxygen.

### **Flaxseed Oil and Cottage Cheese**

Flaxseed oil and cottage cheese, combined in the right way, are the mainstay of this dietary approach to cancer. Developed by the brilliant German biochemist, Dr. Johanna Budwig, it has been used very successfully by thousands of cancer patients. This approach is based on the fact that flaxseed oil is one of the highest sources of omega-3 and omega-6 fatty acids and cottage cheese is one of the highest sources of sulphur-based proteins. Taken together, the fatty acids bind to the sulphur-based proteins, which results in optimum transport of the fatty acids to cancer cells. The underlying concept is that the omega-3 and omega-6 fatty acids repair the damaged cell walls and chemical communication of the cancer cells to the point where they normalize. Dietary restrictions and extra supplementation is also recommended. People with many different types of cancer have responded well to this method, but prostate cancer appears to show a *particularly* good response to this approach.

### **The Rife Machine**

Possibly the most impressive method of defeating cancer ever developed, this technology was developed in the 1920s and 1930s by one of the true geniuses of the 20th Century, a microbiologist named Dr. Royal Rife. It involved aiming specific sound frequencies (piggy-backed onto a particular carrier wave for deep penetration) at cancer patients to kill their cancer. The treatment was so easy and non-toxic, it merely involved a 3-minute treatment every other day. Documented cancer recoveries that resulted were phenomenal. However, this approach was finally suppressed to the point where it is virtually impossible now to find a Rife Machine that uses the same technique and specifications of the original technology. Since many machines are being produced today that claim to be authentic, yet are not truly effective, it is important for cancer patients to know about the history and issues revolving around this particular treatment approach.

### **714X**

Another unique approach, 714X is an injectable treatment developed by the French biologist, Gaston Naessens. Also considered one of the geniuses of the 20th Century, Naessens discovered details of the connection between micro-organisms and cancer that had never been understood before. He also discovered that cancer cells need more nitrogen than normal cells and that they produce something he named “Co-carcinogenic K Factor” (CKF) which masks the cancer cells from the immune system. His aqueous solution, called 714X, was specifically created to target these and other common aspects of cancer cells. Many amazing cancer recoveries have occurred for people using this relatively inexpensive approach, which can currently be ordered from a company in Canada. Refer to book for more details.

### **Cesium High pH Therapy**

A truly impressive approach to killing cancer, Cesium High pH Therapy was originally developed by a brilliant American physicist named Keith Aubrey Brewer. Like Protocol, it targets the anaerobic aspect of cancer cells, but in a different way. Cesium is the most alkalizing common mineral, and is also readily taken up by cancer cells. The correct usage of cesium results in “alkalizing cancer cells to death,” so-to-speak. Using cesium alone, however, will create a potentially dangerous potassium deficiency in the body, so sufficient potassium must always be supplemented along with cesium. Originally, a powdered form of cesium, that was difficult for the body to process out, was used. Recently, a liquid ionic form of cesium and potassium have been developed. This new development provides for even more effective and safe usage of this powerful cancer treatment approach.

\* \* \*

## **Protocol – Information and eBooklet**

The following is a brief description of PROTOCEL. For a more in-depth description, see <http://www.outsmartyourcancer.com/ebooklet.asp>.

### **Introduction**

Protocol is a non-toxic liquid formula that thousands of people in the U.S. have used to successfully rid themselves of cancer. It was developed by an American chemist, Jim Sheridan, who first conceived of it in 1936. He spent the following fifty years improving the formula, studying its effects on mice with tumors.

Originally, Sheridan called his formula Entelev, then a slightly modified version of it was named Cancell. Since 1999, the formula has been produced as a dietary/nutritional supplement under the name of Protocol. The exact same formula is also currently being sold in Australia under the original Entelev name.

### **History and Theory**

Protocol was developed specifically as a cancer treatment and designed to target the anaerobic cell respiration of cancer cells. The principle that cancer cells are primarily anaerobic was proven by the Nobel Prize-winning biochemist Otto Warburg. Warburg was the first scientific expert to put forth the idea that cancer cells do NOT use oxygen in their main method of producing energy and claimed that this was the prime difference between cancer cells and normal healthy cells.

Jim Sheridan discovered a unique way to capitalize on this prime difference. He designed Protocol to interfere with the less efficient cell respiration of cancer cells to the point where the cancer cells could no longer produce enough energy for themselves to survive, thus allowing Protocol to target cancer cells while not harming the body's normal health cells. (More details on the theory of how Protocol works are presented in *OUTSMART YOUR CANCER* [second edition] and the *Protocol and Cancer* eBooklet.)

After decades of work perfecting his formula, Sheridan was able to achieve a complete cure rate of about 80% on lab animals with cancer. Human cancer patients started using his formula in the 1980s and many late-stage metastasized cases had remarkable recoveries. Since then, people battling virtually every type of cancer have used Protocol with success.

Though Protocol is NOT a “magic bullet” that will cure everyone, there continue to be astounding recoveries – oftentimes in people who have been given no hope of cure from conventional medicine. Some of the fastest-responding types of cancer may be the childhood leukemias (especially the acute forms), cervical cancer, colon cancer, bladder cancer, basal cell skin cancers and aggressive astrocytoma brain tumors. But Protocol has also been known to bring about complete cures for breast cancer, prostate cancer, lung cancer, brain cancer, lymphomas, kidney cancer, liver cancer, pancreatic cancer, and melanoma, among others. (To read 16 inspiring case stories of cancer recoveries, see *OUTSMART YOUR CANCER* or the *Protocol and Cancer* eBooklet.)

### Other Uses

As described earlier, Protocol works by interfering with the cell respiration (energy production) of anaerobic cells. Cancer cells happen to be primarily anaerobic. But there are other types of anaerobic cells in the body as well that are not necessarily cancer cells. These are always damaged cells in one way or another and often are involved in conditions such as auto-immune disorders and viral infections. Thus, people have also had success using Protocol to recover from many different chronic illnesses such as arthritis, psoriasis, ulcerative colitis, Crohn’s disease, multiple sclerosis, and viral conditions. Of these, the intestinal disorders and viral conditions tend to be the fastest responders, with multiple sclerosis and other auto-immune disorders taking longer.

### Usage

There are two formulations of Protocol: **Protocol Formula 50** and **Protocol Formula 23**. These are only slightly different variations of the same formula and either will work for most conditions. But the 50 is preferred by many people for certain diagnoses and the 23 is preferred for others. Since individuals may respond better to one or the other, having two versions allows people more control over their own recovery. Protocol Formula 50 is taken at about ¼ teaspoonful 4 times a day (spread out evenly around the clock) and the Formula 23 is taken at about ¼ teaspoonful 5 times a day (spread out evenly around the clock). For optimum results, **never going more than 6 hours between any two doses** is recommended. This means that people using Protocol for critical life-threatening situations will usually get up in the middle of the night to take a dose.

Because Protocol works in a different way than other approaches, by interfering with the cancer cell’s ability to produce energy for itself, supplements that raise cellular energy are to be avoided. This means that people using Protocol should **avoid supplementation of vitamin C, vitamin E, CoQ10, and selenium, among others**. Taking these types of supplements can work against Protocol’s action. (For more details about dosing and to read lists of supplements that are either compatible or incompatible with Protocol, see *OUTSMART YOUR CANCER* or the *Protocol and Cancer* eBooklet.)



In *OUTSMART YOUR CANCER*, there are four lengthy chapters on Protocol and these four chapters are also available by themselves in the form of the *Protocol and Cancer* eBooklet offered on this website.

See: <http://www.outsmartyourcancer.com/ebooklet.asp>

### **More Books on Alternative Approaches to Treating Cancer**

*Cancer-Free: Your Guide to Gentle, Non-toxic Healing (Second Edition)*

by Bill Henderson, <http://www.beating-cancer-gently.com/buybook.html>  
<http://www.beating-cancer-gently.com/nl81.html>

*Cancer Medicine From Nature: The Herbal Cancer Formulas of Edgar Cayce and Harry Hoxsey* by Roger Bloom [Look for updated and expanded edition: *Cancer Healing from Nature*]

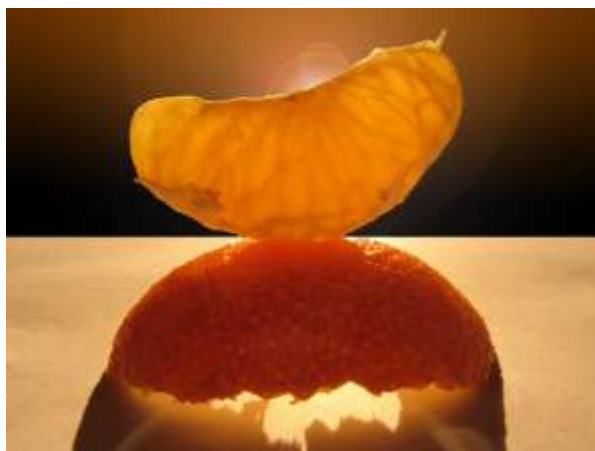
*German Cancer Therapies* by Dr. Morton Walker

*Killing Your Cancer Without Killing Yourself: Using Natural Cures That Work!*  
by Allen S. Chips, DCH, PhD

*The Miracle Mineral Supplement of the 21<sup>st</sup> Century (Second Edition)* by Jim Humble  
[Download part one of this book for free at: <http://www.miraclemineal.org/part1.php>,  
also see <http://www.drhealth.com/>]

### **Modified Citrus Pectin Guide**

Sign up for your free guide at: <http://www.dreliaz.org/wellness-guide/mcp>



From Citrus Fruit to Medical Breakthrough

In this popular wellness guide, you will discover why leading health authorities world-wide recommend Modified Citrus Pectin (MCP) as a daily health supplement. With nearly two decades of scientific and clinical research, MCP's versatility, safety and effectiveness have made it an invaluable tool in the treatment and prevention of cancer, heart disease, inflammation, immune support, and heavy metal

toxicity. In this free guide, you will learn about MCP's groundbreaking research, its unique properties, and how it provides a simple and all-natural method for supporting total body health. You'll also discover:

- The science behind what makes cancer cells so deadly
- How to test for harmful Galectin-3 molecules
- The hidden dangers of heavy metal toxicity and how MCP can help
- The clinical evidence for MCP's effectiveness ... even in treatment-resistant metastatic cancer

## Blood and Urine Test for Cancer The CA Profile©

<http://caprofile.net/TheOriginalCancerProfile.html>

Dr. Emil K. Schandl, M.S. Ph.D., FACB, SC (ASCP), CC (NRCC), LNC, CLD, a Clinical Biochemist and Oncobiologist with *Metabolic Research*, a 501(c)(3) not for profit biomedical research corporation, and *American Metabolic Laboratories*, has developed a battery of blood tests designed to predict your risk of developing cancer (CA) long before detectable symptoms may occur. These tests have proven to be excellent for monitoring individuals receiving non-toxic or toxic treatments. In order to be able to realize actual therapeutic progress, it is recommended to perform the Profile before, during, and at the conclusion of a certain therapy. If the markers decrease, that is a very good sign of healing. The **CA Profile©** includes intact HCG and HCG-beta, core, and fragments, PHI (phosphohexose isomerase), GGTP (gamma glut amyl transpeptidase) enzymes, CEA (carcinoembryonic antigen), TSH (thyroid stimulating hormone), and DHEA-S (dehydroepiandrosterone). The HCG hormone (human chorionic gonadotropin) and its fragments are generally made by the embryonic origin trophoblast cells. It is present in a high percentage of any type of cancer. Two different methods are being used to confirm the validity of the often very low amount of the hormone in the blood. One is *immunoradiometric assay*, i.e. IRMA and the other one is *chemiluminescence*, i.e. IMM. Both of these methodologies are extremely sensitive and will detect very minute quantities of the hormone. Dr. Schandl named this tumor marker the *pregnancy and "malignancy hormone."* HCG suppresses the immune system and generally it is produced under anaerobic cellular conditions by the trophoblast.

Recently, **HCG - URINE Test** was studied and introduced at American Metabolic Laboratories. This test is not a constituent of the Cancer Profile, however, it can be ordered at a discount price when with it, or on its own. It must be noted that American Metabolic Laboratories' **Urine-HCG Test** is the one and only one of its kind for being quantitative down to 1.1 mIU/mL. This test, unlike Doctor Navarro's for instance, requires about 0.5 mL of urine without any treatment, in its natural form. It is totally specific for the HCG hormone even in minute quantities. The old method requires acetone denaturation and extraction of HCG, LH, FSH, and TSH hormones. All of the four structurally very similar hormones are precipitated by the harsh treatment and will add on to the reported HCG value. Postmenopausal women and older men with high LH and/or FSH, and hypothyroid individuals with high TSH will yield elevated "HCG" values.

***Consider the fact, testing for HCG alone can result in approximately 30% false negative results. The entire Cancer Profile© may miss only 10% cancer positive patients.***

**PHI** is the enzyme that channels cells into *anaerobic metabolism*, i.e. fermentation. This kind of cellular survival is what cancer cells favor. The more energy generating metabolic pathway is *oxidative phosphorylation*. This is the pathway normal cells require in the presence of oxygen. Hence, more oxygen is less cancer and less oxygen is more cancer. **PHI** is called ***the autocrine motility factor***, i.e. malignancy or spread factor.

**CEA** is a broad spectrum cancer marker. It is the *carcinoembryonic antigen*. It can also be elevated in all sorts of cancers. It is very prevalent in cancers of the breast and may be the colon. Like all the others, it is an independent cancer marker that by itself may or may not score.

**GGTP** is the most sensitive test for the liver, however, it may be elevated in diseases of the heart, lungs, and kidneys. It is not a tumor marker. However, it may be elevated in cancer patients as a result of either cancer spread or toxic therapy.

**TSH** or thyroid stimulating hormone regulates metabolic rate, i.e. oxygen utilization. A high level, i.e. hypothyroidism, may be a prelude to cancer. Chemotherapy frequently causes this anaerobic condition.

**DHEA-S** is the adrenal anti stress, pro immunity, longevity hormone. The immune system is impaired without adequate amounts of this hormone. Most if not all cancer patients and those in the process of developing cancer have very low or none DHEA in their blood.

Dr. Schandl also suggests a **PTH** (parathyroid hormone) test to evaluate calcium status in the bones.

*For a much more complete work up, you may want to consider the Longevity Profile ©*

The CA Profile© may yield 85-93 positives out of 100 pathologically established malignancies. Because of its capacity to foretell the development of cancer years before a tumor is apparent, a positive finding may be a serious warning sign of a developing cancer. The CA Profile© test also can be used to monitor the response of cancer patients to various therapies: an increasing or decreasing value of a tumor marker may indicate the futility or benefits of a therapy.

Also, the CA Profile© can be combined with specific cancer tests, such as the PSA, CA 15.3 (to detect breast cancer), CA 125 (to detect ovarian cancer), and CA 19.9 (for pancreatic or gastric cancer) to provide the most complete picture of your risk and/or the status of almost every cancer.

Cancer may actually be the number-one killer of humans on the North American continent. Whereas there is no certain cure for cancer, it may be preventable. Fortunately, in most cases, treatments and therapies can successfully extend life for many years. It is essential for cancer patients and their physicians to know how a person is responding to therapy. Biochemical tests are the quickest and most sensitive heralds in this respect.

Persons, who appear to be healthy may be harboring growing, developing cancer cells without any physical signs or symptoms. In other words, no diagnosis can be made by X-ray, CT scan, MRI, or other established methods. The importance of early diagnosis, made possible by biochemical tests, cannot be overemphasized.

The CA Profile©, together with a chemistry profile (SMAC or similar), CBC with differential and platelet count, PTH for the evaluation of calcium metabolism, etc., see the Longevity Profile. PSA for men over 40, or CA 125 (ovary) and CA 15.3 (breast) for women, and CA 19.9 (gastric/pancreatic) for both genders, is the most comprehensive evaluation available for prevention, early detection, and therapeutic monitoring of cancerous metabolic disorders.

Dr. Schandl has tested tens of thousands of patients. The results of these tests not only indicate whether or not cancer is present, but also measure the fluctuating conditions of the patient. Obviously, this capacity is essential for assessing the effectiveness of the therapy instituted.

***Early diagnosis may add years of precious human life via prompt attention to the developing problem.***

Even though our scientists consider the CA Profile© to be the most comprehensive of its kind, a negative score does not entirely rule out the presence of cancer. It does, however, provide a reasonable degree of confidence.

The blood usually carries messages of ill health before such a condition could be detected by any other method. However, it should be mentioned that the final, definitive diagnosis for cancer is tissue/cell examination by a pathologist. The CA Profile© is a very powerful tool as a part of a diagnostic work up. A positive value may suggest, sometimes strongly, the presence or the process of developing a cancer. The tests, in general, are not organ-specific.

**The CA Profile© tests are the following:**

CANCER: LUNG CIRCULATING FILE

<b><u>HCG</u></b> x 2	May be elevated in cancer, stress-related to cancer, a developing cancer, or pregnancy	Normal: less than 1 mIU/mL; gray up to 3.0
<b><u>PHI</u></b>	Developing cancer; cancer; active AIDS; acute viral disease; acute heart, liver, or muscle disease	Normal: less than 34 U/L
<b><u>GGTP</u></b>	Diseases of the liver, pancreas, and the biliary system	Normal: Females less than 29, Males less than 35 U/L
<b><u>TSH</u></b>	Thyroid stimulating hormone, for thyroid and oxygen metabolism	Normal: 0.4-4.0 mcIU/mL
<b><u>DHEA-S</u></b>	Adrenal anti stress, immunity, and longevity hormone; low or zero in most cancer patients	Normal: F 35-430 mcg/dL, M 80-560 mcg/dL. Results must be interpreted in reference to a person's age
<b><u>CEA</u></b>	Carcinoembryonic antigen is elevated in just about all malignancies	Normal: less than 3.0 ng/mL. Gray zone is 3.1-5.0

**Tests Also Recommended:**

<b><u>PSA</u></b> (3rd gener.)	For men over the age of 40 to detect prostate cancer	Normal:0.0 -2.8 ng/mL. However, PSA values between 2.8 and 4.0 ng/mL or above should be verified by a free-PSA test.
<b><u>PTH</u></b>	Parathyroid hormone, for the detection of calcium depletion from the bones, e.g., osteoporosis	Normal: 13 - 59 pg/mL
<b><u>CA 125</u></b>	A sensitive marker for residual epithelial cancer of the ovary	Normal are 1.9 - 16.3 U/mL
<b><u>CA 15.3</u></b>	A sensitive breast cancer marker	Normal:7.5 - 53.0 U/mL
<b><u>CA 19.9</u></b>	A sensitive test for gastric/pancreatic cancer	Normal are less than 36 U/mL
<b><u>Sometime-C C</u></b>	(IGF-1) Human youth/longevity/growth hormone.	Normal vary by age.

**A Letter From Dr. Schandl**

I designed the CA Profile© while in the nuclear medicine department of a large hospital. My work was to inject people with radioactive substances for the performance of various scans: brain, bone, liver, kidney, heart, lung, etc. I felt very uncomfortable making people radioactive for the tests, touching the radioactive materials, and having to be near the radiated, injected people.

The doses used were well within acceptable limits by all regulatory agencies. However, I have always maintained there is no such thing as safe radiation. So, having an excellent background in clinical chemistry, radiation biology, biochemistry, biology, genetics, and enzymology, I composed the CA Profile©. It is made up of various tests. It is not invasive or radioactive. It requires no radioactive substances nor any x-rays, CAT scan radiation, or even nuclear magnetic imaging (MRI). MRI involves speedy resonance of hydrogen atom protons due to an induced electromagnetic field, which is 3,000 to 25,000 times that of our Earth's own field.

No surgical manipulations are required or used. Most commonly used diagnostic modalities can potentially cause cancer themselves. A recent issue concerning mammograms is an example. There is also considerable information on the carcinogenic effects of high-energy, high-frequency magnetic (or any) radiation.

The CA Profile© is simply composed of blood tests. The only invasiveness is the prick of a needle. To assure specimen stability, samples must be handled strictly as instructed. Tests are performed weekly and results reported on Fridays. Thus, early detection and monitoring of cancers is reliably achieved. The CA Profile© is being used by many doctors in the U.S., as well as in Europe, Canada, South America, Asia, the Philippines, and the Atlantic island communities.

Many years of testing showed that accuracy can be as high as 90-93%. This means that of 100 established active cancer cases 90-93 may yield positive test results. Do not forget, however, the absolute final diagnosis is a biopsied specimen; that is, a tissue pathology. A positive test result may warrant a complete change of lifestyle through metabolic therapy. Your M.D., D. O., N. D., chiropractor, podiatrist, or dentist, acupuncture physician, or our staff physician can order the tests.

Sincerely yours in health, Dr. Emil K. Schandl

**Important notes:**

Blood testing is an important and exacting science. Interpretations depend on the knowledge and expertise of trained clinical scientists. Therefore, it is recommended that you work closely with your physician or other qualified health professional for a satisfactory outcome. Dr. Schandl is available to interpret the test results for no additional charge.

**Test availability:** To order blood tests by mail, phone 1.954.929.4814

**Alternative Treatment for Lung Cancer and Irregular Heartbeat:  
Two Case Studies (Irregular Heartbeat omitted)**

Carl O. Helvie, RN, DrPH

*Alternative Health Practitioner, Fall/Winter 1997*

The authors share their successful use of alternative treatments for lung cancer and irregular heart beat in the hope that this knowledge might be useful to others. We hope that knowing we have had success with these treatments will be a motivating factor to others to explore alternative methods and to remain positive about recovery from illnesses. Successful treatments used for lung cancer included a special diet supplemented with laetrile and vitamins, meditation, prayer, psychic healing, visualization, and stress management. . . . Although the treatment for each condition varied, there were certain aspects which were the same. These included: (a) a reduction in stress; (b) meditation; and (c) diet modification. These factors are often recognized as important factors in recovery from a variety of illnesses and treatments. Scientific rationale for some of the treatments is included.

**Case # I: Lung Cancer**

Nursing Background

As a nurse faculty member with a second masters and doctorate degree in public health from Johns Hopkins University teaching at Old Dominion University in Norfolk, Virginia, and previously at Duke University in Durham, North Carolina, I am well grounded in the science of health and nursing. However, I also believed in alternative methods of healing as part of my holistic approach to care for myself and others.

### Alerted by a Dream

In June, 1976, I awoke from a dream knowing I should have a chest X-ray taken. This guidance did not surprise me because I had previously had dreams which gave warnings, assisted in locating things and in solving problems. So I accepted that I should call my physician and arrange for a chest X-ray.

### Physician Contact and X-rays

The next morning I contacted my physician and arranged for an appointment. When I requested a chest x-ray he asked if I had symptoms and I replied no. However, I insisted on a referral and despite his skepticism about the reason for the request he referred me to a colleague. When he received the x-ray report he called and asked me to return for another appointment. At that time he told me there was a spot on my left lung which had not been there on my previous x-ray 6 months earlier. He said he would like me to go into the hospital for a lung biopsy.

### Hospitalization, Lung Biopsy, and Diagnosis

When the results of the lung biopsy were returned the physician told me it was malignant and he wanted it removed. At this time he had also arranged for the surgeon to see me. I told my physician I was not willing to rush into a decision to have surgery and that I needed to go home, think about it, pray about it and make a rational decision based upon all of the facts. I asked him to supply me with the pros and cons of surgery so I could use that information in my decision making. At that time he told me I would be dead within 6 months without surgery. However, I reminded him that the decision about surgery and the responsibility for my life was mine and his responsibility was to supply me with the facts to use in making a decision. He repeated the death sentence several times.

### Deciding on a Course of Action

After that appointment I consulted a variety of people including family, friends and nursing colleagues. Most were physician oriented and thought I should have surgery. My mother, who understandably was concerned, said, " Why don't you have surgery and then try other things if you want to." As a nursing faculty member, my colleagues also thought I should have surgery when the situation was discussed. Most faculty, however, avoided any discussion of the cancer as though they did not know what to say.

Then I contacted a friend, Jeanne, who was in my "Search for God" group. "Search for God" groups are nondenominational spiritual development groups which can be found worldwide and which utilize readings presented by Edgar Cayce for the original study group. My group met weekly and meditated daily at a designated time. They were interested in becoming better people by applying spiritual concepts such as patience, love, and forgiveness in day-to-day life. Unlike my family and colleagues Jeanne was supportive of my decisions and offered her unconditional assistance and support. She asked if I would like to request a reading from a psychic in Florida who she thought was one of the best in the country. This psychic had experience with distance health readings so I would not need to travel to Florida. She also agreed to watch her dreams and pray about the situation.

Jeanne also said she was available to talk with me at any time of the day or night. This would help me maintain a positive outlook when others raised doubts in my mind or I weakened in my faith. Knowing someone was always there was reassuring and supportive though I rarely needed to call her.

Jeanne also referred me to several local people who had used laetrile, vitamins, diet and other alternative methods for diagnosed cancer. I contacted and talked with several of them. She further gave me the name and address of a physician in northern Virginia who had previously treated cancer patients for the National Institutes of Health (NIH) using laetrile. When the NIH program was discontinued this same physician continued to treat patients with laetrile because of the success he had previously experienced.

I also decided to request a reading from the psychic in Florida. He gave me an early appointment because he sensed from my request that the situation necessitated a quick response. The psychic did not know me, nor see me for the reading because it was given in Florida and mailed to me. I also did not supply information on the diagnosis nor medical recommendations. However, he identified the tumor and recommended against surgery. Instead, he recommended a variety of alternative methods which he said would resolve the tumor. These included laetril, vitamins, a special diet, stress management, meditation, visualization, a positive attitude and the other methods discussed below. Independently, my friend informed me of her dreams and we decided the dreams were also advising against surgery in favor of an alternative approach. In addition, my own dreams following self-suggestions for guidance pushed me in the direction of alternative treatment by giving me uncomfortable feelings when I dreamed about hospitals and doctors or talking with friends who were advising me to have surgery. On the other hand, I had positive feelings when I dreamed about meditating in my bedroom, or sitting on the sand by the ocean in a peaceful setting.

#### An Alternative Method Approach

My next action was to make an appointment with the physician in northern Virginia. During this appointment he examined me, verified the diagnosis of lung cancer, and discussed the plan of treatment. This included amygdalin (laetrile) 2500 mgm tablets at bedtime and 1 in the morning before noon. These were purchased monthly from a pharmacy in Baltimore, Maryland. In addition, I carried apricot pit, the substance from which laetrile is made, and ate these periodically during the day. I also took pancreatic enzyme supplement tablets, and a variety of vitamins and minerals (chelated minerals, vitamin C and E, and therapeutic vitamins and minerals) which were prescribed by the physician. A diet low in protein, consisting of mainly raw fruits and vegetables, seeds, nuts and grains was also part of the prescribed treatment. Coffee, alcohol and tobacco were excluded.

The physician explained to me that the low protein diet allowed the vitamins and amygdalin to be metabolized efficiently to increase the enzymes and other chemicals deficient in the body. The theory underlying this treatment is based upon the work of Ernst Krebs, M.D., who had treated patients with laetril since 1923. He believed cancer is a result of the malfunctioning of body mechanisms due to a deficiency in Vitamin B17 or Nitriloside which is found in certain foods and of a deficiency of trypsins produced in the pancreas. The theory that Nitriloside, or laetril, prevents the growth of the cancer is discussed in detail in "World without Cancer" (G. Edward Griffith, 1975).

The physician was vague on other aspects of treatment but I had been interested in alternative methods for many years. Thus, I had taken a course on therapeutic touch, had read extensively on visualization, meditation and other methods. I also volunteered as a nurse at the Association for Research and Enlightenment (ARE) summer camp for children in western Virginia and had used a variety of alternative treatments identified by Edgar Cayce at the camp. In addition, our "Search for God" group used material developed by Edgar Cayce and I had meditated for many years.

My next action was to contact the now deceased Olga Worrell, a well-known psychic healer, who lived in Baltimore, Maryland. She responded to the telephone call like she was expecting my call. When I asked her to include me on her healing list she agreed to remember me in her healing prayers each day. Because I had faith in her ability I was reassured by our conversation and by her promise to include me in her healing.

I also contacted several prayer groups at local churches and the prayer and healing groups at the Association for Research and Enlightenment (ARE) in Virginia Beach where I live. I asked each group to include me on their prayer list to receive their healing prayers. All were most agreeable to help me in my healing process.

Each day I spent two 15-minute periods visualizing the cancer cells being reduced by the vitamins and the laetril and disappearing. I also visualized my body as healthy and congratulated myself for being successful.

In addition, I meditated for 30 minutes each evening before I went to bed. Each meditation focused upon a positive affirmation and a visualization of a protective shield around the body, followed by an attempt to empty the mind of all thoughts. When thoughts intruded I returned to the positive affirmation. The meditation was followed by a blessing to others who were in need.

A most important part of my treatment, from my point of view, was maintaining a positive attitude toward recovery and toward daily life. If a colleague, friend or family member talked about following the physician's recommendation for surgery or placed a doubt in my mind about my approach to healing I thanked them for their concern and walked away. Most people ignored the subject and I felt they were uncomfortable talking about it because of their traditional medical orientation to healing.

During this time, I also practiced stress management techniques regularly. When I felt stressed by my teaching position I retreated to my office and visualized a peaceful setting, meditated briefly, or went through a progressive relaxation exercise for the body. I also continued my "Search for God" study group meetings weekly and meditated daily at the designated time when each group member was meditating. The support from this group was most helpful throughout my healing process.

I did not tell my physician that I was using alternative healing methods because I thought he would not have approved or understood. However, I continued to visit my local physician every three months for x-rays and evaluation of any change in the tumor. I forbade him to discuss surgery again. My life was my responsibility.

The only problem experienced during this time was symptoms of nervousness, irritability, loss of appetite, and edema which lead to a diagnosis of protein deficiency. As a result I began taking a liquid predigested protein supplement, a protein which provides basic amino acids but does not require the action of pancreas enzymes for use in the body, and the symptoms disappeared. I also obtained a second psychic reading after one year and it was confirmed that progress was being made and healing would occur within a year.

I continued the laetril, vitamins, visualization and other alternative treatments, and visits to the local physician every 3 months for a 2-year period. At the end of this period, x-rays revealed that the tumor was gone. My local doctor said he thought he had made an incorrect diagnosis. However, a physician friend who was a former professor at Duke University Medical School asked to see the lab results, x-rays, and other tests that had been performed. I obtained these and following his review, he confirmed that my growth had definitely been cancer based upon the biopsy reports and x-rays.

#### Lessons Learned and Opportunities Grasped



As with all such situations I viewed this as a learning experience and analyzed why I had created this disease. I had learned that with all patterns and situations in life, *the spirit is the essence, the mind is the builder, and the physical is the result*. Thus, my negative emotions and thoughts had manifested as cancer. All of the therapies were directed to replacing my negative emotions and thoughts with positive emotions and thoughts. I was successful in creating both a cure and a life lesson. Twenty years later I am still healthy and active in a rewarding career in nursing. In addition, by sharing information on holism and alternative ways of treating illnesses with nursing students, their patients may be given the information which will allow them to use alternative methods.

#### Rationale for Alternative Methods Used in Case Study

Theoretical models for and scientific data about alternative methods are slowly evolving to show the validity of the alternative methods used in this case study. Early work on the relationship between healing and visualization was carried out by Carl Simonton, MD; a radiation oncologist, and his wife, Stephanie Simonton, PhD (1978) and Drs. Elmer and Alyce Green (1977) of the Biofeedback Research Department at the Menninger Foundation in Kansas. The Simontons' initial case study was a man diagnosed with throat cancer who used visualization to complement a 2-month regime of radiation. Although his prognosis was poor he recovered with no side effects by visualizing his treatment and white cells in a positive way. He also used the technique to cure arthritis and chronic impotence. Following this success the technique was used by the Simontons with other patients. The Greens used a combination of hypnosis and visualization with a man who had pelvic cancer and who was in severe pain. Using the techniques the man reduced his tumor to a quarter of its original size, eliminated his pain, and was discharged from the hospital instead of dying.

In 1984, Hall studied visualization with patients and found it increased the number of circulating white cells and the level of thymosin-alpha-1 that helps produce feelings of well-being. More recently, Rossman (1993) says that although there are few controlled studies on the health effects of visualization, clinical reports suggest it can be used to treat conditions such as chronic pain, allergies, hypertension, irregular heartbeat, colds and flu, autoimmune disease, and stress-related diseases.

Articles on the effect of meditation also appeared in the literature. Foremost among scientists who studied meditation in depth was Benson (1979, 1984) who found that meditation lowers or normalizes blood pressure, the pulse rate and the level of stress hormones in the blood. It also changes brain wave patterns to one of decreased excitability, and decreases pain. On psychological tests those who meditate show a reduction in Type A behavior. A type A personality is associated with "individuals who are highly competitive and work compulsively to meet deadlines . . . associated with a higher than usual incidence of coronary heart disease" (Anderson, Anderson, & Glanz, 1994). Khalsa (1974) found meditation and yoga increased the levels of three immune system hormones in the blood by 100% in a pilot study. In 1984, Villolde demonstrated that regular meditation and visualization improved white blood cell and hormone responses when a subject experienced standardized physical stress. Recently, Kabat-Zinn (1993) found that in their 8-week course in meditation there was a sharp decrease in the number of medical and psychological symptoms that patients reported. Meditation has also been found to lower cholesterol levels. Most of the above reported studies are early works which were often case studies or theoretical presentations and lacked a scientific foundation.

More recently researchers have identified the influence of thoughts on the immune system and consequently on health. Kemeny, Solomon and associates (1992) found that the nervous and immune systems literally communicate with each other by means of chemical

messengers. This science is called psychoneuroimmunology. Optimistic people who express joy, satisfaction and contentment, who have goals and hobbies, and who view life as a challenge have immune systems that function more efficiently to maintain health or fight disease than those people who are fatalistic and pessimistic. Siegel (1986, p. 3) says scientific research shows that the state of the mind affects the state of the body by working through the central nervous system, the endocrine system, and the immune system and "peace of mind" sends the body a "live" message, while depression, fear, and unresolved conflict send the body a "die" message." Thus, meditation and positive attitudes have a positive effect on the immune system and the ability to fight disease.

Another type of healing used in the above case study was prayer done by a psychic healer from a distance. Some experiments and case studies have been conducted in this area of healing. Grad (1963, 1964, 1965, 1967, 1970) carried out experiments on healing using Mr. Oskar Estebany, a psychic healer. In one study skin was surgically removed from mice and they were divided into 3 groups. One group received the "laying on of hands" from the healer, a second group was artificially heated to hand temperature, and a third group received no treatment. After 11 days the wounds on the group who received the treatment by the healer were significantly smaller than on the other groups.

In another experiment, some skin of 300 mice was surgically removed and the mice were divided into three groups depending upon size, general health and wound size. One group received the laying on of hands by the psychic healer whereas another received this treatment by medical students who said they did *not* have healing abilities. The third group received no treatment. During the treatment period these mice were placed in cages within opaque bags. Some bags were stapled shut and others were open. In the open bags the psychic and medical students placed their hands within the bags without looking at the mice. For the closed bags the treatment was placement of the hands on the bag. After 15 days the mean surface area of the wound of animals in open bags subjected to the psychic healer were significantly smaller than the other two groups. Other experiments performed by Grad showed similar results.

The last type of intervention to be discussed is prayer for a patient by someone other than the patient. Although there is currently no scientific rationale for prayer, it is being studied. In one study, Byrd (1988) evaluated 201 patients with acute myocardial infarction who received prayer from 5 to 7 people each day in Protestant and Catholic church prayer groups across the U.S. The control group of 192 patients who also had acute myocardial infarctions did not receive prayer but they did receive the same medical care as the study group. The study was a randomized, double-blind study which lasted for 10 months. Significant findings included the following: (a) those in the study group (prayed for) were 5 times less likely to require antibiotics than the control group; (b) the study group was 3 times less likely to develop pulmonary edema; (c) no study group subjects required endotracheal intubation compared to 12 in the control group who required support from a mechanical ventilator; and (1) although it was not statistically significant, fewer in the study group died.

#### Hope for Alternative health Practices

In 1992 the Office of Alternative Medicine (OAM) at the National Institute of Health (NIH) was created and many alternative therapies are being evaluated scientifically to determine if they influence the clinical outcome of illness or enhance wellness (Cron, 1993). By 1994 30 studies were funded to evaluate such alternative methods as acupressure, massage therapy, electrochemical treatment, hypnosis, guided imagery, biofeedback, prayer and others. Health conditions such as cancer, AIDS, and asthma have been targeted. The results of these scientific studies should be useful to strengthen the value of alternative methods....

**Case #2:** Alternative Treatment for Heartbeat Irregularity [and references] omitted

## **Many Lung Cancer Tumors May Prove Harmless, Study Finds**

By Dennis Thompson

HealthDay Reporter, HealthDay

<http://health.yahoo.net/news/s/hsn/many-lung-cancer-tumors-may-prove-harmless-study-finds>

MONDAY, Dec. 9, 2013 (HealthDay News) -- Smokers who have a CT scan to check for lung cancer stand a nearly one-in-five chance that doctors will find and potentially treat a tumor that would not have caused illness or death, researchers report.

Despite the finding, major medical groups indicated they are likely to stick by current recommendations that a select segment of long-time smokers undergo regular CT scans.

"It doesn't invalidate the initial study, which showed you can decrease lung cancer mortality by 20 percent," said Dr. Norman Edelman, senior medical adviser for the American Lung Association. "It adds an interesting caution that clinicians ought to think about -- that they will be taking some cancers out that wouldn't go on to kill that patient."

Over-diagnosis has become a controversial concept in cancer research, particularly in the fields of prostate and breast cancer.

Some researchers argue that many people receive painful and life-altering treatments for cancers that never would have harmed or killed them.

The new study used data gathered during the National Lung Screening Trial, a major seven-year study to determine whether lung CT scans could help prevent cancer deaths.

The trial found that 20 percent of lung cancer deaths could be prevented if doctors perform CT screening on people aged 55 to 79 who are current smokers or quit less than 15 years ago. To qualify for screening, the participants must have a smoking history of 30 pack-years or greater. In other words, they had to have smoked an average of one pack of cigarettes a day for 30 years.

Based on the study findings, the American Lung Association, the American Cancer Society, the American College of Radiology and other medical associations recommended regular screenings for that specific segment of the smoking population.

The federal government also has issued a draft rule that, if accepted, would make the lung CT scans a recommended preventive health measure that insurance companies must cover fully, with no co-pay or deductible.

The latest projections from that same data, however, found that more than 18 percent of the cancers detected by the scans would be unlikely to do harm to the patient, said study co-author Dr. Edward Patz Jr., a professor of radiology at Duke University Medical Center. The findings were published online Dec. 9 in the journal *JAMA Internal Medicine*.

Patz characterized his findings as "one piece of information they were waiting for just to understand the risks and limitations of the trial and of recommending mass screening."

"When we tell patients we're going to do a test, you need to understand the risks and benefits," he said. "This is just part of the equation."

Edelman said some of the over-diagnosis can be attributed to slow-growing tumors. In other cases, however, smokers will not die of cancer because they will succumb first to emphysema, heart disease or the myriad of other major health problems caused by smoking.

"It could be that heavy smokers die of lots of other things before the cancer can kill them," Edelman said.

Patz and Dr. Otis Brawley, the American Cancer Society's chief medical officer, said the results highlight the need for future research to uncover genetic markers that will allow doctors to better sort aggressive cancers from cancers that might not need to be treated.

Brawley added, however, that the presence of over-diagnosis does not change the fact that CT screening can save thousands of lives a year.

Calling the original trial "one of the greatest screening studies ever done," Brawley said the clinical trial had successfully detected two types of lung cancers -- the 80 percent that could not be cured and the 20 percent that could be successfully treated.

"Now we're realizing there's a third kind of cancer -- the kind that doesn't need to be cured but can be cured," Brawley said. "We cure some people who don't need to be cured, but the study clearly shows by treating everyone we cure people who need to be cured."

## **Simple Blood Test Can Diagnose Lung and Other Cancers, Study Finds**

Screening for biomarkers could help determine success of tumor-removal surgery and recurrence

Source Newsroom: American Society of Anesthesiologists (ASA)

<http://www.newswise.com/articles/simple-blood-test-can-diagnose-lung-and-other-cancers-study-finds>

Newswise — SAN FRANCISCO – October 15, 2013 – Early-stage lung and prostate cancers as well as their recurrence can be detected with a simple blood test, according to a study presented at the [ANESTHESIOLOGY™ 2013 annual meeting](#). Serum-free fatty acids and their metabolites may be used as screening biomarkers to help diagnose early stages of cancer, as well as identify the probability of recovery and recurrence after tumor removal, researchers found.

"While cancer is the second-leading cause of death worldwide, diagnosis at the early stages of cancer remains challenging," said Jinbo Liu, M.D., M.S., researcher at Cleveland Clinic, and lead study author. "In this study, we identified compounds that appear to be new screening biomarkers in cancer diagnosis and prognosis."

The study looked at blood samples from 55 patients with lung cancer and 40 patients with prostate cancer and compared them to blood samples of people without cancer. In a second phase of the study, blood was examined preoperatively from 24 patients scheduled for curative lung cancer surgery and again at six and 24 hours after the surgery.

The cancer patients had one- to six-times greater concentrations of serum-free fatty acids and their metabolites (the biomarker) in their blood than patients without cancer. In the second phase, the serum-free fatty acid concentrations decreased by three to 10 times within 24 hours after tumor removal surgery.

Lung cancer is the most common cancer worldwide as well as the leading cancer killer in both men and women in the United States. It causes more deaths than the next three most common cancers combined (colon, breast and prostate), according to the American Lung Association.

Prostate cancer is the most common cancer in American men, other than skin cancer, according to the American Cancer Society. While there is a blood test for prostate cancer, the prostate-specific antigen test, or PSA, has a high false-positive rate that results in many unnecessary biopsies and complications, according to Dr. Liu. The test developed in this study could be a helpful additional blood test for prostate cancer.

"This is an exciting first step to having an uncomplicated way to detect early stages of lung, prostate and perhaps other cancers," said Daniel I. Sessler, M.D., chair of the Outcomes Research Department at Cleveland Clinic. "It could also be used to measure the success of tumor resection surgery, immediately after surgery and long-term for recurrence screening."

# CHOOSING TO *Live* — A DAILY CHOICE

BY LINDA CAPUTI, RN

**S**OCHEATA, MY DAUGHTER-IN-LAW, died December 15, 2012, five years after first being diagnosed with advanced breast cancer. By the time the cancer was found, it had already attached itself to her chest wall and spread to the lymph nodes.

Her doctors insisted her prognosis wasn't good unless she had radiation treatments and a mastectomy followed by chemotherapy. But she refused. Instead Socheata flew to Mexico to consult with the doctors at the Bio-Medical Center otherwise known as the Hoxsey clinic. The clinic recommended that Socheata follow their protocol and have a simple mastectomy, which she agreed reluctantly was necessary.

Even before being able to locate a doctor in the U.S. who would perform the surgery, a feat in itself, Socheata started on the clinic's herbal tonic (similar to what Cayce advised), a healthy diet and supplements, and soon was back to her healthy, energetic self.

At first, she was very diligent about the diet. She avoided sugar, white flour, processed and fried foods, alcohol, vinegar, and tomatoes (the last three, the clinic explained, interfered with the tonic). But after a couple of years of this routine and perfect lab reports, Socheata felt she was completely healed and, unbeknownst to me, decided to stop *everything*. This was despite the clinic explaining that five years was the usual length of time required to make sure conditions had stabilized. Even then a healthy, alkalizing diet was the basic foundation to maintain balance and well-being.

Socheata was one of many people, in the last 10 years, with whom I had shared the clinic's approach to reversing cancer. But she was also one of many people who, after going into remission on this healing protocol, chose to discontinue it.

This isn't to say that the Hoxsey treatment works for everyone who uses it correctly. It doesn't. The clinic claims about an 80% success rate but that isn't the point either. Other alternative/complementary approaches (Essiac Tea, Macrobiotics, Gerson therapy, intravenous Vit. C, protocol, flaxseed oil, and cottage cheese, etc.) have worked for many; but why when they do work,

do people abandon them? *What was it that made it too difficult for these individuals to be consistent with a healthy routine?*

I've spoken with at least six people, including Socheata, who used the Hoxsey approach and fall into this category. Originally I would have guessed that the time and expense of traveling to Mexico for the tonic would be the deterrent, but I learned differently. For most, dietary restrictions were the primary issue.

One woman, who had surgery for metastatic ovarian cancer but refused further conventional medicine, used the Hoxsey protocol and happily watched as all her markers came down. However after a while she found the diet too difficult and resumed her old ways of eating. Within a year her markers went back up. She's currently trying other alternatives.

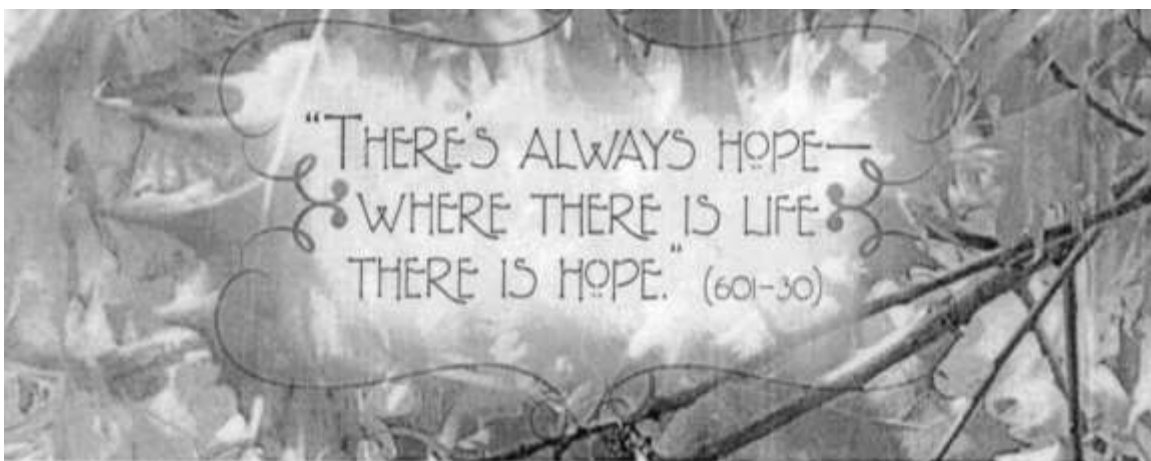
Another woman, who used the traditional wisdom of conventional medicine (radiation, mastectomy, and chemo) in treating the cancer in her right breast, successfully used the Hoxsey approach when the cancer reoccurred in her other breast without any conventional intervention. Yet, because of the diet, she chose to stop after a couple of years. The cancer came back once more but she resumed the protocol and it seems to be working again.

One man with prostate cancer found his health returning and his PSA levels dropping on the clinic's protocol. But after all that, he still chose to have his prostate removed and return to his old ways because, as he told me, the suspense of not knowing when and if the cancer would return was "killing him" ... and he missed his evening glass of wine too much. Now, despite enduring all the side effects a man can have from this type of surgery, he is content.

Another man, a physician with prostate cancer, did well initially, but found the diet too difficult to follow as well as having a poor reaction to the tonic—his thyroid stopped functioning on its own.

And one other man with Hodgkin's lymphoma did extraordinarily well. He even wrote a book about his experience and the clinic's help, but thought he alone could keep enjoying his wine without it neutralizing the tonic and couldn't. He died recently.

All of these people, in the beginning, were elated to find they



had reversed the course of their disease. Life was sweet, but maybe not sweet enough. After a while “keeping on, keeping on,” as Cayce put it, was too much of a challenge and they chose to stop what had worked for them.

Why? Why do we resist necessary changes that are needed for our healing—whether it’s our diet, lifestyle, or attitude? Even after they’ve worked!!! Are we so addicted to poor habits that we can’t see how we kill ourselves? Do we think our life will be joyless if we must forgo our cigarette, doughnut, alcohol, or “successful” stress-filled career?

...I have set before you life and death, blessing and cursing; therefore choose life, that both thou and thy seed may live. (Deut. 30:19)

Underneath it all, it seems to come down to the issue of “will”—the Father’s or our own—and whose “will” will we choose to follow. Are we praying and listening for Guidance from within or are we trying to figure it out ourselves, getting other people’s opinions or statistics, worrying, becoming anxious, etc.? It’s our choice—but, certainly over time, we must be able to see where our choices lead us, and change them if need be.

Last week, early Saturday morning, I had a wonderful surprise at work. I walked a woman with a big smile on her face. “Remember me?” she asked.

I smiled back, not immediately remembering the circumstances but remembering her. And then it dawned on me, this was a woman I had met at the library a year-and-a-half ago—with stage 4 lung cancer. Tears came to my eyes.

She looked good and with little coaxing proceeded to tell me about her healing.

“I’m cured! I had my last PET scan two weeks ago, and the cancer is *completely* gone. I just had to tell you.”

She explained that at its worst, it had spread to both of her lungs, thyroid, and hip. She had first tried chemotherapy but after only one session and an extremely poor reaction, she knew that wasn’t for her. Radiation wasn’t an option because of the extent of the metastasis. So she had come to the library the year before to see what she might find.

After borrowing the book, *Outsmart Your Cancer: Alternative Non-Toxic Treatments That Work*, she read about “protecel,” a liquid that can be simply ordered and implemented at home. Its only constraints were that it had to be taken 4-6 times a day around the clock, and certain common supplements, like vitamins C and E, and fish oil could neutralize it and needed to be avoided. Naturally sugar was also to be avoided because it feeds *any* cancer.

There were a number of testimonials in the book and on the author’s Web site ([outsmartyourcancer.com](http://outsmartyourcancer.com)) about the success people had had using protecel and other regimens, for a variety of cancers. But she was drawn to protecel, in particular, and started using it right away.

The past year had been very difficult for this woman between financial difficulties and the loss of a loved one. On top of all that, she had just recently learned that the company she worked for as a dietician was being bought by another company and she would be losing her full-time position. But she had been undeterred, and persisted, and continued with the protecel regimen despite these major setbacks.

I was engrossed in her story and enjoyed the early quietness in the library, when a man walked in and came up to the front desk to return a book. The woman waited patiently as he apologized for returning it so late and took out his wallet to pay the late fees. I looked down to see the book’s title and was startled to find it was the same one the woman had previously borrowed, *Outsmart Your Cancer!*

I held the book up for the woman to see and we smiled knowingly at each other.

Curious, I turned back to the man and asked if he had found the book helpful.

He explained that he was working with a doctor to design a new building for his practice, and had borrowed the book, not because he knew anyone with cancer, but because he thought this doctor was open-minded and would be interested in seeing it.

At that point, it only made sense to introduce him to the woman standing there since she was a living testimony to the



**About cancer from the Cayce readings**



(Q) What is the disease known as cancer?

(A) ...there are many varied kinds of cancer. Nineteen—as we find—variations or formations, externally, internally, stony, and the variations that arise from glandular or organic disturbance, or infectious forces that arise from bruises or from all the having a variation according to that portion of the system or its cycle in which the affliction takes place. (1242-6)

(Q) Is this condition cancer or ulcer? Please explain the difference if possible.

(A) ...this is more of a sarcomatous nature in its reaction—or carcinous; and the activities are such that they are of the nature as to grow within themselves.

Ulcer is rather that of flesh being proud, or becoming infectious; while cancer is that which lives upon the cellular force by the growth itself. (1375-4)

(Q) Is the body subject to cancer?

(A) The body is *not* subject to cancer, [if it will] see itself eliminating properly for the correction of the pressures and disorders that have, and that do make in the present, a tendency towards those improper eliminations—see? (455-1)

...We would take first in the system these properties:

- Tincture Wild Cherry Bark.....1/2 ounce,
- Tincture Valerian [Stillingia].....1/2 ounce,
- Tincture Yellow Dock Root.....1/2 ounce,
- Tincture of Poke Root.....1/2 ounce,
- Tincture of Burdock Root.....1/2 ounce,
- Iodide Potassium.....1/4 ounces.

Sufficient simple syrup to make.....6 ounces.

[Ed. Note: Baar's note at end of reading: See pp. 45-48 of *YOU DON'T HAVE TO DIE, The Amazing Story of the Hoxsey Cancer Treatment* by Harry M. Hoxsey, N.D. (Milestone Books, 1956), listing all of the above prescription ingredients as basic medication by Hoxsey "in all cases of cancer, internal and external." (4695-1, given 9/16/1924)]

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...Those conditions as are prenatal in their effect, through the activity of forces made manifest in a physical body, are beginning to become in the manner of producing within the system an element as of its own resurrection, living upon the life of the body-physical. That's a very good description of cancer, isn't it? for it is malignant in its nature, and has already attacked the mammary glands, and is going to be rather fast in its operation unless there are means taken as to check same. ...we would use those of the medicated ash, with the fume bath, where those of the salts—Epsom Salts—are used. This is to produce that condition where the capillary eliminations are increased. The dose of the medicated ash should be at least an eighth grain in at least a tablespoonful or quarter glass of water three times each day. Keep the body quiet.

Feed all the food that is of a nourishing nature, but not from meats. Those of cereals, fruits, vegetables, and such—or principally of the nature that are the foods of the hare, the foods of the beef—these are destructive forces to such as may be seen in the condition attacking system... (2457-4)

(Q) Will complete recovery be possible?

(A) Be possible—but this will be determined better by the reactions in the system, for remember we are dealing with life forces within themselves, or that which lives upon human tissue—cancer! (5585-1)

—The A.R.E. Press offers some excellent health and healing advice from the readings, applicable in our modern times. Edgar Cayce's *Quick & Easy Remedies*, by Elaine Huszka; *Edgar Cayce Handbook for Health Through Dropless Therapy*, by Harold J. Keilly and Ruth Brod; *Edgar Cayce's Everyday Health*, by Carol Baratt; *Edgar Cayce's Keys to Health*, by Eric Mein, MD; and many more, available at [AHECatalog.com](http://AHECatalog.com) or 800-333-4499. Our Web site, [EdgarCayce.org](http://EdgarCayce.org), includes *The Edgar Cayce Health Database*, an encyclopedia of useful information.

effectiveness of one of the treatments mentioned in the book. As you would expect, he was delighted to meet her and they began talking about her success. He suggested that she get in touch with the doctor he was working with, and gave her his contact information. He also mentioned that the second floor of the new building was going to be devoted to a cafeteria in addition to nutritional counseling and education—and here she was looking for a new job!

There's a story about a man on top of his roof because of a rising flood. A boat comes by and offers him a ride but he turns them away saying, "God is going to save me." Time passes. The water continues to rise, as a raft floats by. Again he is offered a ride to safety and again he turns them away, saying, "God is going to save me." Finally a helicopter flies overhead, and drops a ladder for him to grab onto. And again he refuses, saying, "God is going to save me." Eventually drowning, the man reaches heaven. Face to face with God, the man asks his Creator, "Why didn't you save me?" God smiles and looks him in the eye, "But I sent you a boat, a raft and a helicopter!"

What is the moral of the story? God's help might come in ways we didn't, at first, anticipate—but ask—it might still be helpful. So pray, listen for guidance, and be persistent. Choose life! ☛

—Many thanks to Roger Bloom, Bill Henderson, and Tanya Pierce for bringing to light the many other choices we have in dealing with cancer. Their books, *Cancer Medicine from Nature* (second edition); *The Herbal Cancer Formulas of Edgar Cayce and Harry Hoxsey* by Roger Bloom; *Cancer-Free: Your Guide to Gentle, Non-toxic Healing* (4th edition); *How to Cure almost Any Cancer at Home for \$5.15 a Day* by Bill Henderson; and *Outsmart Your Cancer: Alternative Non-Toxic Treatments That Work* (second edition) by Tanya Pierce are a godsend.

**ABOUT THE AUTHOR**

**LINDA CAPUTI**, a retired registered nurse, is on staff at the A.R.E. Library, and has been involved with the Cayce material for the last 25 years. She has researched, compiled, and updated many of the *Circulating Files* on both medical and non-medical topics, and is the author of the book *Epilepsy—Jody's Journey: An Inspiring True Story of Healing with the Edgar Cayce Remedies*. Her article on muscular dystrophy is available in the *Venture Inward* archives at [EdgarCayce.org/members](http://EdgarCayce.org/members) or at [cayce.com/caputi.htm](http://cayce.com/caputi.htm).



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