

**Circulating File**

**DIABETES**  
(and Diabetic Tendencies)

**VOL. 2**

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

**Edgar Cayce Readings Copyrighted by  
Edgar Cayce Foundation  
1971, 1993-2013  
All Rights Reserved**

**These readings or parts thereof may not be reproduced  
in any form without permission in writing from the  
Edgar Cayce Foundation  
215 67th Street  
Virginia Beach, VA 23451**

**Printed in U.S.A.**

## DIABETES AND DIABETIC TENDENCIES, VOL. 2 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  
A.R.E.  
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 the continuing Edgar Cayce psychic readings on diabetes and diabetic tendencies. 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 may be 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.

**Diabetes and Diabetic Tendencies  
Vol. 2**

<u>Contents</u>	<u>Pages</u>
A. Case Studies from the Readings (continued):	
1. Reading # 126-1, adult woman [diabetic tendencies]	4
2. Reading # 470-3 plus, 37-yr-old man [diabetic tendencies]	7
3. Reading # 911-1→7, 24-yr-old woman	39
4. Reading # 950-1, 64-yr-old woman[diabetic tendencies]	73
5. Reading # 953-1 plus, 51-yr-old man	79
6. Reading # 1963-1, 2, 60-yr-old man [diabetic tendencies]	114
B. Related Circulating Files and Research Bulletins*:	
1. Atomidine (Iodine)	
2. Diabetes, Vol. 1, 3, 4, 5	
3. Diabetes: Children	
4. Diabetes, Research Bulletin	
5. Blindness Circulating Files, Vol. 1-3, and Research Bulletin	
6. Eyes: Macular Degeneration	
7. Numbness and Tingling (Peripheral Neuropathy)	
8. Osteopathy	
9. Spine: Injury: Aftereffects	
C. Related Information and Articles: see Vol. 1	

---

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

**INDEX OF READING 126-1 F ADULT**

Chiropractic: Spine: Subluxations	Par. 9-A, 10-A, 12-A
Diabetes: Tendencies	Par. 6, 8
Diet: Diabetes	Par. 8

**ELIMINATIONS: POOR: SPINE: SUBLUXATIONS**

Hypertension: Spine: Subluxations	Par. 6, 11-A
Osteopathy: Spine: Subluxations	Par. 9-A, 10-A, 12-A

**PARALYSIS: SPINE: SUBLUXATIONS**

Physiotherapy: Heat: Wet: Spine: Subluxations	Par. 7
Prescriptions: Alcohol, Grain: Eliminations	Par. 6
: Ambergris:	Par. 6
: Clary Flower:	Par. 6
: Ginger, Wild, Essence:	Par. 6
: Juniper, Oil Of:	Par. 6
: Peppermint, Oil Of:	Par. 6
: Sage, Garden, Dried:	Par. 6
: Sugar, Beet:	Par. 6
: Water, Distilled:	Par. 6
: Water, Rain:	Par. 6
Psychosomatics: Paralysis	Par. 17-A, 18-A

**SPINE: SUBLUXATIONS**

Uricacidemia: Spine: Subluxations	Par. 6, 12-A
-----------------------------------	--------------

**TEXT OF READING 126-1 F ADULT**

This psychic reading given by Edgar Cayce in New York City, this 14th day of October, 1924.

5. EC: Yes, we have the body here.
6. Now we find there are many abnormal conditions in this body. These conditions that may be corrected for there are some that have become abnormal for this body, have to do with eliminations as are affected by specific conditions existing in the centers that affect directly the creation of the condition producing the functioning of the pancreas and secretions from same. These subluxated

segments we find in the ninth dorsal region. This has existed in the body for such a length of time as to produce the creating of improper elements in the body in the digestive system, creating also reflexes in portions of the body producing high blood pressure in the circulation and an increase in the eliminations from the kidneys until the secretions from these are overcharged in the body. There are many conditions that these produce reflexly. These the conditions to be corrected first. Then as the reactions begin in the system this should be met as conditions arise in the body. This would be corrected first, and by taking into the system these properties: To one gallon of rain water, add clary flower or garden sage, eight oz. (the dried). Reduce by simmering, not boiling, to one quart. Strain. Add four oz. of beet sugar dissolved in one oz. hot distilled water. Add fifteen grains of ambergris dissolved in one oz. pure grain alcohol. Add two oz. alcohol, with thirty minims oil of juniper, with three minims oil of peppermint and two minims essence of ginger. Shake well together. The dose would be one teaspoonful four times each day.

7. Correct the subluxation in the 9th, 10th and 11th dorsal, first by applying heat of a wet nature, so the body would be thoroughly relaxed.

8. The diet must be those properties not carrying sugars or proteins for the body. When this has been taken for at least ten treatments, conditions will arise that must be met at that time. We would give them from here.

9. (Q) Should a doctor be called into consultation on this case?

(A) Doctors should treat the body. Correct the impingements in the body. Without these, we will not have a correction of the body.

10. (Q) What special school of medicine should be represented?

(A) Not a school of medicine, but of osteopathy, or chiropractic.

11. (Q) Is there any immediate danger to this body?

(A) Over-stimulation to the heart's action with the blood pressure, and there must be kept some of the conditions of the body as has been corrected until the system adjusts itself. Hence, the conditions that must be met as they arise.

12. (Q) Will these conditions prove serious?

(A) Depending upon the reaction and upon the diet as is taken for the body - see? - The eliminations must not be allowed to so act in system that when the liver begins to act through the conditions that would be created in the body from the medicinal properties to overtax the system with the poisons from either, for with either the gall flowing too freely in any limited channels or the kidneys producing uric acid, there would be destruction to heart's forces in these conditions. Hence, the heat and counter irritants in medicinal properties to cooperate with the conditions created through adjustments -see?

13. (Q) What outward effects does this body show?

(A) Correct those conditions first if we would bring outward or inward effects to this body remaining in this earth's plane. The outward effect at the present is full circulation as comes from such conditions as we have given. Do this as given. Do it now.

14. (Q) Are there any abrasions on this body at this time?

(A) There, conditions come from the circulation as is impaired in the body. Hence, the inability of locomotion in the body from such conditions.

15. (Q) What is the name of the disease with which this body is now suffering?  
(A) Depends upon who you would ask to name the disease. The condition is from the taxation to the body preventing the locomotion in body, or that of the taxing of nerve centers from these conditions producing the action in all locomotion, or paralysis. Do as we have given, for we would bring the best to this body. Then follow these conditions out. As the retraction begins, we can meet each condition.
16. (Q) How often should this force be gotten in touch with?  
(A) As often as necessary.
17. (Q) What is the mental condition of this body?  
(A) There has been many changes in the mental attitude of the body. This we find at present very good. The body should awaken in itself the desire to retract and give of the better physical forces.
18. (Q) What general advice should be given this body to awaken this mental condition or this desire?  
(A) First the body must be awakened to the possibilities of this being of physical improvement to the body.
19. We are through.

**REPORTS OF READING 126-1 F ADULT**

None.

**INDEX OF READING 470-3 M 37**

DIABETES: TENDENCIES

Diet: Diabetes: Tendencies	Par. 8, 9, 11
Electrotherapy: X-Ray: Diagnosis	Par. 3
Osteopathy: Spine: Subluxations	Par. 4
Prescriptions: Alcohol, Grain: Diabetes: Tendencies	Par. 5--7
: Alcohol 85%:	Par. 5--7
: Ambergris:	Par. 5--7
: Cinnamon:	Par. 5--7
: Juniper, Oil of:	Par. 5--7
: Sage, Garden:	Par. 5--7
: Sassafras Oil:	Par. 5--7
: Simmons' Liver Regulator: Eliminations:	Incoordination Par. 10
: Sugar, Beet: Diabetes: Tendencies	Par. 5--7
: Water, Rain:	Par. 5--7

SPINE: SUBLUXATIONS

**BACKGROUND OF READING 470-3 M 37**

5/15/27 "Mr. Cayce, I wonder if sometime at your convenience you would take a reading for Mr. [470]. The doctor seems to think he has a trace of diabetes and we are anxious to know what you can find out about it."

**TEXT OF READING 470-3 M 37**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 9th day of June, 1927.

2. EC: Yes, we have the body here. We have had this before, you see.
3. Now, we find there are some of those conditions of which the body has been warned that have become exaggerated to such an extent as to be causing distress in the physical functioning of some of the organs. This relating, specifically to those corrections that should be made in the cerebro-spinal centers, especially in the region of the 8th and 9th dorsal; for with the heavy lifting, and the exercise as has been taken, these subluxations are producing an activity in the system to the extent that the pancreas is producing too much of the sugar. Hence the tendency in the blood, and in the activity of the kidneys, toward that of the diabetic. These have not as yet reached that condition wherein these may not be corrected without serious trouble to the body. THESE we would carry out specifically, and following these there would be given that correction

necessary to keep the body from returning to this same condition. This subluxation may be seen by an X-ray.

4. Correct osteopathically, those conditions in the 7th, 8th, 9th, and 10th dorsal, making the perfect alignment.
5. Prepare these as medicinal properties, to give the correct vibration to the system, to correct the inflow - as it were - of that overtaxed energy to the kidney from the pancreatic condition:
6. To one (1) gallon of rain water, add eight (8) ounces garden sage. Reduce by simmering (not boiling) to one (1) quart. Strain while warm and add four (4) ounces of BEET sugar - only beet sugar - first dissolved in two (2) ounces of hot water. Fifteen (15) grains of ambergris dissolved in one (1) ounce of pure grain alcohol. Then add two (2) more ounces of eighty-five percent (85%) alcohol, with one-quarter (1/4) ounce of Oil of Juniper, with one (1) dram of Cinnamon, and five (5) minims of Oil of Sassafras.
7. Shake solution together before the dose is taken, which should be teaspoonful four (4) times each day, half an hour before meals, half an hour before retiring.
8. As has been given for the body, watch the diet!
9. Do not overtax the system with white bread, potatoes, or with sugar. Not too much tea or coffee, and no stimulants of any nature carrying any narcotic or carrying alcohol, save as a carrier for specific vibration as is given in that as prescribed.
10. Also well that occasionally there be taken a portion of that as would be found in Simmon's Liver Regulator. Only small doses taken, and about once a month, while these medicinal properties and the osteopathic corrections are being made.
11. Fish may be eaten. Greens of every character, but not fat meats - and be careful - beware of white bread!
12. Follow these as given, and at the sixty (60) day period we would give further instructions for this body, [470]. We are through with this reading.

#### **REPORTS OF READING 470-3 M 37**

R1. 8/2/27 Wife's letter: "Had a little trouble getting the sage and beet sugar but finally did and Mr. [470] has been following out the suggestions for some time. The reading fits his case exactly as far as we know, and further than that we have all the confidence in the world in what you say."

R2. 9/17/27 He requested a Ck.-up, saying: "As far as I know this reading [470-3] fits my condition and I am carrying out suggestions for improvement. Think the tr. have benefitted me much and am anxious to know if there is something else I should be doing."

R3. 10/4/27 Miss [4437] had a Physical Rdg., via their recommendation.

R4. 10/4/27 See 470-4.



**INDEX OF READING 470-4 M 38**

Chiropractic: Spine: Subluxations Par. 8-A

DIABETES: TENDENCIES

Electrotherapy: Alpine Rays: Spine: Subluxations Par. 4

Osteopathy: Spine: Subluxations Par. 8-A

SPINE: SUBLUXATIONS

**TEXT OF READING 470-4 M 38**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 4th day of October, 1927.

2. EC: Yes, we have the body here - this we have had before.
3. Now, we find in many respects the physical conditions of this body have responded well to that as applied for the corrections of the condition; yet in some respects not wholly have the results been satisfactory, for there is still seen that heaviness or pressure as is seen in the blood supply and in the heart's action. Hence the change as would be seen as necessary for the full correction of these conditions.
4. We would keep those elements as the active forces in the system - that is, medicinal properties - but we would add the correction of that existent subligation in the 9th dorsal, adding WITH the correction - at least once each week - the vibrations from the Alpine Ray. This applied across this portion of the body - the spine, see? from the upper dorsal to the lower end of spine. At least twelve (12) such adjustments should be made.
5. Reduce medicinal properties, however, to half the quantity, see?
6. Do that.
7. (Q) Reduce the dose to half?  
(A) Reduce the dose to half the quantity.
8. (Q) Should the corrections be made osteopathically?  
(A) Be made osteopathically, or chiropractically - if they are done properly.
9. We are through with this reading.

**REPORTS OF READING 470-4 M 38**

R1. 11/12/27 Wife [1100]'s letter: "Mr. [470] was well pleased with the last reading and is following out suggestions given."

R2. 12/14/27 See 470-5.

**INDEX OF READING 470-5 M 38**

DIABETES: TENDENCIES

LIVER: KIDNEYS: INCOORDINATION

Osteopathy: Spine: Subluxations Par. 3

Prescriptions: Alcohol, Grain: Eliminations:

Incoordination	Par. 3--5
: Podophyllin:	Par. 3--5
: Ragweed:	Par. 3--5
: Sassafras Oil:	Par. 3--5
: Senna:	Par. 3--5
: Tolu, Balsam of:	Par. 3--5
: Water, Distilled:	Par. 3--5

Pruritus: Eliminations: Incoordination Par. 2

**TEXT OF READING 470-5 M 38**

This psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 14th day of December, 1927.

2. EC: We have the body here - this we have had before. Here we find many of the conditions as have been met with before show improvement in the system, yet we find other conditions apparently arising that give more worry and trouble to the body. This we find produced by the accentuation of conditions in the physical functioning of the body, in that those conditions that are given as counter-irritants in the central functioning of the body have produced in the capillary circulation an irritation not eliminated in its proper channel; that is, the liver being slow, or cold, as it were, in action - the kidneys overtaxed, and tendency towards reaction or reabsorption in the system through the circulation, an overtaxed capillary ensues, and an irritation exists then in the cuticle or capillary circulation, and this itching sensation - tendency or the appearance as if the outer portion or epidermis, or outer portion of the skin doesn't fit the body exactly! These conditions are produced by this effluvium as is produced in the system itself by so long existent condition as has been dormant. These needed to be stirred up for elimination, yet eliminations not being kept only gives the tendency - with the reoccurrence of these pressures as created, and the tendency towards the over activity of digestive system, especially in duodenum and pancreas region - produces this dizziness, though not an over high pressure, but an undue circulation.

3. To meet the needs of these conditions, do not leave off those conditions or those suggestions for the correction, either osteopathically or medicinally, but add that occasionally in the form of those vibrations as will be given for the body in that of a compound made as this:
4. To two (2) ounces of Ambrosia or Ragweed add eight (8) ounces of distilled water. Reduce by simmering (not boiling) to one-half (1/2) the quantity. Strain while warm, then add pure grain alcohol two (2) ounces, with two (2) drams of Balsam of Tolu cut in same, one (1) grain (dry) of Senna, one (1) grain of Podophyllin, one-quarter (1/4) ounce Oil of Sassafras.
5. Shake the solution together before the dose is taken. Let the dose be regulated according to the condition of the system, or that as necessary to have full action from the alimentary canal - but half to teaspoonful and a half would be a dose. This may be taken, if necessary, once a day, or it may be taken every other day, or every third day - but take this until this condition in the capillary, this dizziness, this condition and fullness through the right side - liver and hepatic circulation - has subsided, or the condition is much relieved. Do that. Ready for questions.
6. (After pause) We are through with this reading.

**REPORTS OF READING 470-5 M 38**

R1. 3/16/28 Wife obtained her Physical Rdg. - See 1100-2.

R2. 4/18/28 Wife's letter: "Am enclosing ck. with application for rdg. for Mr. [470]. You see, we didn't carry out suggestions given in last rdg. on account of not being able to get the necessary ingredients in B'ham. We did keep up the first medicine, however, as he was told to keep that up, too. I want to go to Calif. next month to attend the Star Camp and, of course, am anxious to know that Mr. [470] is taking the proper care of himself while I am away. Maybe the last medicine that was suggested isn't necessary now, as it has been some time since it was suggested. Think maybe he needs something else by now... Does the present diet contain too much sugar and starches?"

R3. 5/14/28 See 470-6.

**INDEX OF READING 470-8 M 39**

Clairvoyance of E.C.: Conditions Confirmed	Par. R6
Diabetes: Tendencies	Par. 2, 3-A, 4-A
Diet: Diabetes: Tendencies	Par. 2
Electrotherapy: Ultra-Violet Light: Spine: Subluxations	Par. 1
Hemorrhoids: Tendencies	Par. 5-A
Osteopathy: Spine: Subluxations	Par. 1
SPINE: SUBLUXATIONS	
Work: E.C.: Cayce Hospital	Reports

**BACKGROUND OF READING 470-8 M 39**

B1. See 470-7 on 2/7/29.

B2. 2/19/29 On leaving Cayce Hospital he left these questions to be asked in reading scheduled for next day: "Is pancreas functioning near normal? Can you tell if there is excess sugar in the blood? Have I hemorrhoids that need attention?" [GD's note: He told me while in Va. Beach that he used to eat a whole box of chocolates at one sitting. While trying to get the tr. followed in his earlier rdgs. in B'ham, a doctor had told him he should have surgery for his hemorrhoids. He had never had any trouble from hemorrhoids but he was submitting the question to see if there really was any trouble there.]

**TEXT OF READING 470-8 M 39**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 20th day of February, 1929.

1. EC: Yes, we have the body here - [470]. This we have had before. Now, we find the general physical forces greatly improved from that as we had here before. There needs be only that care taken of the body-physical in such a way and manner as to keep the physical forces in the way of the reaction taking place nominally in the system, bewareing of cold or congestion through drafts, or crowded places; and the gentle manipulation DEEPLY given, especially from the 4th dorsal to the base of brain, and occasionally - once a month - the application of the ultra-Violet Ray should be given head, neck and shoulders, until there is perfect coordination through the activity of the auditory system, or a perfect accord established between the auditory forces and that of the cerebro-spinal system, as affecting with that of the sympathetic nerve systems.

2. In the diet, still be mindful of those conditions that would tend to bring back any incentive for the pancreas to be overtaxed; that is, beware of too much sugars for the system. These may be taken occasionally, dependent upon the character of the fruit or delicacy they may be combined with; but of meats and sugars beware. The body should keep, then, near in the normal functioning of the system.

Ready for questions.

3. (Q) Is pancreas functioning near normal?

(A) As given.

4. (Q) Is there excess sugar in the blood?

(A) Only bewareing of the condition as is presented in this as has been given. Not an excess at present.

5. (Q) Has he hemorrhoids that need attention?

(A) Not an over activity, other than that as would be produced by strain.

6. We are through for the present.

### **REPORTS OF READING 470-8 M 39**

R1. 2/20/29 EC's letter to Mr. [2597]: "Our first patient has come and gone - a cured man!"

R2. 12/21/29 EC's letter to Mr. [345]: "We haven't opened the building yet, but there have been quite a number that have insisted on getting treatments, and our first patient has already come and gone - cured! He came from Phila. on the 11th and went out feeling just fine."

R3. 3/13/29 See EC's ltr. in re 1st patient under 4905-70, Par. R60.

R4. 3/23/29 Wife's letter from Calif: "Mr. [470] is feeling fine. He looks real well, too."

R5. 5/16/29 He requested Ck. rdg. for wife - See 1100-5. He also referred his Uncle [2365] and wife [3730] for readings.

R6. 5/24/41 Reply to Questionnaire:

Association For Research And Enlightenment, Inc., Virginia Beach, Virginia

#### **INDIVIDUAL CASE REPORT**

Date of Readings Feb. 7 & 20, 1929 Case No. 470-6 & 7.

(1) In your opinion did the analysis of the Reading cover the condition?

Yes. Exactly.

(2) Give symptoms of condition described correctly?

Was trying to complete a large contract on time. Had over 1200 men working on same. At this time my father had a heart attack & died. With the strain of the work & my father's death I caught cold and had congestion in the head & neck and high fever. Managed to keep going until contract was completed.

(3) What was the physician's analysis of this condition?

DIABETES AND DIABETIC TENDENCIES, VOL. 2 CIRCULATING FILE

Physician did not know exactly. At one time thought it was mastoid. Treated the ear and also the fever. Also thought it was the teeth. X-ray showed no abscessed teeth.

(4) Have the suggestions given in the Reading been followed exactly as outlined?

Yes.

(5) For how long?

Until well. Two weeks at Va. Beach. Continued osteopathy and diet for 6 months.

(6) Describe the extent to which improvements have resulted?

Condition cleared up entirely.

(7) Comment.

Date: May 24, 1941

Signed, [470]

R7. 7/14/29 Wife's note: "Mr. [470] is also feeling fine and devotes most of his spare time to golf, which I think is very beneficial for anyone."

R8. 9/30 They referred Mrs. [5425] for a Physical rdg.

R9. 10/27/30 He obtained his next Ck. Physical - See 470-9.

**INDEX OF READING 470-14 M 47**

Astrology: Psychosomatics	Par. 2, 3
Cold: Congestion: Susceptibility	Par. 9
DIABETES: TENDENCIES	
Diet: Artichoke: Jerusalem: Diabetes: Tendencies	Par. 13, R3
: Diabetes: Tendencies	Par. 13, R3
ELIMINATIONS: INCOORDINATION	
Exercise: Warnings: Diabetes: Tendencies	Par. 7
Feet: Wet: Warnings	Par. 9, 12
Injuries: Accidents: General	Par. 2, 3
Knowledge: Wisdom	Par. 18
Osteopathy: Diabetes: Tendencies	Par. 14
Physiology & Anatomy: Diet: Artichoke: Jerusalem	Par. 13
Soul Development: Patience	Par. 19

**BACKGROUND OF READING 470-14 M 47**

11/7/36 Wife's letter: "[470] wants a general physical check, especially on the pancreas, etc."

**TEXT OF READING 470-14 M 47**

This psychic reading given by Edgar Cayce at his friend David E. Kahn's home, 20 Woods Lane, Scarsdale, N.Y., this 16th day of November, 1936.

2. There are many changes in the general physical forces of the body since last we had same here. Some of these are tendencies to the reverting of disturbances that have been indicated in days previous for the body. Some show for better resistances being builded in some directions. But as the body physically comes under the inclination or tendencies of affectation from astrological influences, and there is the tendency for the mental self to dwell upon same, it lends itself then - unless resistances are builded in the mental and physical reactions - towards those tendencies or inclinations that arise.

3. Such conditions are oft in the experience of individuals termed or classified as accidents.

4. These then are conditions as we find them in the present with this body, [470] we are speaking of:

5. IN THE BLOOD SUPPLY we find those tendencies or inclinations for a taxation, from those tendencies for the pancreas to become rather active from inclinations by overactivity. Thus there are indications of disturbance to the hepatic circulation in its attempt to strain from the system, as it were, the excesses of sugar.

6. Hence we find those overactivities in the present of the kidneys and bladder in this direction. This in the present is only an inclination. And by precautions, diet and stimulation to an activity of the adrenals in the body, supplying food values for an activity from the production of adrenaline in the system, we may rid these conditions from the body.

7. Be careful, to be sure, that there are not great strains as in lifting, or exercises that would tend to make for a greater stress or strain upon those portions of the cerebro-spinal system from which the spleen and pancreas receive the impulse for activity.

8. And we would find these disturbances in the blood stream, the tendencies for this tiring of the body, the inclination for the feet and lower limbs to feel somewhat numb at times, would gradually disappear; and the body become nearer to normal.

9. In this same connection we find from activities with the body being in unfavorable conditions at times for the feet, under this particular period of suppression in the general system, there are tendencies for the circulatory forces to the mucous membranes of throat and head and the excess of this bacilli of cold or inflammatory conditions being in and about the environs, to produce inflammation for head and throat - and especially nasal passages at times.

10. With the food values as may be indicated, with the manipulations stimulating the activity of the lower portions of the body, coordinating with same those drainages from head, neck and throat, we would find bettered conditions.

11. Hence we would give, then, these:

12. Precautions in keeping feet warm and dry.

13. Precautions in the diet; not an excess of CANE sugars. Use rather the raw sugar, or preferably beet sugar; whether in the drinks or foods; or resort MORE to the sugars from fruits and vegetables in the diet. But include at least twice a week the artichoke; [Jerusalem Artichoke. See 470-14, Par. R3] the bulb as well as the root. The root may be used as in soups or cooked as potatoes. These carry the greater quantity of an active force upon the adrenals, that may be created through the activity of the glandular system - and will keep a normal balance for this particular body, if the other precautions are taken.

14. Manipulations and adjustments, as indicated; stimulating the 4th lumbar for better circulation to the lower extremities; coordinating the upper dorsal and cervical - not as stimulating the circulation TO them but as producing drainages FROM them to not only the lymph and the pulmonary circulation but to the drosses of the body. That once to twice a week, rest a week or two from these applications (the manipulations), and then continue again.

15. And we will find the better conditions.



16. In the mental and spiritual attitudes of this body:
17. Much depends, to be sure, upon the mental attitude. As has been given as inclinations, the mental being is both spiritual and material in nature.
18. KNOW, those who would have wisdom - ASK of GOD who giveth without holding back, to those who would use their opportunities in their associations with their fellow man for Creative and helpful influences in their experience.
19. Study, then, PATIENCE, longsuffering, gentleness, kindness. For these are the fruits of the Spirit and bring in their application experiences worthy of consideration in the minds and hearts of those who would know the right way.
20. Ready for questions.
21. (Q) Any further advice for the body?  
(A) Do these, as we find physically, mentally, spiritually; making application of those suggestions in those directions indicated, and we would find the greater abilities, the greater activity and the greater results in the experience of this body, [470]. We are through with this reading.

#### **REPORTS OF READING 470-14 M 47**

R1. 11/25/36 Wife's letter thanking EC for 1100-8 and 470-14: "We were thankful for [470]'s reading also and feel that with a bit of care on his part in regard to his diet, everything will be alright... [470] is feeling quite well again. He is practically over the cold he caught from me ('Cold bacilli in and about the environs'). He is quite busy on the job and his company is busy taking on a lot of new contracts."

R2. 12/22/36 See 470-15.

R3. 7/16/37 Norfolk LEDGER-DISPATCH.

"Farmers in Henderson Start Artichoke Crop  
Hendersonville, N.C., July 16. - (UP) -- Henderson County will have a new commercial crop this year in the form of 15 acres of artichokes, it was learned today. The Pace brothers, whose farm is located on the Dana road, are raising what will be the first large artichoke harvest ever seen in Henderson County. The brothers have a contract with a New York firm, which furnished them the artichoke seeds after tests proved the soil would yield an artichoke with a high glucose content, which is valuable in treatment of diabetes."

R4. 8/79 GD's note: Mr. [470], now 90 yrs. old, visited A.R.E. and reported on tape the remarkable experiences with the Edgar Cayce readings, one of which was the curing of his diabetes in its incipiency by the use of proper diet (including the use of Jerusalem artichokes).

**INDEX OF READING 470-18 M 48**

CIRCULATION: IMPAIRED

Dermatitis: Eliminations: Incoordination Par. 13-A, 14-A

Diabetes: Tendencies Par. 5, 8, 11-A

Diet: Artichoke: Jerusalem: Diabetes: Tendencies Par. 8

ELIMINATIONS: INCOORDINATION

FEET: ANKLES: SWELLING

Osteopathy: Spine: Subluxations Par. 6, 12-A, 15-A

SPINE: SUBLUXATIONS

**BACKGROUND OF READING 470-18 M 48**

B1. See 470-17 on 1/9/37.

B2. 9/1/37 Wife phoned questions, saying his ankle was very swollen and painful.

**TEXT OF READING 470-18 M 48**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 1st day of September, 1937.

2. As we find, there are many various changes in the physical forces of the body since last we had same here, and in most respects we find conditions very good.
3. But as we find there has within the last three moons been something of - not an accident but a jarring of the body in such a position, as from jarring or stepping too heavy, that has caused in the lumbar and in the coccyx area a pressure to the lower circulation that prevents as fast return of the circulation to the torso portion of the body as it should.
4. Hence we find periods when there is the inclination through the feet and ankles for there to be slowed circulation that produces some swelling.
5. This as combined with the old inclinations for those tendencies for the activities of the lower hepatic circulation, as combined with inclinations of the activities of the pancreas, unless corrected may cause some disturbance that would become much more aggravating than in the present and much harder to combat.
6. As we would find, then, we would have - osteopathically - those corrections made in the lumbar axis, in the sacral, and remove the pressure in the coccyx area; carrying same through the lower portion of the sciatic centers, especially under the knee and to the feet and the bursa of the feet themselves.
7. This should not require a great number of these to see a vast difference.

8. Then, for the period of some three to four weeks, once or twice a week add to the diet the Jerusalem artichoke; that there may be the reaction to the upper hepatic circulation and through the liver and the pancreas; those reactions of the assimilated properties from same that would aid in correcting these inclinations and tendencies.
9. Do these and as we find for these particular disturbances the conditions will be much improved.
10. Ready for questions.
11. (Q) Please review all organs of body, and give condition of same.  
(A) As we find, the brain forces are very good.  
The activities of the glandular system are very good save as related to those inclinations that have been indicated through the pancreas and the activities of the kidneys or the adrenals - or those glands above the kidneys.  
The heart's activity is very good, though this change in the pressure makes for a hardness upon the circulation; and there needs to be those activities as indicated.  
Lungs, throat, bronchi, larynx are very good.  
Digestive system, the assimilations of the body, we find very good.  
The activities of the liver and the relationship to the organs of the lower hepatic circulation are disturbed as has been indicated.
12. (Q) What should be done for dry hard skin on right side of right foot?  
(A) Let's change the circulation by the manipulations as indicated, and correct those pressures in the lumbar axis, the sacral and the coccyx area. Then also the stimulation from the ganglia or centers along the sciatic nerve, especially those associated with the knee and the bursa of the feet.
13. (Q) What can be used on forehead to clear up skin condition?  
(A) When we change the activities of the liver and the kidneys, we will find much of this condition will clear.
14. (Q) Does the small red mark over the right eye come from the same cause?  
(A) Comes from the same cause.
15. (Q) How often should the manipulations be given?  
(A) About twice a week until there is the perfect alignment, or six to eight to ten such adjustments and manipulations. To be sure, coordinate the upper portion of the system, or set up drainages to the whole of the alimentary canal; but make the corrections in the feet, ankle, knees, the coccyx and especially in the lumbar axis.
16. (Q) Any other suggestions?  
(A) These we would do for this body in the present. We are through.

#### **REPORTS OF READING 470-18 M 48**

R1. 9/7/37 Wife's letter: "The rdg. arrived Sat. and we want to thank you for taking it so promptly. My, but the information certainly goes direct to the trouble and again [470] has been warned of impending conditions. [470] thought he had jarred himself but he wasn't sure. He is getting started on treatments today. Dr. Pike was out of town over week-end. I tried all over town Sat. to obtain Jerusalem artichokes but there aren't any in ..., N.Y. A fruit and vegetable dealer will let me know today whether he can get them for me or not. If he cannot, will wire a friend in Calif. to send some."

DIABETES AND DIABETIC TENDENCIES, VOL. 2 CIRCULATING FILE

R2. 9/10/37 "Message from Calif. says that Jerusalem artichokes will not be in season before Dec. or Jan.\* Will it be possible to ask if anything can be substituted for them, or if there are any canned ones anywhere in the country that you know anything about will you please let us know? [470]'s ankle is much better."

R3. 9/14/37 See his wife's reading 1100-17, Par. 12-A giving a substitute for the Jerusalem artichokes until he was able to get them. [Clary Water, Garden Sage, Honey, Ambergris, Grain Alcohol, Gordon's Gin, Cinnamon prescription, etc.]

R4. 9/21/37 Wife's letter: "Talked to Mrs. [601] after talking with you the other evening and she was going to get the re-distilled gin out to us yesterday. It has not arrived yet, but am sure it will by tomorrow. The ambergris is ordered also, so expect to get it compounded as soon as all ingredients are here. Have the sage, stick cinnamon, honey and distilled water here now.

"A fruit man here tells me that Jerusalem artichokes are grown here by a man who specializes in them and that they will be ready soon. They are dug out of the ground like potatoes but not until after frost. We were supposed to have frost last evening but I do not believe it arrived. If we can get some (artichokes) while we are here will also have some sent to [480], as they are using canned or bottled ones, and I do not believe they are the Jerusalem variety...

"Dr. Pike found conditions in [470]'s spine exactly as described."

"P.S. A letter sent by special air-mail just arrived from Mrs. [601]. She cannot get the gin re-distilled, as the chemist is becoming suspicious, so she advised us to write

\* [GD's note: Sometime later Mr. [470] and Mrs. [1100] sent us some Jerusalem artichoke tubers for planting. We found that they do develop such that they can be dug and obtained, some of them, in early September - in Virginia, at least.] the Gordon Gin Co., at Linden, N.J. I am writing them immediately and do hope they can send it to us. If not, [470] will have to buy equipment and re-distill it himself."

R5. 10/3/37 Wife's letter: "Thought you would be interested to know that we finally got the clary water compounded. There was so much delay, etc., that I feel sure that Saturn's rays must have been affecting us adversely. The gin company would not supply the gin but [470] was able to get it re-distilled at the plant, as they have a laboratory. We have about 12 oz. left and [470] hopes to have another qt. re-distilled before we leave, so if you should need any, we will be glad to send some of ours. It is against the law, however, to send liquor thru the mail, but guess it could be done by express. Had difficulty getting the ambergris, also. The druggist ordered it for us from the same firm in N.Y. where Mrs. [601] got theirs but after several days it had not arrived, so the druggist wired again and it came, from another firm (Dodge and Olcott). So we got it concocted last Mon. eve. and [470] started on it Tues."

R6. 10/22/37 "We finally obtained the artichokes and hope yours arrived in good shape. [470] will not resume the clary water unless the information says so, altho during our travels and stay in hotel, it may be necessary."

**INDEX OF READING 470-19 M 48**

Attitudes & Emotions: Resentment	Par. 10-A
DIABETES: TENDENCIES	
Diet: Artichoke: Jerusalem: Diabetes: Tendencies	Par. 5
: Diabetes: Tendencies	Par. 10-A
: Food Preservatives: Benzoate of Soda: Not Recommended	Par. 9-A
Obesity: Tendencies	Par. 7
Prescriptions: Grape Juice: Obesity: Tendencies	Par. 7, 9-A, 10-A
Psychosomatics: Circulation: General	Par. 10-A

**BACKGROUND OF READING 470-19 M 48**

B1. See 470-18 on 9/1/37.

B2. 10/22/37 Wife's letter: "We are both feeling fine... [470] will not resume the clary water (since we finally obtained the Jerusalem artichokes) unless reading says so... Would it be possible to ask a question in his reading? You see, the fresh grapes are beginning to run out (as given in my reading 1100-17) and I would like to know what brand of grape juice is prepared without benzoate of soda. The bottles are not marked and of course they will not tell you."

**TEXT OF READING 470-19 M 48**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 30th day of October, 1937.

2. As we find, the general physical reactions are much better than when last we had same. There is a better condition throughout the reaction of the blood pressure, the activities of the glandular system, and the general conditions of the body.
3. There needs to be only in the present, as we find, those precautions as to the eliminations.
4. As to the activities for especially the pancreatic reaction or the excess of sugar, this we find near to normal in the present; and unless there is a return of the heaviness or dizziness that comes from the pressure in the system, there is not the necessity of the Clary Water compound.
5. However, when convenient - and if palatable - keep the artichoke. While this works slowly, this does not necessitate a continued use. Allow the body to react to the system's producing that by the reaction of absorption rather than dependent upon the assimilation to supply an excess of abundance of those forces to keep a normal balance in the activity of same.

6. In the use of the diets, these as we find are very well in the present.  
7. As we find, to prevent the excesses of weight for this body, we would use also the grape juice. This three-fourths grape juice to one-fourth water, or a small glass or four ounces four times a day. This taken before meals and before retiring. Unless this becomes to the body as heavy upon the system, it will be found to prove beneficial to eliminations, and prevent the use of or desire for starches or sweets; and will give the inclination for the body to keep a normal balance in weight. The Welch as we find is the preferable for this, when the fresh grapes are not available.

8. Ready for questions.

9. (Q) Is the Welch grape juice prepared without benzoate of soda?

(A) Prepared without benzoate of soda. Pure grape juice.

10. (Q) Should starches and sweets be eliminated from the diet, or to what extent may they be eaten?

(A) As indicated, if the grape juice is taken it supplies a sugar, the kind of sugar though that works with the system - that which is necessary, see? and then that prevents the system's desire for starches and sweets in excess. Not that these are not to be taken at all, for they supply, of course, the necessary heat units for the body in a great measure; but as these would be supplied through the taking of the grape juice, or the eating of the grapes (if they are taken AS the regular diet, and not just occasionally), there would only be the partaking of others as the appetite calls for same. When the appetite is controlled, it will govern the necessary forces in these directions.

When white potatoes are taken, take them with the jackets and eat that close to the jacket AND the jacket preferably to the greater portion of the pulp. These are not to be excluded; neither would cheese or macaroni be excluded. But in the breads, of course the whole wheat, rye or the sour breads are preferable. Neither would there be the elimination entirely of candies, sweets, tarts, pies or the like; but those that carry chocolate should be taken very little. Those that are of the nature in which the greater portion of the sweet is supplied from the natural fruits are preferable; as would be candied fruits or the like - these are well.

The leafy vegetables, of course, should be the main - though this should not exclude meats; but preferably not those that are fried - but roasts, these are very well - though these should be very well done. Fish and fowl and WILD GAME of every nature - all of these are well for the body.

And keep the constructive mental attitude. Never resentments, for this naturally creates within the system those secretions that are hard upon any circulation, and especially where there is disturbance with the spleen, the pancreas and a portion of the liver activity.

11. We are through with the Reading.

#### **REPORTS OF READING 470-19 M 48**

R1. 11/6/37 Wife's letter: "We want to thank you for [470]'s reading and are happy, indeed, over his improvement."

2/12/38 See 470-20.

**INDEX OF READING 470-20 M 48**

DIABETES: TENDENCIES

Diet: Artichoke: Jerusalem: Diabetes: Tendencies Par. 8, 11-A

Osteopathy: Spine: Subluxations Par. 3, 4, 12-A

Prescriptions: Ambergris: Diabetes: Tendencies Par. 6, 13-A

SPINE: SUBLUXATIONS

**BACKGROUND OF READING 470-20 M 48**

1/25/38 Wife's ltr.: "Found a very good osteopath who has one of the new short-wave machines which are being used so effectively for head colds and sinus infections. Two tr. and my cold cleared right up. Found this Dr. to be quite broad thinking, so have already told him about you and the work. He is quite interested."

1/29/38 EC's ltr.: "What is that shortwave machine? Would like to know. It may be that it has even been suggested for some, but have never seen it and don't know."

2/6/38 Wife's ltr.: "We are both fine but [470] would like a rdg. to ck. on his condition - cannot obtain Artichokes here at all, so he has been taking the clary water, but of course he is not sure just how he should take it, at this time... We know very little about the short-wave machine but would like to know more. Maybe a question could be asked about same... What is the short wave machine as used by Dr. Arthur E. Smith...and would it be advisable? It certainly helped my head condition, so possibly it is good for other conditions."

**TEXT OF READING 470-20 M 48**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 12th day of February, 1938.

2. As we find, in many respects the body is very good.
3. For that little disturbance that has been and is disturbing, there needs to be some precautions taken as to proper adjustments osteopathically through the upper dorsal and cervical area.
4. Just a few - three or four - should be sufficient to remove the distress or pressure in the present.
5. As for those activities through the inclinations for the disturbance in the blood pressure, and those that arise from the overactivity of the pancreas - thus forming disturbances through the kidneys.
6. We would take the Ambergris Solution as it has been given; not too often, but every other day or every third day take it for the daily period, see? Then leave it off for two to three days. Just keep down this inclination, especially while there are the activities that produce the greater strains on the body. It is well for this to be repeated then. After this is taken for a period of at least ten days, leave it off; and then in a month to six weeks to two months repeat it again.

7. And we will find we will be able to keep the normal balance.
8. Or, if possible, use the Artichoke as a portion of the diet occasionally.
9. These, with the general precautions, should make for keeping a normal balance.
10. Ready for questions.
11. (Q) Where may we obtain artichokes now?  
(A) Columbia, South Carolina.
12. (Q) What causes soreness near the bridge of nose on left side?  
(A) A little pressure, as we have indicated, that should be removed in the upper dorsal and throughout the cervical area, as related to the optic forces. The vagus circulation, or vagus center specifically.
13. (Q) What dosage of the clary water?  
(A) A dessertspoonful at a dose.  
Do these and as we find we will keep the normal forces for the body.
14. (Q) What is the short-wave machine as used by Dr. Arthur E. Smith -  
(A) (Interrupting) We don't have Dr. Smith. We are through for the present.

**REPORTS OF READING 470-20 M 48**

R1. 2/15/38 EC's ltr.: "Funny the question about the short-wave, [470-20, Par. 14-A] then in possibly the very next rdg. [633-10] its use was suggested but not describing it at all, except that it is gotten on a sinusoidal machine. Well, happened to know what that is, as we had one of them at the old [Cayce] hospital."

R3. 3/21/38 See wife's rdg. 1100-18 indicating the short-wave tr. was not good for her.

R4. Association For Research & Enlightenment, Inc., Virginia Beach, Virginia  
INDIVIDUAL CASE REPORT

Date of Readings: Sept. 1, Oct. 30, 1937 & Feb. 12, 1938 Case No.: 470-14-16  
(PLEASE ANSWER THE FOLLOWING QUESTIONS CAREFULLY)

- (1) In your opinion did the analysis of the Reading cover the condition? Yes.
- (2) Give symptoms of condition described correctly? Sept. 1st - Swelling of left ankle. Oct. 1st - Check Reading - No unusual symptoms. Feb. 12th - Congestion of the vagus centers.
- (3) What was the physician's analysis of this condition? Same as the reading.
- (4) Have the suggestions given in the Reading been followed exactly as outlined? Very closely.
- (5) For how long? Still take osteopathic treatments.
- (6) Describe the extent to which improvements have resulted? Circulation to the feet has been normalized. Congestion in head has not entirely cleared but is much better.

Date: June 6, 1938 Signed: [470]

R5. 6/14/38 He obtained his next Ck. Physical - See 470-21, to see if he should continue taking clary water, etc.



**INDEX OF READING 470-23 M 49**

Cold: Congestion: Preventive	Par. 4
Diet: Artichoke: Jerusalem: Diabetes: Tendencies	Par. 5
Exercise: Obesity: Tendencies	Par. 6
Physiotherapy: Spray: Lavis: Catarrh: Tendencies	Par. 7
: Listerine:	Par. 7

**BACKGROUND OF READING 470-23 M 49**

8/25/38 Wife's letter: "[470] will want a Check Reading as soon as we get in our place... He wants to wait, in case any preparations have to be STEWED...."

**TEXT OF READING 470-23 M 49**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 22nd day of September, 1938.

2. EC: Yes - we have the body, [470]; this we have had before.
3. As we find, conditions are very good in many respects. There is really a better GLANDULAR reaction than has been formerly noted or indicated.
4. There needs to be, then, precautions as to taking cold, or undue exposure, or getting feet wet or damp, or such exercise as to overstimulate the cardiac reaction.
5. When the correct diet - or the artichoke is available (and it now soon will be), we would take a little of these occasionally - once a week or the like.
6. We would keep exercises of the more specific nature to keep down the weight, especially around the waist. The hydrotherapy treatments once in a while, with the handball workout and the rubdowns that come with or after such games - tenpins and the like - are well.
7. These we would adhere to, with the proper precautions as to a spray occasionally in the throat and nasal passages. And as we find for the body, it would be well to vary; that is, use such as Listerine at one period and Lavis at another. Use these, of course, as strong as is practical, but do not burn tissue with same, to be sure. They may be diluted with a little water. One is an acid, the other is an alkalin-reacting antiseptic.
8. And these as we find should keep the body in near normal condition.
9. We are through for the present.

**REPORTS OF READING 470-23 M 49**

R1. 9/26/38 Wife's letter: "[470] thanks you for the reading... I am pleased with his present condition and hope he can keep his waistline down. I am glad of the little warning about overactivity, as he has a tendency to want to overdo in the line of sports. He is so fond of golf (and I am glad he does get out on nice days) but he goes out on Sats. and they usually play 36 holes, which I believe is too much in one day."

**INDEX OF READING 470-30 M 50**

Acidity & Alkalinity: Litmus Tests Par. 8

**DIABETES: TENDENCIES**

Diet: Artichoke: Jerusalem: Diabetes: Tendencies Par. 7

**ELIMINATIONS: INCOORDINATION**

Kidneys: Urine: Tests Par. 7

Neuritis: Tendencies Par. 5, 6, 8, 13-A

**OBESITY: TENDENCIES**

Physiotherapy: Hydrotherapy: Eliminations:  
Incoordination Par. 10

: Rubdowns: Salt Rum: Eliminations:  
Incoordination Par. 10

**BACKGROUND OF READING 470-30 M 50**

B1. See 470-28 on 6/7/39.

B2. 11/30/39 Wife submitted questions: "What causes catch in right side and what should be done for it? Also check on the old pancreas condition and ask if there is any further advice or suggestion for him."

**TEXT OF READING 470-30 M 50**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 2nd day of December, 1939.

3. Yes, we have the body here; this we have had before, [470].
4. While conditions as we find are very good in many respects, there are still those inclinations of the body to put on weight, - that tendency for the effect of the pancreatic reaction with the assimilating forces of the liver to cause some disturbance along the circulatory forces between the heart and the liver itself.
5. Hence with an overstimuli, or the sudden movement at times, there is a catch under the shoulder, - more often in the right, but close to the central portion of this reaction to the supplying energies, or the plexus from which there are the energies supplied to the secondary cardiac, or in the circulatory forces as related to that particular portion of the circulation.
6. Then, we would be mindful that there is kept a bettered condition between the upper and lower hepatic circulation in its activity.

7. Occasionally take the artichoke as a means for the dissipation of these disturbances; and the entity may test for same by the urine being heated so as to indicate (after being heated and standing for a while) whether or not there are the sediments that tend to turn to black flecks or

\* [12/2/39, 11: 30 to 11: 40 A.M., a Check-Physical was given for his wife [See 1100-27] at the same address.] specks, as well as a sand condition in same.

This may be best done by self, in a test tube; the urine merely put in and heated to where it begins to boil, and then allowed to cool of itself. Then merely test by holding to the light and seeing that as indicated. This would indicate whether or not there should be a day or two of using the artichoke as a means of correcting the condition.

8. It would be well to test for acidity also occasionally; the best manner as we find being with the spittle and the urine. If acidity is shown, then alkalize by the use either of carrot juice or the combination of carrot juice and celery and lettuce.

These for THIS body, as we find, would supply the energies from same, through the effluvium in same, for the necessary forces to reduce those inclinations for the "catch, " or the tendency for the flowing of strains through the nerve energies, - by the effect of poison pressure.

9. Do these, if we would keep the better conditions for this body.

10. And occasionally have a thorough rubdown through the hydrotherapy treatments, purifying the superficial circulation by a bit of sweat and work out, and then the thorough rubdown especially with the salt rum, or the hot and cold waters.

11. Do these.

12. Ready for questions.

13. (Q) What causes the catch in right side?

(A) Read just what we have given!

14. We are through with the Reading.

#### **REPORTS OF READING 470-30 M 50**

R1. 12/11/39 See wife's letter of thanks under 1100-27 Reports.

R2. 9/27/40 He obtained his next Ck. Physical - See 470-31.

**INDEX OF READING 470-31 M 51**

Business Advice	Par. 13-A, 14-A
Clairvoyance of E.C.: Conditions Confirmed	Par. R1
Dermatitis: Eliminations: Incoordination	Par. 12-A

**DIABETES: TENDENCIES**

Diet: Artichoke: Jerusalem: Diabetes: Tendencies	Par. 8
--	--------

**ELIMINATIONS: INCOORDINATION**

Osteopathy: Diabetes: Tendencies	Par. 5, 6
Physiotherapy: Baths: Sweats: Eliminations: Incoordination	Par. 4
: Hydrotherapy: Eliminations: Incoordination	Par. 4
: Massage: Pine Oil: Eliminations: Incoordination	Par. 4, 5

**BACKGROUND OF READING 470-31 M 51**

B1. See 470-30 on 12/2/39.

B2. 9/20/40 Wife submitted the questions.

**TEXT OF READING 470-31 M 51**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 27th day of September, 1940.

2. EC: Yes, we have the body here; this we have had before.
3. As we find, in many respects conditions are very good. There are still those tendencies that have not been entirely removed - that affect the activities of the circulation, especially as related to the glands, or the pancreas; and the natural result that is had through the hard activities from same.
4. Once a week we would have the general hydrotherapy treatment, that makes for better eliminations, better exercise; with the activities in the superficial and deep circulation, from the Cabinet Sweat. This should not be too severe, but a thorough rubdown after same. When the first one or two Sweats are given, be mindful as to the pulsation and the effect this creates; that is, by not overheating the body without regard to the circulation to the head. For the rubdowns, for this body, we find that the Pine Oils would be the better; of course closing the pores with the alcohol rub after the general treatment and massage.

5. Do not have the masseur attempt to make adjustments; these should be entirely separate.
6. About once a week also, but AFTER the body has been thoroughly relaxed through the hydrotherapy treatment, we would have the osteopathic adjustments to keep the body better physically fit. There are those conditions in the 8th and 9th dorsal area that have not been entirely relieved osteopathically, but if these adjustments are made after the thorough relaxing we find that there should be the correction, so that there will not be the tendencies for the affectations through the pancreas and the sugar and kidney reactions which naturally come from same.
7. Then, with the diets that create the better balance, we should find better conditions.
8. As soon as it is practical (and this may be very soon, from the Wisconsin area) obtain the Jerusalem artichoke and begin with at least one as a part of the diet once or twice a week.
9. These as we find should keep the body physically fit.
10. Do these, for this body.
11. Ready for questions.
12. (Q) What causes the rash on forehead and what can be done for it?  
(A) This is the result of too much of that not eliminated, as in the coordination between superficial and deeper circulation. Hence the form of rubs, as well as the hydrotherapy, combined with the osteopathic adjustments, see?
13. (Q) Will there be an improvement in my business relations with the ... Company?  
(A) As we find, there must be a bit of a concession made, but these relations should be most satisfactory.
14. (Q) Is there anything I can do to improve same?  
(A) As indicated, there is a concession to be made; but these will bring about better relationships.
15. We are through with this reading.

#### **REPORTS OF READING 470-31 M 51**

R1. 10/10/40 Wife's letter: "[470] reading 'hit the nail on the head' because the doctor found the condition just as described and said if he had not been looking for it, he would have passed over it, as it was so deep. That's why it had not been corrected."

R2. 12/17/40 See wife's Ck. Physical 1100-30, Par. 8-A, 9-A advising [470] to use the fresh Jerusalem artichoke rather than the dehydrated and to decrease the Paul Bragg vitamins he had been taking which were over-energizing him.

R3. 4/4/41 He obtained his next Ck. Physical - See 470-32.

**INDEX OF READING 470-32 M 51**

Air: Exercise: Obesity: Tendencies	Par. 8
Bible: Books Of: Philipians 2: 5	Par. 13-A
DIABETES: TENDENCIES	
Diet: Artichoke: Jerusalem: Diabetes: Tendencies	Par. 4
: Obesity: Tendencies	Par. 5--7, 12-A
Human Relations: Leadership: General	Par. 13-A
Names: Organizations Mentioned: Salzer Seed Company: Jerusalem Artichoke	Par. 4
Obesity: Tendencies	Par. 5
Physiotherapy: Hydrotherapy: Relaxation	Par. 9
Prescriptions: Grape Juice: Obesity: Tendencies	Par. 5
World Affairs	Par. 13-A

**BACKGROUND OF READING 470-32 M 51**

B1. See 470-31 on 9/27/40.

B2. 3/29/41 Wife submitted questions: "Where can the Jerusalem artichokes be secured at this time? He seems to be gaining weight. How can his waistline be controlled and reduced?"

**TEXT OF READING 470-32 M 51**

This Psychic Reading given by Edgar Cayce at his office on Arctic Crescent, Virginia Beach, Va., this 4th day of April, 1941.

3. As we find, there are very good conditions in the main.
4. For those inclinations or tendencies which have been indicated, it would be well to have the artichoke as a part of the diet occasionally. We find that this may be obtained from the John A. Salzer Seed Company, LaCross, Wisconsin - the Jerusalem artichoke.
5. As to the increase in weight, - this may be controlled by the grape juice way, rather than any particular dieting; just requiring that the body refrain from too much sweets and starches.
6. Use the leafy vegetables rather than the dried.
7. Rather often we would include fish in the diet, but prepared in varied manners.

8. Have plenty of exercise such as walking, or golfing, or the like, when practical, so as to keep the body in very good condition.
9. Occasionally we would have a thorough relaxing by the hydrotherapy way, with a good massage following same.
10. Doing these, we find that the body should keep in a very good physical condition.
11. Ready for questions.
12. (Q) Should any foods be left out of the diet entirely?  
(A) As indicated, not too much of sweets or starches; but just a well balanced diet. No carbonated waters, to be sure.
13. (Q) Please give me some spiritual advice that will be helpful during the present chaotic condition of the world.  
(A) Let that mind be in thee as was manifested in Him, the Christ; with those attitudes of not condemning any, but giving those of every position their right of thought. For, know that no individual is in any position of power or might, or of any other, save as an opportunity for meeting those problems that are his in relationship to others and to the world.  
Hence no animosity, no hate, - these should be the attitudes of this entity, as well as of others - at this time.
14. We are through with this Reading.

**REPORTS OF READING 470-32 M 51**

R1. 4/8/41 Wife's letter: "[470]'s reading arrived yesterday and we want to thank you so much for same. He likes to keep informed about his condition so as to keep it under control and am glad that he is as well as indicated. Sending for the artichokes at once. Is that the same company of which you spoke before?"

R2. 7/8/41 He referred Mr. [2546] for a Physical Rdg.

R3. 8/21/41 He obtained his next Ck. Physical - See 470-34.

**INDEX OF READING 470-34 M 52**

CIRCULATION: INCOORDINATION

DIABETES: TENDENCIES

Diet: Artichoke: Jerusalem: Diabetes: Tendencies Par. 7, 13-A  
: Diabetes: Tendencies Par. 7--9, 13-A

Exercise: Warnings Par. 3, 4, 12-A

Osteopathy: Relaxation Par. 6

**BACKGROUND OF READING 470-34 M 52**

B1. See 470-32 on 4/4/41.

B2. 8/12/41 Wife submitted questions.

**TEXT OF READING 470-34 M 52**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 21st day of August, 1941.

3. As we find, conditions are very good in many respects. There are tendencies for the body at times to overtax itself. And with those changes that come about in the pressure in the blood supply, such periods may be very detrimental. For the body to become overheated weakens the capillary activity of the veins and arteries, and is harmful.

4. Then, do not make too great a taxation on the body in heating or overheating, or too SUDDEN changes.

5. With these precautions, and then the adherence to the diets that have been indicated, the body should keep near to normalcy.

6. We WOULD have three to four good osteopathic treatments of the relaxing nature, rather than of the stimulating nature.

7. For a week, two weeks, even three weeks, it should not be harmful to be without the artichoke; but then these should be kept occasionally, to keep down those tendencies for sugar.

8. Refrain from any carbonated water drinks of ANY character. These are not well for the body.

9. The sour lemonade, or orangeade of the fruit itself, will be very well.

10. Do these and we should keep the body, with these precautions, physically fit - for the present at least.

11. Ready for questions.

12. (Q) Is it harmful for me to play golf while the temperature is so high?

(A) As indicated, it is not well to overtax the body, to overheat same. It tends to weaken, as given.



13. (Q) Could you suggest something to be used until the artichoke can be obtained the middle of September?

(A) It should not be harmful, as indicated, to rest from the artichoke until then, if those precautions are taken regarding sugars and sweets, and especially if the body refrains from carbonated waters.

14. We are through with this Reading.

**REPORTS OF READING 470-34 M 52**

R1. 8/26/41 Wife's letter: "[470] sends his sincere thanks. He refrained from golf Sunday, as it was very hot. He loves sports so much that he has a tendency to want to overdo, which is not good in very hot weather." [He referred Mr. [...] for a Physical rdg.]

R2. 6/22/42 He obtained a reading on Cooperative Farming - 470-35.

R3. 9/19/42 He obtained his next Ck. Physical - 470-36.

**INDEX OF READING 470-36 M 53**

DIABETES: TENDENCIES

Diet: Artichoke: Jerusalem: Diabetes: Tendencies	Par. 9
: Diabetes: Tendencies	Par. 9
Headache: Toxemia	Par. 14-A
Injections: Hypodermic: Insulin: Not Recommended	Par. 9
Neuritis: Tendencies	Par. B2, R1
Physiology & Anatomy: Prescriptions:	
Citrocarbonate, Upjohn's	Par. 5--7
: Sal Hepatica	Par. 5--7
Prescriptions: Citrocarbonate, Upjohn's:	
Toxemia	Par. 5, 14-A
: Nitre, Sweet Spirits of:	
Diabetes: Tendencies	Par. 9
: Sal Hepatica: Toxemia	Par. 5, 14-A
: Watermelon Seed Tea: Diabetes: Tendencies	Par. 9
Psychosomatics: Healing	Par. 15-A
Teeth: Toxemia	Par. 13-A

TOXEMIA

**BACKGROUND OF READING 470-36 M 53**

B1. See 470-34 on 8/21/41.

B2. 9/15/42 Wife submitted questions: "What causes headaches on arising? Please check pancreas. Is it necessary to resume artichokes as soon as obtainable? Has neuritis in shoulder."

**TEXT OF READING 470-36 M 53**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 19th day of September, 1942.

2. EC: Yes, - [470], - this we have had before - [470].
3. As we find, in the main conditions are very good.
4. There has been an upset, or an acute condition, arising from some toxic effect - or indigestion, from the combination of things taken; and then the activity and state of body at the period.

5. While this has been cleansed in a manner from the system, it would be well even yet that there be taken a small dose of a saline salts for a day or two of morning, - like Sal Hepatica or Upjohn's Citrocarbonate, or such an eliminant. This will tend to purify.
6. You see, we have here quite a variation as to the activities of the eliminants or those things that produce a laxative or a cleanser. One, of course, arises from a vegetable, one may be from a salts or a fruit salts base. These, of course, vary as to the effect they produce. The attempt is to produce an excess flow as to purify the body, and this depends upon what has been the nature of that to be eliminated.
7. Hence at times it is well to start the eliminations with a vegetable compound and then to flush the system with a few doses of mineral salts or such a base - especially for those who, as this body, have a tendency for an excess activity of the pancreas, or that activity which produces excess of sugar, or a tendency for an unbalanced blood supply. For, this tends to purify the system without weakening the body too much - especially one with a predisposition as has been indicated.
8. As we find there is still, and with such upsets as this there tends to be produced, an irritation or tendency for the activity of glandular forces as related to pancreas to become the more active.
9. Hence we find an increase in the activity of the kidneys, or those tendencies for too oft but sparse activity in most instances - as to the discharges from same, or from the bladder. But the artichoke should correct this. Don't take the properties by the hypodermic [insulin?], but take the artichoke. Or, now, if there would be taken two to three drops of Sweet Spirits of Nitre it would be well, or else eat a good big watermelon, provided more of the juice is taken than the pulp. Or if this is not convenient, take watermelon seed tea - until there is the ability to get more of the artichoke.
10. In the activities of the body, take precautions that there is not overheating. For, this will tend to make for tiredness, as of overactivity, and also make it hard upon the conditions that exist in the general circulation as related to heart, in combination with the liver and kidneys themselves. These precautions the body should take, also that when there is taken the shower of evening there be a good work out at the same time, just after the shower, and then a good rubdown.
11. These as we find, with the general precautions, should keep the body physically fit.
12. Ready for questions.
13. (Q) Do all the teeth appear in good condition?  
(A) There are some of those toward the front that need some local attention, - the two in the middle in front - top.
14. (Q) What can be done to relieve the headaches, other than that suggested?  
(A) As we find, if there will be taken the shower and the work out of evening, we will keep away from the headaches - unless there is the tendency for the body to become overheated and then suddenly cool off or the like, see? But get the system cleaned out. Take the eliminant for two to three days, - a teaspoonful

of the Sal Hepatica, or a heaping teaspoonful of the Citrocarbonate, of morning before the meal is taken.

15. (Q) Any other suggestions for the body at this time?

(A) Keep in the constructive way of thinking, - this is helpful also.

16. We are through for the present.

**REPORTS OF READING 470-36 M 53**

R1. 9/23/42 Wife's letter: "The information was just what [470] needed to put him on his feet again, and he is feeling fine now. The neuritis cleared up right away, as soon as he ate the watermelon and had some tea, also. He is back on the job and getting quite busy."

R2. 10/21/42 "The artichokes arrived and are part of his diet now."

R3. 6/20/44 He obtained his next, and his last, Ck. Physical - See 470-37.

**INDEX OF READING 470-37 M 54**

Attitudes & Emotions: Anger: General	Par. 12-A
Boils: Mouth	Par. 9-A--11-A
DIABETES: TENDENCIES	
Diet: Artichoke: Jerusalem: Diabetes: Tendencies	Par. 5
Exercise: Head & Neck: Circulation: Incoordination	Par. 7, 9-A--11-A
Meditation: Head and Neck Exercise	Par. R2, R3
Mouthwash: Glyco-Thymoline: Boils	Par. 9-A--11-A
: Lavoris:	Par. 9-A--11-A
: Listerine:	Par. 9-A--11-A
Psychosomatics: Anger: General	Par. 12-A
: Eliminations: Incoordination	Par. 3, 6, 12-A
: Toxemia: General	Par. 12-A
Teeth: Circulation: Incoordination	Par. 10-A, 11-A

**TEXT OF READING 470-37 M 54**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 20th day of June, 1944.

3. As we find, in a general manner conditions here are very good. There can rarely be physical disturbances with the mental attitude of the body, save when it gets rough, but don't do that. It's hard on the kidneys, on the liver and the heart. These are the tendencies in the body of which there are to be the more precaution. These are of such a disturbance as to cause oftentimes engorgements in the activities of heart, liver and kidneys.

4. As has been indicated for the body there are those tendencies in the activities of the pancreas for excesses and these tend, with the conditions, to form disturbances which may become clots, blocks in the system. The condition in the present of the liver, kidneys, pancreas, though, is better in accord than it has been in many times that we have had the condition here.

5. But we would with regularity have the artichoke prepared in the manner as has been indicated, for this tends to keep a purification of that circulation with the liver, the kidneys, the pancreas. And, to be sure, oft with such disturbances there comes a disorder in the spleen, and here is about the only change as we find from bettered conditions, as has been seen.

6. These, then, necessitate that the attitude be kept without getting mad, yes, but don't say anything, don't think it. Just know that you can't afford to for physical self and for the better self.

7. For those conditions with the sympathetic system, if the body would take the head and neck exercise, we will find it will relieve those little tensions which have been indicated as part of conditions in head, eyes, mouth and teeth. All of these will respond to regular exercise of body and neck. It doesn't take long, but don't hurry through with it. But do regularly of morning take the time before dressing, rise on the toes slowly and raise the arms easily at the same time directly above the head, pointing straight up. At the same time bend head back just as far as you can. When let down gentle from this you see, we make for giving a better circulation through the whole area from the abdomen, through the diaphragm, through the lungs, head and neck. Then let down, put the head forward just as far as it will come on the chest, then raise again at the top, bend the head to the right as far as it will go down. When rising again, bend the head to the left. Then standing erect, hands on hips, circle the head, roll around to the right two or three times, then straighten self. Again hands off the hip, down gently, rise again, down again, then circle to the opposite side. We will find we will change all of these disturbances through the mouth, head, eyes and the activities of the whole body will be improved. Open your mouth as you go up and down also.

8. Ready for questions.

9. (Q) Is there a cyst on the upper left molar? if so what should be done?

(A) There is an accumulation but it is more as a gum boil. But it will be well if we will rinse the mouth out one time with Glyco-Thymoline or Lavioris and the next day rinse it with Listerine. These are opposite in their effects, yet both are antiseptics and with the exercise it'll disappear.

10. (Q) What should be done about all the teeth?

(A) Have them examined locally, but there are many that do not need much attention, if you'll do these.

11. (Q) Are the teeth on upper left side close to the antrums so there will be danger in case of extraction?

(A) No, they won't need to be extracted yet. For you'll have many years to use them if you'll keep these exercises and rinses.

12. (Q) Any other advice or counsel?

(A) Only as to the attitude. As indicated for most people and it is very well here: don't get mad and don't cuss a body out mentally or in voice. This brings more poisons than may be created by even taking foods that aren't good.

13. We are through with this reading.

#### **REPORTS OF READING 470-37 M 54**

R1. 7/23/64 GD's note: Mr. [470] told me today that he is in perfect health. Altho having the diabetic tendency he has never resorted to insulin, and he feels he has been kept in shape by following the health advice in his rdgs. [He and his wife all these years have remained active supporters of A.R.E.]

R2. 3/12/76 Mr. [470]'s niece-in-law [[1671]'s wife] wrote: "Mr. [470] is still enjoying good health and golf in his retirement years."

**INDEX OF READING 911-1 F 24**

Air: Sand: Sea: Sun: Hay Fever	Par. 22-A
Assimilations: Heart	Par. 38-A
Asthma: Tendencies: Hay Fever	Par. 4, 9
Cold: Congestion: Hay Fever	Par. 5

**DIABETES**

Diet: Hay Fever	Par. 27-A
Dis-Ease	Par. 37-A
Doctors Suggested: Richardson, M.L., : D.O.	Par. 25-A
Eliminations: Poor: Hay Fever	Par. 12, 15
HAY FEVER	
Humor	Par. 20-A
Injections: Hypodermic: Insulin: Diabetes	Par. 30-A
Osteopathy: Hay Fever	Par. 15, 19-A

Physiology & Anatomy: Diabetes	Par. 29-A
--------------------------------	-----------

Prescriptions: Alcohol, Grain: Hay Fever	Par. 27-A
: Ambergris:	Par. 27-A
: Atomidine:	Par. 21-A, 28-A
: Cinnamon:	Par. 27-A
: Clary Flower:	Par. 27-A
: Gin, Gordon's:	Par. 27-A
: Iodine:	Par. 21-A, 28-A
: Juniper, Oil:	Par. 27-A
: Sage, Garden:	Par. 27-A
: Sugar, Beet:	Par. 27-A
: Syrup, Simple:	Par. 27-A
: Water, Distilled:	Par. 27-A
Prophecy: Prognosis: Hay Fever	Par. 21-A
Psychic Development: Visions	Par. 8
Psychosomatics: Diabetes	Par. 30-A, 32-A
: Ears: Hearing	Par. 8
: Eyes: Visions	Par. 8
: Hay Fever	Par. 5, 8, 32-A
Spine: Subluxations: Hay Fever	Par. 3, 5, 6, 14, 15

**BACKGROUND OF READING 911-1 F 24**

B1. Background (as later explained by [911]'s father, [4163]): Excess sugar, pronounced diabetes, been taking insulin for several years; unhappily married due to incompatible sex life, etc., her husband claiming she is oversexed.

**TEXT OF READING 911-1 F 24**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 14th day of August, 1932.

1. EC: Yes, we have the body, the enquiring mind, [911], and those conditions physical and mental that surround the body.
2. Now, in the physical conditions we find there are those conditions that disturb the body, especially at the present, as regarding the muco-membranes that are affected by conditions existent in the physical structural forces, and the effect that is had in the membranes of throat, nose, and the concurrent conditions that are reflex from same.
3. These, as we find, are not so much produced primarily by pollen, or the effects that arise ordinarily from conditions that have been called - or are called - the fever of this nature, but rather are there such pressures in the cerebro-spinal nervous system that make for tendencies in the sympathetic system to be affected by, or in such a manner as to produce the results that we find from such irritation.
4. The change that may be seen in this is, specifically, that those odors which carry NOT any pollen will affect the body as readily as the activities in pollen or such conditions surrounding the body, and at ALL seasons or times there is a tendency for easy irritation to the membranes that would eventually - if these are not corrected - produce a form of asthmatic condition that would be even harder to combat, once set in system as a constitutional effect, than is that which is known as hay fever, or rose fever, at the present.
5. In these conditions, as we find, pressure has been produced by first a super-sensitive nature of the body, and easily at times - under certain strains or stresses - irritated in its MENTAL forces. Then, with a pressure produced by cold and congestion, following an undue pressure in the 3rd and 4th dorsal, this makes for impulses that cause the effects seen in the circulation of the superficial forces of the body, as is seen from the brachial center at the 1st and 2nd dorsal, the 3rd and 4th cervical center, that makes for an overflow of the impulse of this circulation to the soft tissue of the nose, the throat, the lachrymal ducts, and the activities to the throat itself.
6. The same condition REFLEXLY (for these occur only at times) affects the body as related to the functioning of the kidneys, and produces an excess. Hence, as may be seen, these are reflex conditions from a specific condition that exists in the structural forces as related to the sympathetic and cerebro-spinal nervous systems. Hence the high nervous tensions.
7. In the physical functioning of the organs of the body, as we find - the blood supply itself, while well balanced, shows in the urea and in the plasm (that which makes for the secondary coagulation in used forces or tissue) a hindrance in their circulation, from the pressure in this particular portion of the system, that makes for an overflow in the portions from the 2nd cervical to the facial and to those portions of the body.



8. Brain forces are good. The activities of same in discernments are well. The impulses that arise from the conditions in the sympathetic system at times tend to make for irritations, as is seen, in reaction to conditions that affect the body from or through the sympathetic nervous system; so that the body is super-sensitive, even in action of the hearing - doesn't hear well unless it wants to, and then can hear what it doesn't want to! Eyesight or vision makes for the same kind of a reaction, until there are those visions that make for conditions which disturb the body, even, at times.

9. In the throat, bronchi and larynx - as indicated from the position of those pressures, if the walls of the nerve impulse and blood stream are allowed to thicken in the secondary cardiac plexus center, at the 3rd and 4th dorsal area, these will produce pressures in the bronchi area as to make for a hacking cough - and irritation by cold or congestion, or by the effect of foods that make for an easy reaction to the pulmonary system. These do not exist, understand, in the present - except as secondary conditions.

10. In the action of the lungs, good.

11. Heart's action near normal.

12. Digestion is very good, save it is super-sensitive from the amount of the plasm necessary in the metabolism of the body for the creating of sufficient fluids to be supplied in the lymph circulation, and this makes super-sensitiveness to certain foods that are of sugars carrying a high percent of the principles that make for activities in the respiratory system, or that are necessary for the creating in the equilibrium those balances necessary for the accumulation of the plasm that makes for coagulation. Hence a torpidity of liver, with often a tendency for constipation - or the lack of the necessary peristaltic movement for the eliminations, especially through the colon area; and with these pressures produce an effect upon the lower portion of the hepatic circulation, or through the glands above the kidneys, producing an over amount of the eliminations in the bladder itself. Not an organic condition, or bordering on same - for this only comes at times, but is a reflex condition of the pressure existent in the upper dorsal area.

13. As is seen, in meeting the needs of the conditions, climatic conditions affect the body READILY. These may aid and PREVENT the conditions from being so severe, but they are NOT REMOVING the cause of the conditions!

14. To eliminate from the system those conditions that produce the cause, we must remove the pressures that exist in, especially, the 3rd and 4th dorsal, and also to the brachial plexus that is combined with same, and the cervical area from the 4th to the 2nd cervical, with the proper precautions taken in the diet, in the activities of the body, that would overcome those conditions, making for an equilibrium of the distribution of nerve impulses through the system.

15. These, as we find, may be best had through those osteopathic adjustments AND manipulations; for the adjustments alone will not make for the creating of sufficient to absorb those pressures that have been made by the thickening of tissue, or the accumulations in system that make the pressure. Neither would the conditions be relieved that make for pressure in the nasal cavity or in the antrums, that are naturally under stress and not draining properly - from the

character of the lymph and blood circulation through the body. Hence one treatment as given should be adjustment, while the next should be a GENERAL treatment over the whole system - so that all centers are made to coordinate with the eliminations in the nerve reactions, as well as the blood supply. These, as we find, would require some fifteen to twenty-six treatments, dependent upon the manner in which these are applied and the reactions of the body to same.

16. This should entirely eliminate the conditions, prevent those tendencies of inflammation that arise occasionally to affect the kidneys and the hepatic circulation, and making for better conditions through the body.

17. Do that.

18. Ready for questions.

19. (Q) What osteopathic physician is recommended?

(A) Anyone that will be in accord with that which has been given, for with the proper examination - and with one who is in accord with those practices that are in line with the purposes of the profession - these conditions would be found to be existent. Hence a COMPETENT one, but one certainly that's in sympathy with the body!

20. (Q) Be better in Youngstown, Ohio, or in New York?

(A) As the body is in New York, it would be better to begin there!

21. (Q) The home of her parents is in Youngstown, Ohio. Should she visit there, or is there a better place for her to go to recuperate?

(A) This may be accomplished in Youngstown, Ohio. We would add to the system in Youngstown, Ohio, a change in the supply of waters - so that iodine is carried in same.

22. (Q) Where is it best for her to spend the next two months to aid in her recovery and comfort?

(A) As WE would give, where there would be more salt and sand, and sunshine, and where the activities of the whole system are in accord with the necessary balancing of the equilibrium, or metabolism and katabolism of the system.

23. (Q) Is there a good osteopath in the vicinity of Virginia Beach?

(A) Many of 'em!

24. (Q) That would carry out this special treatment?

(A) Many of 'em!

25. (Q) Who would be the best, should she come to Virginia Beach?

(A) Richardson!

26. (Q) Has the body a true case of diabetes?

(A) Hasn't diabetes at all!

27. (Q) What diet is best for her?

(A) That which is of the rough, or that makes for - as indicated - less sugar reaction in the system, from the pressure which exists in the cerebro-spinal system, and the impulses for an over-activity in the lower hepatic circulation - which, as seen, is that minus the heavy proteins, yet not so much starch as to make for an excess of glutens for the system - but that which keeps for a well balanced condition.

In this line, as we will find, those properties found in the clary water will - WITH the manipulations - CLARIFY the hepatic circulation and make for the activities in the glands that are in sympathy with the lachrymal circulation toward an even balance. This would be prepared in this manner, which will affect also the diet - so that this may be outlined as a diet that would make for general BUILDING of the system:

To 1/2 gallon of distilled water, add 3 ounces of clary flower or dried garden sage. Reduce this by slow boiling to 1 quart. Strain, and while warm add 15 grains of ambergris dissolved in 1 ounce of grain alcohol. Then add 2 ounces of simple syrup made with beet sugar only, or 2 ounces of the sugar to 2 ounces of the distilled water heated and made into the syrup. Then add Gordon Gin 4 ounces, with 10 minims Oil of Juniper, and 1 dram of cinnamon.

Shake the solution together before the dose is taken, which would be a teaspoonful four times each day - before the morning meal, before the lunch, before the evening meal, and at retiring.

28. (Q) Would this same treatment be able to be given in Youngstown, O.?

(A) It may be given anywhere. We would add in Youngstown, Ohio, though, at least two to three minims each day of Atomidine to the system, to make for a balancing of the necessary iodine for the system. At the seashore this is taken in, in a manner to be assimilated. Internally, or as in Youngstown, it makes for the hardness of the water that causes an accumulation - in the unbalanced condition - of those potashes in the system. These must be met.

29. (Q) If she hasn't diabetes, to clarify her mind please tell us what causes her overflow of sugar?

(A) The activity of the lymph upon the digestive system, through the pressure that is made in the secondary cardiac area, making for an activity in the ducts that make for assimilation, that which produces the pressure in the system causing the excess of sugar.

30. (Q) Would she be safe in abandoning insulin and taking this?

(A) It would be necessary for many changes in the activities of the body if such changes are made. Insulin is only an aid, NOT a cure - while if the conditions are removed that cause the pressure, then these are ELIMINATED from the system! It would be better that this be gradually reduced, and when the pressures and conditions are removed then it wouldn't be necessary; for we must meet the MENTAL conditions also!

31. (Q) Can she be eventually cured of this condition?

(A) It can be cured, not eventually - but sure! if those pressures are removed that cause the condition! If the assimilations of the system are normal (and they are for this body), when the conditions are rid, they will rebuild again as is necessary for a system to replenish itself - as is natural for it to do so - for the reaction and resuscitation of the functioning organs of the system.

32. (Q) Is her marriage a happy one, and does it influence her illness?

(A) It is influenced a great deal. The resignation of the body that has come in the last few months, or year, has made for a more contented - though not satisfied - condition. It is at times contributory to the upsets that occur.

33. (Q) Should she return to her parents' home, or to a separate home provided by her parents, or remain with her husband? [Mr. [912]]

(A) It would be better that they be separate, until at least the conditions are made more satisfactory in every sense; for then the BUSINESS will be to overcome the condition - when it is in sympathy with that being prepared or brought about in its system!

34. (Q) Can her husband afford to support her at the present time and give this treatment?

(A) He might, if he would - but not so well!

35. (Q) Is he compatible to her?

(A) There are times when he is. There are times when he is not.

36. (Q) When is best time for body to come to Virginia Beach?

(A) Be well at any time at Virginia Beach, because it is very good for the body.

37. (Q) Would you recommend a separation from her husband?

(A) It would be a necessary separation while the treatment is going on, but as for the separation for good - this should be determined most with their own selves when conditions are changed; for with those disturbances in the physical and mental being of a body, when disease or dis-ease of any nature is existent, there is a different outlook upon life - and the duties and the associations, and the surroundings - than when normal or nominal conditions ensue. To make decisions under conditions when stress or strain is existent is unwise for anyone; or to insist that such be done, save as the measures that may be brought about for the more perfecting of the conditions that SURROUND a body for the improvement of a mental, physical and spiritual outlook; for ALL should ALWAYS be considered.

Do that.

38. (Q) Has [4163], present in this room, any definite ailment of the heart?

(A) He has not; for, as we have given respecting those conditions, if there will be kept those conditions that make for the better assimilations in the system, the normal activity should be expected - and will act in the system.

39. We are through for the present.

[GD's note: Her father was enthusiastic about the rdg. - phoned daughter immediately to arrange to come to Va. Beach for treatments.]

#### **REPORTS OF READING 911-1 F 24**

R1. 8/30/32 See her second Physical Reading, 911-2.

**INDEX OF READING 911-2 F 24**

**[edited]**

Appliances: Radio-Active: Insomnia	Par. 14-A, 15-A, 17-A, 25-A, 26-A
Attitudes & Emotions: Fear : Inferiority	Par. 25-A Par. 25-A
DIABETES	
HAY FEVER	
Home & Marriage	Par. 19-A--24-A
Ideals	Par. 6
Injections: Hypodermic: Insulin: Diabetes	Par. 8-A--10-A
Insomnia	Par. 14-A
Mind: Subconscious	Par. 25-A
Osteopathy: Hay Fever	Par. 12-A
Peace	Par. 27-A
Prophecy: Prognosis: Hay Fever	Par. 16-A
Psychosomatics	Par. 3, 4
Sedation: Unnecessary: Insomnia	Par. 14-A, 17-A
Sex	Par. 22-A
Sleep	Par. 25-A

**TEXT OF READING 911-2 F 24**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 30th day of August, 1932.

3. In considering the mental and spiritual attributes of the body, as has been indicated, the physical welfare must be considered also; for with a perfect functioning physical organism there is a great deal of difference in the mental outlook upon conditions material and mental, as they affect the body and as the body is affected by its surroundings.

4. In the physical forces, as we have them here, there are changes taking place that are for the betterment of the conditions, as may be seen or experienced more by the body in the outlook, as there comes to the body at times by the changes that are becoming more and more apparent in the physical forces; and the body is already becoming aware of impulses and motives that are somewhat new to the body, and the use - as these awarenesses come to the body - may be considered the mental developments, mental attributes, mental outlook that is before the body. Conditions then will assume a new status in the mental visions of the body, as will relationships in the physical, in the mental, in the spiritual.

5. In considering conditions in the spiritual, it is recognized by the body more and more that all things that have to do with the mental and physical body must of themselves have their inception in the spiritual; else the results, or the fruits of either physical or mental experience, must become more or less blasted by the associations assumed in the application of an idea or ideal in connection or association with individuals, places or peoples, or things. Hence the spiritual is as a criterion for the development of the mental and the spiritual welfare of an individual, and particularly must it mean so to this entity, or individual, as the conditions physical develop, as the outlook opens upon the affairs, conditions, relationships with the body, under the new or different conditions as they develop.

6. Then, as we find, the body physical is on the improve, and there is less and less dependence upon those outside influences, and more and more does the body depend upon that influence from within and the abilities of the physical to create and maintain those necessary elements in the physical organism for the responses in same to be more and more of self; there will be seen that the physical depends upon the spiritual aspect the body has, and more will the spiritual function as the ideals of the body are held in that position or manner in which the ideal is the guide and the guard to the activities of the mental and material body.

7. Ready for questions.

8. (Q) Regarding health: What should my present dosage of insulin be?

(A) As seen, there are variations even yet as to what amount or quantity is necessary; for as the physical body is set in motion by the activities of the functioning organism, so that the activity is created in the organs of the system to carry on the assimilation with the proper division and differentiations in that assimilated, there will be periods or times when the quantity will be more than at others. This should be gradually reduced in quantity every three to five days, and if found necessary then return the next day - or that day - to a greater amount, yet each three to five days leaving off a portion of same, so that the system - as it creates those necessary elements within same - will come to depend upon self, rather than that from the outside, for its activity. The quantity or the number of units at the present, we would reduce then in three days at least another one to two units - see?

9. (Q) How often should it be taken?

(A) As the necessity demands that it be taken. As is seen here, there has been the dependence of the system upon the activity of same in reference to the using up of the hydrates and the fats, that there be the proper balance for the carrying forward of all forces necessary in the blood supply for the common functioning of the organs of the system, see? and, as has been given, as the impulses - by the relieving of those pressures in the cerebro-spinal and sympathetic nerve system - allow the organs to become more and more active, then less and less often and less and less quantity will be needed for the activities of the system; until, as has been given, the body has within self that which is capable of adjusting itself; for the basis of the active forces in the body is founded and grounded in the spiritual essence of creative energy within self - or the spiritual.

10. (Q) What should my present dosage be? How many units at a dose?

(A) That being used, see - and in three days then reduce one to two units.

11. (Q) Am I progressing physically according to the suggestions that have been given?

(A) Progressing beautifully! if this will be kept; and because there come periods when depressions come in from outside influences, look up - lift up; for there is help and aid before the body.

12. (Q) How often should next eighteen treatments be taken?

(A) Every other day should be sufficient for the manipulative and corrective forces in the treatments.

13. (Q) Is medicine given by reading properly prepared?

(A) As we find apparent, properly prepared.

14. (Q) Why can't I sleep?

(A) The over activity of the creative forces within the body prevents the full relaxation. Would we bring a near normal balance, we would apply or use - with these that are being given - the Radio-Active Appliance. This will bring sleep without any sedative from the outside, creating all necessary forces from within. Attach same to the wrist and to the ankle when ready to retire, the plain Radio-Active Appliance. The first period of use will bring some irritation. The second will be less. Afterward, when properly prepared, it will bring rest.

15. (Q) How long should this be attached at a time?

(A) From thirty to sixty minutes.

16. (Q) How long will a good physical, mental and spiritual recovery take?

(A) From six to eighteen months, the body should be perfectly normal, balanced, in physical, mental and spiritual relationships.

17. (Q) Shall I take hypnotics to aid me in relaxation and sleep?

(A) Get farther and farther from these, as fast as possible - but do not make self unbalanced in its mental relaxation, by staying off as it were - too long, but with the use of the Radio-Active Appliance this will be as a hypnotic that is created from within, rather than from without.

18. (Q) Have I a proper diet?

(A) As the conditions change in the physical forces of the body, this will be changed. As has been given, the diet is well at the present, and in the beginning

- but in twenty to twenty-six days there should be begun gradual changes in the diet. These may be tested best by as to what will digest without creating too great a quantity of sugar in the activities of the system.

19. (Q) What should my plans be for the immediate future as to household?

(A) These should be left, as we find, rather as indefinite in the present. Not so indefinite as to cause mental disturbance by the influence, or attempted influence of others from without, but let self have the opportunity, and insist that others give self the opportunity, to find some self-expression as from a normal physical self; and KNOW that the strength to meet these conditions will be created and brought about in self, mentally, physically and spiritually.

21. (Q) Is my present marriage not a fundamental failure?

(A) A fundamental failure; and while there are mental and material obligations in the present associations, do not be too hasty in making decisive changes, until the physical and mental body has the opportunity to respond to self. Then self not as dictatorial, self not as defying anyone, self not as being made aware of its freedom in many different channels from what has been the experience, will find that all of these conditions will gradually adjust themselves; first within the mental attributes of self, and that that is desired in that self may find an expression in the affairs of the physical, mental and material life, in such a manner as to be a producer of that that is helpful to another.

As this dependence comes (that first must be in self), it will give that freedom that makes for those changes in the physical relationships with those present associations, and bring that peace, that harmony, that will make for self being a channel of the glorifying of an ideal through the activities physical and mental of the body.

22. (Q) Why is my husband so unmasculine and abnormal sexually?

(A) This is from physical conditions that exist in the physical make-up of the body.

25. (Q) How can I become less fearful, and my subconscious mind more able to rest?

(A) As there is brought more and more the activities of the spiritual self through the action of the psychic forces (that is, the creative energy of the subconscious force), this will allow itself to become more and more positive and less and less negative.

To begin, when those applications of the low electrical vibration in the Radio-Active Appliance bring about those emanations in the system, keep closer and closer tab, or closer and closer thought, on that which is experienced by the inner self as sleep - or as the real subconscious self - takes hold of the activities of the soul of the body, and we will be able to see - just as a psycho-analyst would give to the psychic forces of a body those which produce those that have been hindered by the activities of the body in its development, to where - as is called by many - a mind has an inferiority complex.

This is an activity of the subconscious self, but not of the subconscious mind. This is the subconscious self, NOT the subconscious mind proper.



THIS body has rather that which has been as SUBJUGATED, and - as these are awakened by the activities of the creative energies within self, without being dependent upon those of outside influences - more and more freedom will be felt within, the abilities of the physical mind, the abilities of the spiritual mind, the abilities of the physical body, to be creative, productive, in whatever field of endeavor it would choose; for the body has many abilities, physically and mentally.

The body can become productive in physical and mental attributes, and - as the freedom comes - these will be able to give - give - to others, rather than require the giving of others to self.

26. (Q) When should the Radio-Active Appliance treatment begin?

(A) As soon as possible.

27. (Q) What do the Forces say regarding my chances for peace and happiness on earth?

(A) Peace and happiness, harmony, will be the lot of the body; for the body physically and mentally should know - and hold within self - this:

I AM PERSUADED THAT NEITHER MINDS OF OTHERS, PRINCIPALITIES, NOR FORCES OF ANY NATURE, MAY SEPARATE ME FROM THE JOY, THE PEACE, THE HAPPINESS, MY MAKER HAS PREPARED FOR ME. And HE will bring it to pass! We are through.

#### **REPORTS OF READING 911-2 F 24**

R1. 8/30/32 Letter from EC to his father, Mr. LBC: "...Mr. [4163]'s daughter, Mrs. [911], is here. Apparently, she is responding very wonderfully to the treatments. Dr. Richardson has charge of the case. She has a nurse with her, which - to be sure - makes something of a hardship for her as well as for the girls as the nurse is of the old school and a Catholic as well. When she sees the things going on, naturally there is some resentment. She is not an elderly person, but naturally somewhat dictatorial. I hope the child gets along nicely. She is in rather a serious condition, and is one of those souls that has been so continually used and abused by the profession attempting to make her enjoy poor health... She has been a sufferer for possibly her whole life, and she is only 24 yrs. of age, with something she hasn't got, but she has been drugged until she has almost all the symptoms at times, and at others very foreign. She has had plenty of money to spend and though she has changed from one doctor to another, it has apparently been as if she was being passed on as a meal ticket for first one doctor then another. Then her mental and social life hasn't been, and isn't, what she desires but she has been really almost incapable of knowing what she would desire with what she has been given from time to time. Let's hope for the best..."

**INDEX OF READING 911-3 F 24**

Assimilations	Par. 9-A
Attitudes & Emotions: Cooperation	Par. 5-A
: Patience	Par. 15-A
: Resentment	Par. 20-A
: Self-Control	Par. 4-A--11-A, 20-A
<b>DIABETES</b>	
Diet: Diabetes	Par. 10-A
: Ice Cream: Diabetes	Par. 10-A
Environment: Virginia: Virginia Beach	Par. 18-A
<b>HAY FEVER</b>	
Healing: Consistency & Persistency	Par. 4-A
Home & Marriage	Par. 21-A
Human Relations	Par. 15-A--20-A
Inhalants: Alcohol, Grain: Hay Fever	Par. 12-A
: Balsam, Canadian:	Par. 12-A
: Benzosol:	Par. 12-A
: Eucalyptol:	Par. 12-A
: Tolu In Solution:	Par. 12-A
: Turp, Rectified Oil of:	Par. 12-A
Injections: Hypodermic: Insulin: Diabetes	Par. 6-A--9-A, 11-A
Mind: The Builder	Par. 11-A
Psychosomatics: Ears: Deafness	Par. 13-A
Rejuvenation	Par. 11-A
Sleep	Par. 14-A
Visualization: Healing	Par. 11-A

**BACKGROUND OF READING 911-3 F 24**

B1. See 911-1 and 911-2 indicating she had diabetes.

**TEXT OF READING 911-3 F 24**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 9th day of September, 1932.

2. As we find, the conditions - physical and mental - are on the improve. While there are those aggravating conditions at times, these are but the natural results from change that takes place in the mental and the physical body. That there are responses pro and con shows the responsiveness of the basic vitality of the body-physical and the body-mental. That there are conditions physical that tend to show for the necessity of dependence upon those elements that make for the balancing of other elements in the system, these are natural conditions also that show how the activities come and go. The reaction in the lymph circulation as apparent is also that indication that should make the conditions known, as has been outlined, that when these reactions occur these are but sympathetic reactions, while the mental and physical is gradually gaining that control wherein the body will become more and more dependent upon the abilities from within self to create and make that within that is the whole necessity for resuscitation and the general building in the physical and mental forces of the body.

3. Ready for questions.

4. (Q) Are treatments being given as satisfactorily as possible?

(A) Treatments are very satisfactory. As the conditions change in the physical forces of the body, it will be seen that the treatments - or the administration of the treatments - will be changed in the manner to meet the variations. With the change now apparent it will be found that these must be kept in line, that there be those responses the body shows by the very reactions or the resorting to such that makes for the dependence. Then more and more the body, physically and mentally, should know that the hold on self must be held, that there be created that dependence on self by the changes that are brought about, through the administration of those forces in the directing through the manipulative measures and those changes that bring about adjustments to the various elements in the properties taken. Be consistent with these. Be very persistent, and we will see the results.

5. (Q) Is body cooperating as well as possible?

(A) This should rather be answered from within self. To be sure, there are times when there is felt that some little changes in diet or in activity are necessary. This does not necessarily mean that there is the intention to make for hardships within self, nor to act in contrarywiseness with the instructions given, but more and more that the spirit of the activity necessary is held more and more is there true cooperation - see? As has been given, it is true that the letter of a law - or of a command - often makes for that which becomes contemptuous respecting activities, while the spirit of a command - with the activities in a manner in keeping with same truly makes alive. Then, the body mentally, physically, should be able - and will be able - to know within self whether there is held that true cooperative measure toward carrying out those suggestions made in the physical attributes of the body, in the mental, toward the applications outlined.

6. (Q) Please state the number of units my present dosage of insulin should be.

(A) As given, each two to three to five days there should be the reduction in the number of units taken. When necessity requires that this be changed back temporarily, then this should be done, to be sure - such as the environment mentally or physically, or of any activity; but set this as a rule to self: That every three to five days there can be a reduction in the number of units necessary for the carrying on of the proper assimilation in the system, and this then makes a consistent thing. Not that, "Well, today I'll just take ten - and tomorrow I'll just take eleven, and next day I'll just take fourteen, " but there is being builded in the system that which will allow the body - in its best cooperative way and manner, physically and mentally - to each three to five days reduce the quantity or number of units, and the system will respond physically and mentally. When conditions arise, then, that the increase becomes necessary temporarily, then this may be done - but don't make the situations so that it depends on it! On the third to the fifth day reduce again, as has been outlined.

7. (Q) How many units should be reduced on the third or fifth day?

(A) As outlined, these should be that required number of units that go for the activity in the system, see? Three to five units may be in each reduction, see?

8. (Q) May I leave out a dose before bedtime yet?

(A) Occasionally this may be done; that is, every day or two leave this out - if it is felt that it can be done, see? Make dependence on self! That is, "I'll make my body do as I want it to, not like it wants me to do! I'll do it like I want it to do!"

9. (Q) Can you suggest a change in the time of insulin dosage to keep better sugar free?

(A) These are, as has been outlined, set very well. This should be taken into consideration: As the body understands, the activities of the system - in the amount of the calorie, in the amount of all the elements elementally that go to make up the factors in assimilation of foods - begin the assimilation and the activities of the pancreas (which is deficient, through those conditions that have been outlined) thirty minutes to one hour and twenty minutes after food has entered the system. During those periods of that activity (which is rarely conscious, yet to this body is more conscious than to ordinary bodies, to be sure, during these periods) these may be had to meet the necessity, or the situations. Hence the variation in the body from time to time, as to why or how the necessity for foods to be taken at various periods, so that the activity is kept in a more uniform manner - see?

10. (Q) Would it be better to eliminate ice cream from diet at the present time, also eating between meals?

(A) Ice cream, made with proper ingredients, should not be harmful to the body at any period, but when made with the compounds that are usually used becomes very harmful - for it acts not so much upon the pancreatic juices that makes for the sugar reaction as it does upon the duodenum in its reaction through the preservatives or sodas that do not work well with the insulin, even with its action on sugar, see? But the other creams that may be made firsthand would be well.

As to eating between meals, during those periods when this is necessary it will be found that the amounts of the carbohydrates, the calorie, and the various elements, may be gradually diminished for the inter-between periods, or just after the reaction of those properties in the system - see?

11. (Q) When will I be able to dispense with insulin entirely?

(A) In six to nine months. Now don't set that time or say that "Now in just six months I'll be entirely through." Be through before that! If it can build that into the system, but do not set a period. Control self. Do not let those outside influences control the body. Within is the ability to make for proper replenishing and proper building of the elements within the body, for not only the resuscitating of deficiencies of any nature but for that which may build in whatsoever manner is desired in the body! Remember, the mind IS the builder, as in each element of the atomic forces of the system is dependent upon every other atomic force to do its duty, its portion of the activities of the system. Constantly see self getting better and better and better! Not that is has to become rote, but KNOW there is NOTHING that can separate self from creating within self those proper elements for the replenishing except self!

12. (Q) What can I do to clear nasal passages, especially when lying down?

(A) There may be used those properties that have been given. This is a most excellent manner of preparing same:

To 4 ounces of grain alcohol, add:

Eucalyptol, Oil of.....20 minims, Rectified Oil of Turp.....3 minims,  
Canadian Balsam.....5 minims, Benzosol (solution).....10 minims,  
Tolu in solution.....30 minims.

Put this in a container at least twice the quantity, or twice the size. Shake together only when it is to be inhaled. When ready for retiring, inhale this into the nostrils - the FUMES, not the spray nor anything save the fumes. This should preferably be kept in a glass corked container.

13. (Q) Is my hearing normal, or am I just inattentive?

(A) The hearing is normal, and it's not just inattention. Then, the condition is rather - as may be termed - in the active forces of the imaginative system. That heard must first be assimilated by the mental forces of the body before reply is made. Hence it often appears to self and to others as inattentiveness, or not hearing - see?

14. (Q) How much daily rest does this body require in bed and how much night rest?

(A) Daily rest should be at least an hour and a half to two hours. Nightly rest should be from six to seven hours.

15. (Q) How can I be less sensitive and more adaptable?

(A) Just be that way! that is, as this: Do not worry self over the fact, or conditions that have so long existed where the body-physical and mental has depended upon outside influences for the abilities of activity. Then, as the conditions are physically and mentally adjusting themselves, just be patient with self and with others. The more patience that is shown in self toward others, the more patience will be shown by others to self - and it becomes then a circle, as it were, and before one knows it the conditions have adjusted themselves so that the

self is able to adapt self to all the circumstances and conditions, and the environs that come about in the various activities. Being patient, then, with self first, being patient then with others. As the patience is manifest, so will the results be seen. This doesn't mean patience in the sense of just submissiveness, or just being quiet - but an ACTIVE patience, CONSCIOUS of being patient with self and with others. Force self to do some unpleasant things that it hasn't wanted to do once in a while, and like it!

16. (Q) Shall I make any special arrangements with my maid as to the present or future in letting her go?

(A) As given, wouldn't be too hasty in making decided changes, but the more and more self can become dependent on self and self's abilities the better and better will the body be in every respect. Leave the conditions rather in abeyance, that if the necessity demands then the requirements will be thus and so - see?

17. (Q) How much longer shall I keep her?

(A) Should within the next week or ten days be in the position where, if desired, the body may let her go.

18. (Q) How long shall I remain at Virginia Beach?

(A) As long as the beach is good for you!

19. (Q) I would like to let my maid go now. Is it best?

(A) We would, within the next four to five days.

20. (Q) Am I naturally combative to my own interests or only combative to outside forces in self defense?

(A) This might be answered yes and no and still both be correct. It is rather as this: No one, no "I," no entity, no body, LIKES or enjoys being ever in the position of being combative for combative sake, nor for the detriment of itself, but rather does every entity, every being, desire to protect itself, its interests.

As others or outside influences that the body has depended upon (remember this) bring to bear their ideas, or their actions, the resentment that arises is rather in self defense of the condition. Then, the more and more the body will be able to force self one day - then maybe in the next four or five days force self again to do that which it doesn't LIKE; not for the gratification of someone else's wishes or desires, but to be of aid to someone in some way! and the more will the combativeness as apparent from the outside disappear. See?

21. (Q) Please explain my husband's attitude towards our marriage.

(A) The variations that exist in the relationships here would be hard to understand were there not many of the material, as well as the mental and physical relationships, understood.

That there is affection and respect in the makeup of the individuals, this is conclusive and inclusive, is without doubt - but that necessary element for this to become creative, or a growing thing, is not existent. Hence the same elements of the combativeness, or not desiring to be or appear in the wrong light, or wrong position, the defenses in the way of the various approaches to the conditions are ever apparent.

Do not worry self respecting the relations in the present. Let self first adjust itself, physically and mentally, to be better able to meet them.

Not that it, the condition or the relation, by being put off is something continually hanging over the body, but rather that the way to meet the situation, the manner of approach to the relation and associations, is gradually being worked out within self for the best interests of all concerned.

22. We are through for the present.

**REPORTS OF READING 911-3 F 24**

R1. 9/10/32 GD's letter to Mr. [256]: "...Mrs. [911] is still here and is improving right along. She seems very enthusiastic about the work - naturally she would be, through getting results so quickly when she had almost ceased expecting any..."

R2. 9/13/32 Miss [4143] obtained a Physical Rdg. via Mrs. [911]'s recommendation. Miss [4143] was Mrs. [911]'s Catholic nurse.

R3. 9/22/32 EC's letter to Mr. [257]: "...[911] has let her maid go. She is a greatly improved girl..."

R4. 9/23/32 Mrs. [911] had a Physical Rdg. See 911-4.

**INDEX OF READING 911-4 F 24**

Appliances: Radio-Active: Insomnia	Par. 6-A
Attitudes & Emotions: Anxiety	Par. 3-A
: Resentment	Par. 7-A
: Self-Condernation	Par. 4-A
: Self-Control	Par. 3-A, 4-A, 11-A, 12-A
 DIABETES	
Environment: Virginia: Virginia Beach	Par. 17-A
 HAY FEVER	
Home & Marriage	Par. 20-A, R2
Hypochondria	Par. 14-A
Ideals	Par. 16-A
Injections: Hypodermic: Insulin: Diabetes	Par. 12-A
 INSOMNIA	
Physiology & Anatomy: Eliminations	Par. 7-A
: Intestines	Par. 15-A
: Toxemia	Par. 13-A
Prescriptions: Luminal: Insomnia	Par. 8-A, 9-A
Physiotherapy: Spray: Ichthyol	Par. 13-A
Prescriptions: Bromidia: Insomnia	Par. 8-A
: Codol:	Par. 8-A
Psychosomatics: Insomnia	Par. 7-A
Rejuvenation	Par. 7-A
Sedation: Unnecessary: Insomnia	Par. 7-A--10-A
Sensations & Symptoms: Nervousness	Par. 4-A, 7-A
Sinusitis	Par. 14-A
Will	Par. 12-A
Work: E.C.: Quotations & Similes: "Car Stuck In Mud"	Par. 12-A



**TEXT OF READING 911-4 F 24**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 23rd day of September, 1932.

3. (Q) Regarding the physical, how is this body progressing?

(A) As we find, the body physically is gradually becoming more able to adapt itself to conditions about self, and is gradually growing in the abilities to be more and more dependent upon that as may be created in the system.

That there occurs in the mental attributes toward the physical those necessities to be dependent upon influences external is more the matter of the attitude, than the inability for the body to adapt itself.

The body-physical and the body-mental should not be too over anxious, but - as has been given - the body must make the efforts more and more to control the desire, and to control those reflections and reflex actions of the system.

Do not become discouraged in well-doing, for improvements ARE coming - though gradual, and even at times may appear to become somewhat discouraging.

KNOW in self, SEE in self, that there ARE improvements in the right direction.

4. (Q) What can I do to be less nervous?

(A) More and more employ self in doing something that will bring to others that the body feels will be a pleasure to them.

Do not pity self. Do not be angry at self. Do not overtax self by the expressions either in word or action that there should be much greater changes in self so suddenly. Remember the growth and the time required for this nervousness, and how OFTEN the body has been so dependent upon external influences to produce sedentary forces in system to overcome these tendencies of exaggerated influences in the experience; and the body will find that little by little there will be more and more the ability to control the emotions, to control the coordinating between the sympathetic and the physical nervous system - or the tendencies for nervousness of every nature.

5. (Q) What can I do to obtain sleep now?

(A) Follow more and more in keeping with those outlines that have been given, and make the activities such that the body will become PHYSICALLY tired.

6. (Q) Why didn't the battery bring proper rest and sleep as it was expected to do?

(A) The applications of vibrations must be given the opportunity to create in system that necessary for bringing about sympathetic coordination, by the giving of sufficient time without breaking into the coordinating elements that are created by the balancing of conditions in the body. When the body rests for such applications, more and more put from the mind any desire or attempt to do other than seek that rest which will come from proper coordination in the system; and we will find there will be brought that rest mentally and physically.

7. (Q) Do sedatives and hypnotics help or irritate me at the present time?

(A) As given in relation to the effect of outside influences, this means anything taken into the system of ANY nature to become active upon the nervous system - or any of those things that should be passive in the body.

These will be found to change as changes are coming about in the system. At one time there will be found much irritation, while the next day - or the next two or three days - the sedatives would have a quieting effect for the system. It is the same with ANY of those influences that do not work in coordination.

Let's for the moment understand what is being accomplished in the system, when it is given that the body is gradually growing to be capable of depending on that created within self:

In a physical normal body we find there are those organs within the system that assimilate the elements, which are in the material forces, to create that within the body - through the assimilation of food, of thought, of the environs - to not only meet the needs of the body but to supply that which will bring resuscitation to all the forces within the body. That is the normal condition.

With this body, [911] we are speaking of, those elements through pressures that have existed in the cerebro-spinal system, in the upper dorsal and in reflex cervical areas, have prevented organs of the system from supplying the necessary elements for the carrying on of this resuscitation through that taken in body for sustenance, in food, in thought, in mind, in the attributes of the body. These have for a great period been supplied by outside influences, until there was not the NECESSITY for the body to create those elements that would carry on the assimilations, that would bring about these forces in the system. Then, with these changes, that force, element or power, that ORDINARILY would go to create this necessary element in the system has been directed in other channels, that brought irritation to the mental, the imaginative, and to many of the organs even of the system.

This created, then, those elements of fear - aroused in the coordination of the sympathetic and cerebro-spinal nerve system by irritations in the ganglia that made connections between these - that are of the nature as to produce this nervousness, the irritable irritations that arise at periods in the system.

To this has been added those influences to SUBDUE or overcome these tendencies, through the use of hypnotics and narcotics - or those sedatives that are both narcotic and hypnotic in their effect. This of itself creates more of the forces that are not being used nominally in the system, and creates more to be rid of through the eliminations of the system.

As to eliminations, we find these go off in certain channels - either through the drosses of the system, through eliminations through the functioning of the organs of the pelvis, or through the periods, or through the respiratory system, or through the breathing, or through the perspiration, and the like.

These naturally, then, tend to create irritations in ALL directions; so that as the system becomes more and more accustomed to there being created the proper BALANCE in the system, through the correction of those pressures that have prevented organs from functioning in the normal manner, there is created more desire - imaginative and real - within the activities of the organs, the glands, the secreting forces of the system.

With the recuperations, then, it may be expected that there will come the greater periods of irritation MENTALLY; and the resistance that will create even those forces warring against those very best forces that would be magnified by

the system, so that CONTRARYWISE conditions arise; but in the spirit of truth, in the spirit of the desire may the body be in the attitude that "I will MEET all of these conditions. I will MAKE the fight to restore to my body that birthright, that it is capable of meeting all of these conditions that would supply elements or influences towards destructive forces"; and as we meet them by those elements that are NORMALLY created, by the positive flow of blood in the system that is not fired by resentment, not fired with discontent, not fired with any elements that will make for more and more irritation, we will find that the body will become able to meet all. There is no reason that the body should not, within six to eighteen months, be PERFECTLY NORMAL, physically and mentally! If it is not, it is its own fault! for the conditions are started right, for the elements to become perfectly NORMAL! If there is no fight, no resistance, there will still be more and more need for those outside influences, in the form of those things to create that to overcome, and it will require more and more, and more and more, until it is not of itself at all, but that created by itself through non-resistance!

8. (Q) Please describe the best ones I should use now, when necessary.

(A) Keep as far from ANY as possible. When necessary, use those hypnotics in the form that have been used, or in those that are changing more and more; or these may be changed so that they will be LESSENED from time to time; that is, should the body find it impractical, impossible to wear self out even in not taking any, then the Luminol - and at the next period that it is found necessary, do not increase this quantity but rather change to bromides, or Bromidia, and fight it again and again! the next time it becomes necessary, take Codol, or the like - but do not build more and more, and more and more; rather fight to make it less and less, and less.

9. (Q) What strength Luminol?

(A) Sufficient has been taken until the body knows! Why seek to know that which is known within self? Know that it MUST be reduced, if the body would fight against same!

10. (Q) When shall I eliminate sedatives and hypnotics entirely?

(A) When the body has builded within self that determination "I will NOT!" and then DOES NOT!

11. (Q) Am I holding to my diet and program well enough?

(A) These are very good; and, as has been given, be RATHER the boss OF the program than the program bossing you! and you will find that more and more you are the control OF the conditions, rather than the conditions controlling you! Remember this, from which you are reasoning with yourself: "THERE IS BEING CREATED WITHIN MY SYSTEM, THROUGH THE NORMAL IMPULSES FROM THE ORGANS OF MY BODY, A BALANCE THAT IS NORMAL! NORMAL TO OTHERS AS WELL AS MYSELF!"

"THAT THE SYSTEM HAS BECOME SO THAT IT RELIES UPON OTHER INFLUENCES I KNOW, BUT I WILL BE THE BOSS!"

12. (Q) Why can I not reduce Insulin as has been indicated?

(A) It CAN, will the WILL be set! As has been seen and shown, there are those periods when it becomes NECESSARY that there be the return to even a GREATER quantity than there has been used! This is not unreasonable! Be

reasonable with self; be reasonable with that which is being attempted to be done! Consider this:

Compare self, as it were, (and it is in very much the same condition) to an automobile that has been stuck in the mud! There would be the rocking back and forth, and the realization that it was going down deeper and deeper and deeper - BUT, if you stopped, or if you went altogether dead, would there be any pulling out? Put more force, more vim, more power within self - and you'll move out!

Then the next reduction may be even greater than has been before. Because you have to return again, don't get discouraged - but know within self that the strength is being builded and that it can be reduced! that "I WILL reduce it", and you will! Change, of course, when these changes come about. Do not expect that you will reduce same and then add a whole lot more of those things, in foods or activities, that will require the use of more - see?

13. (Q) Is there anything further I can do to eliminate nasal discharge which causes so much trouble to this body, as has been indicated?

(A) Through those same channels - that is, through the one applying the manipulations for the body - WE would use the sprays with the Ichthyol, in a very reduced strength, that will be found by the one making the applications - and these will clear up. These are the conditions that exist with this; let's consider the whole body in the light of what has been given:

As conditions become more and more normal, necessarily those drosses must be eliminated from the system that have been taken on more and more, that are not normal to the system, in the form of drugs of one nature or another. They are to be eliminated through one or the other of the channels of eliminations of the body, as described. These drosses, these ashes in the system, as it were, what do they attack? The muco-membranes or the soft tissues in the various portions of the body, often the very ducts themselves that carry the lymph and the emunctory circulation. What is this? The very life blood itself in serum form, that meets the needs of conditions in gathering waste accumulations in body for its distribution or elimination through some condition or portion of the body; hence we will find there will be periods when the throat, the eyes, the antrum, the nasal cavities, the organs of the pelvis during the periods, will become congested by the accumulations, and pain will ensue through those functionings at the periods. There will be periods when there will be the tendency for constipation. There will be periods when the breathing, the heart's action, will apparently be abnormal, when it is from those drosses being distributed in the system - and NOT of the old trouble itself, see?

So, in meeting the needs of the conditions, it is a battle, to be sure! but who, with such abilities, SUCH an outlook, isn't worthy of putting up a fight isn't worth much!

14. (Q) Are my sinuses draining properly?

(A) If they had been we wouldn't have suggested to add something to the soft tissue! This we would do occasionally. This is not an irritation other than sympathetically, through the type or nature of conditions as described. Do not create for self the attitude that "Now I've got sinus trouble - Now I've got this

trouble, that trouble or the other!" because you'll have it! and you'll become a hypochondriac, should these conditions continue! Know "I'm getting better." Know, "I will meet these conditions as they come about." Know, "I'm doing these in the proper way and manner, and it will come about!"

15. (Q) What causes frequent loose bowels and much gas?

(A) We have just described the conditions, as to how various portions are affected. In the bowel there is seen more of the lymph and the emunctory and the glucose circulation than in most portions of the system. Why? It is necessary for the assimilation of that which is digestible, or digested in the system, for the creating of those necessary elements to carry on and to meet the resistances necessary through conditions in the system; hence these conditions come and go. Meet them as they arise.

16. (Q) Will the Forces please tell me what I should think and work towards for the reconstruction of my life?

(A) Find first that which is the IDEAL; not physically, but spiritually. What IS thy ideal? What THINKEST thou of life? Why life at all? What is the purpose of life? Then LOOK at self in relationship to that which is the ideal. Let's illustrate:

There is some knowledge and understanding of what is the ideal moral relationship with individuals in their various walks of life, and as to what is the conception of the Creator as respecting the consideration of Its (the Creator's) creation. Follow it? See?

Then, as these are the ideal relationships, make for self that thought that "THIS BODY, THIS MIND, IS BECOMING MORE AND MORE NORMAL, AND CAPABLE OF MEETING AND DEALING WITH ALL MANNERS OF RELATIONSHIPS, THAT WILL BE AS NEAR IN KEEPING WITH THAT I HAVE SET AS MY IDEAL AS CIRCUMSTANCES, SURROUNDINGS, CONDITIONS AT THE MOMENT PERMIT; AND I WILL NOT ONLY THINK AND SAY I WILL ACT THAT WAY BUT I WILL DO IT!"

17. (Q) How long is it advisable for this body to remain at Va. Beach?

(A) As long as it is deemed that it would be the better policy for that which is being created in the system, for the normalcy of the body physically and mentally. When the conditions, the surroundings, have ceased to create that for the body, then move! but do not, as has been warned, be so quick in jumping at conclusions that the body does not KNOW which way it's jumping!

18. (Q) Is it advisable that my parents should come down here now?

(A) Be very advisable, as we would find.

19. (Q) Shall I have a treatment this afternoon, and then how often?

(A) Have a treatment this afternoon and then when it is FELT necessary; not before Monday and Tuesday.

20. (Q) Is there any message I should give my husband to prepare him for the information concerning us to be given him in his reading soon?

(A) Give him rather this message:

I BELIEVE, AS YOU MUST BELIEVE, THAT WHICH IS TO COME ABOUT IN MY LIFE, YOUR LIFE, IS THAT THE CREATIVE FORCES, OR GOD, HAS SEEN BEST FOR THE MENTAL, THE SPIRITUAL, AND THE PHYSICAL DEVELOPMENT OF EACH. We are through.

**INDEX OF READING 911-5 F 24**

**[edited]**

Creative Energy	Par. 12-A
Diabetes	Par. 10-A
Environment	
<b>HOME &amp; MARRIAGE</b>	
Human Relations	Par. 4-A
Ideals	Par. 3-A
Mind: The Builder: Analysis: Self	Par. 3-A
Work: E.C.: Quotations & Similes: "Act Like It"	Par. 4-A

**TEXT OF READING 911-5 F 24**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 12th day of October, 1932.

3. (Q) Is it not advisable that [912] and I should separate permanently? Explain why this is best for both of us.

(A) As has been given, each individual has its own duties and responsibilities, not only to itself but to those with whom it associates, as well as its relationship to that which is its ideal. As to what each individual here concerned has made its ideal, neither could very well define; neither could either tell just how much duty, obligation and hope may be found in their association or separation, until they have a standard by which such ideals of selves and selves' abilities, selves' duties, selves' obligations, may be measured; neither would or could there be given as to what EITHER should do! That the conditions at the present are basically an error would be evidenced by the fact that neither have found themselves, nor their duty or obligation to each.

Then, as has been given, first each should find their selves; then they will be better able to know wherein they have failed and what their relationship should be. This SHOULD be decided by themselves, WHEN they have found themselves - see?

4. (Q) How can I gain my parents' [[4163] & [2118]] full cooperation, and be recognizing that our person's welfare and well-being are worth more than social opinion and social convention?

(A) By acting in a manner that would lead the mentality and mental forces of the parents to see, by that being gained, that self is correct in its judgment! but to give merely a theory or idea without LIVING it - is a very poor policy!

5. (Q) Where is the most advisable place for me to go on leaving Va. Beach?

(A) That SHOULD be dependent upon that which is set by self as to what is to be the purpose, aim and desire of the body. These each, in their very name, their very environ, make for a very DECIDED change to be made in the entity's mental outlook upon life in order to bring ANY sort of even PASSABLE contentment! How to make the decision, then? As is seen, each offers something that is even impelling in its aspect. What has, does or will the body set as its ultimate goal to be reached now in its associations and activities? Then, has sufficient time elapsed so that self and companion have fully decided what is to be the status of their relationship, return to THAT environ. If self is seeking to FIND self in the environ of CHANGED conditions, as from a social environ that may be had in Europe, or if self is seeking to find an environ of spiritual atmosphere, or that type that may be had in Europe, then go there! If self is seeking to find self and to launch into that DEFINITE change that would be wrought by the association and surrounding in California, both in the social and the material things of life, then go there! but there may also be found there an environ that would be a most wonderful experience for the body, if it is seeking such. As may be said, what seekest thou? Then go where it may be found!

10. (Q) What should I do about my present abdominal and diabetic upset?

(A) What has caused these conditions? This is known to self; this isn't outside of self's own ken, self's own activities. Then meet these in the manners that make for the balancing of those forces within the system to meet the needs.

11. (Q) What changes do the Forces suggest in diet, treatments, insulin, medications, and daily mental and physical program?

(A) For the next fifteen or eighteen days we would not change much from that line which is being pursued, save as to those alterations in the applications for the correction of those impinged forces, and the medications kept in the activity in keeping with that created by the impulse released in system, which is keeping along in those lines, see? and the change in the quantity of the insulin that is necessary to keep that even balance in the physical forces of the body.

12. (Q) If I have so much creative energy, how can I best make it of value now?

(A) By using it to help someone else! We are through for the present.

#### **REPORTS OF READING 911-5 F 24**

10/21/32 Report by M. L. Richardson, D.O.: "Regarding Mrs. [911] whom I treated several weeks this summer under the direction of the Psychic Mr. Edgar Cayce. The physical conditions and indicated treatment are given in this psychic reading, a copy of which Mrs. [911] carries with her.

"Treatment was given by me at the indicated spinal centers. It was my experience that slow gentle relaxing treatment effected better results than quick sudden or harsh movements.

"She was greatly helped by her stay in Virginia, that gave her a better understanding of herself and her conditions: Her morale has been improved, she knows the futility of many remedies she has been taking with hope and disappointment, she now knows the worth and dependability of self help. She leaves here with a new fortitude and determination to do her part, and needs the help of sympathetic guidance and well apposed treatment to make further gain."

**INDEX OF READING 911-6 F 24**

**[edited]**

Appendix: Intestines	Par. 14-A
Attitudes & Emotions : Self-Control	Par. 6 Par. 18-A
DIABETES	
Environment: California : France	Par. 17-A Par. 17-A
HAY FEVER	
Healing: Consistency & Persistency	Par. 5
Home & Marriage	Par. 15-A, 16-A
Human Relations	Par. 18-A
Injections: Hypodermic: Insulin: Diabetes	Par. 7-A
Intestines: Colonics: Eliminations	Par. 11-A
Life: Opportunity	Par. 20-A
Pelvic Disorders: Dysmenorrhea	Par. 13-A
Physiotherapy: Spray: Icthyol: Hay Fever	Par. 12-A
Religion: Judaism	Par. 19-A
Spiritual Advice	Par. 20-A
Will	Par. 18-A

**BACKGROUND OF READING 911-6 F 24**

B1. 10/23/32 She submitted questions, saying, "I miss you very decidedly."

B2. 10/27/32 Mrs. [325] wrote: "Mrs. [911] said you did her so much good, but what is the use of it when she has gone back to her old ways of eating. How can you cure her? She must do as she is told."



**TEXT OF READING 911-6 F 24 (Hebrew)**

This psychic reading given by Edgar Cayce at the home of David E. Kahn, 44 West 77th St., Apt. 14-W, N.Y.C., this 7th day of November, 1932.

1. EC: Yes, we have the bodies here, [911] and [912]; these we have had before.  
2. Now, in the physical forces of the body [911] we find those conditions that have been given; and it has been given as to how these are to be met.  
3. There are changes, however, that are coming about in the physical body; if there will be kept the proper attitude mentally, and towards the physical generally as these changes come about, there may be brought nearer the normal conditions.

4. In the mental and the physical we find there are those reactions that hinder in there being brought to the organs disturbed those impulses in their proper coordination. There has been given a way and manner in which there may be given the opportunities for the system to respond to those activities that are brought about, by the changing of impulse of the disturbing conditions and organs, through the corrections in the cerebro-spinal and the properties that would change the functioning of those disturbed. These methods of treating the body would allow those outside influences to become less and less necessary in the physical functionings.

5. Then, as given, there is required patience, persistence and consistence on the part of the body mentally and physically.

6. We find the body [912] in much the same manner as has been indicated. As given, there must be those changes in the mental attitude before there could be any variations of the nature that would bring greater consistent forces in the activity of the body. As we find, as yet the mental attitude has not altered in a great way or manner.

7. (Q) Can you give me any further specific advice that will enable me to reduce insulin regularly as predicted?

(A) If there will be kept the adherence to the diet, as given, with the medicinal properties and the manipulations kept properly, the insulin may be gradually reduced.

8. (Q) Are the pressures now being removed?

(A) The specific pressures have been removed to a great extent, as given. There are still those tendencies for the lack of nerve energy in activity of the organs that have been disturbed by the pressure. For the permanent relief, as indicated, there must be those periods of excessive or continued treatments and those periods of rest, that there may be the reactions in the system during the periods of menstruation. At these periods there may be the reducing. To be sure, it will require the mental activity of the body to cooperate, to produce the proper coordination, and it will require this activity from the whole self during such periods.

9. (Q) Would you suggest any change in my present daily program and diet?

(A) If they are kept in accord with that which has been outlined, we would not suggest changes.

11. (Q) Is it necessary for this body to have a colonic irrigation?

(A) When conditions arise such that there is an excessive feeling in the colon, with drowsiness of the system, we would suggest that then a colonic irrigation be used to produce a better coordination throughout the whole eliminating system, as well as to correct pressures that disturb the functioning organs of the pelvis, and to remove the secretions of gas that disturb the whole nervous system.

12. (Q) Please give Icthyol spray prescription that is best suited for my nose to clear head and eliminate nasal discharge.

(A) As given, first obtain the Icthyol solution that is ordinarily found. Cut this in half, adding one-half the quantity of alcohol (85% solution). Then to the whole quantity add twice the amount of water, that it may be of sufficient density to give proper condition of spray and be efficient yet not too severe.

13. (Q) What can I do to avoid severe body disturbances at the periods before menstruation, and pain at that time?

(A) If the colon is kept cleansed at or before such periods, this will relieve the greater part of the distresses that are usually indicated. There is pressure on the organs of the pelvis before such periods. It is well that there not be too much mental or physical exercise for the body at that time. Then, these should be borne and not be dependent on full manipulation before such periods.

14. (Q) What causes the pain in my appendix region and what shall I do for it?

(A) As indicated from the conditions that have existed, there is a swollen area that with the filling of the colon (the ascending position) causes a heaviness and fullness there.

15. (Q) [912] and [911] both present in this room, wish to know whether the decision they have arrived at concerning their future life is the correct one.

(A) As given, there should be determined in the minds and hearts of each just what is their individual responsibility in respect to one another, or their obligation one to another. When such has been decided upon, then act in that manner.

16. (Q) Are we taking the proper attitude towards our mutual present problems and relationships?

(A) These should be determined in themselves, as given. To become reliant upon others than themselves for such decisions makes each attempt to avoid their own responsibilities. The answers should be decided and arrived at, as has been indicated for each.

17. (Q) I, [911], seek a physical normalcy, mental progress and spiritual aid plus opportunity to develop my inherent abilities, with the chance to be dependent on self; there- fore, would it be best to go to southern California or southern France?

(A) When due considerations are taken as to the activity of self, we would find that those opportunities and conditions that would surround the body in southern California would be more in keeping with that needed. In regard to this also, however, there should be first the knowing of self and the decision as to what self desires; then choose the surround- ings that would give the better opportunities for expressing that desired, and for carrying out the ideals. Through this channel (within self) would there be arrived at the decision as to the place in which such should be undertaken.

Taking such a position that the physical and mental ACTIVITIES would MAKE such independence is the way and manner to better establish self. Take such physical exercises or activities that would show there is a well-balanced system being accomplished in the body. Choose for self some channel of activity that would make for MATERIAL as well as self-independence.

18. (Q) Please give me a message to my parents [[4163] & [2118]] explaining why it is absolutely necessary for me to be more independent at this time in order for me to develop and progress, if it is necessary.

(A) As that is felt in self to be necessary, then of itself there is set in motion that which demands the same in self, that there may be more dependence given in self. The ability to gain self-control, self-independence, may only be gained by the practice of same; even as the changes physically in the body must become of slow growth. So, as the matter of mental and physical independence is naturally a growth, those surroundings and environments that would offer the body an opportunity for such would be the better way, manner or means for it to be accomplished. This can be WILLED, and the body may set itself in the determination to carry out for self that necessary activity to bring such a growth, such a mental and physical independence in the expression of self.

19. (Q) What church and religion for daily use could best meet and aid my spiritual needs?

(A) That in which the body has had the most instrumental and material training. Study first to show self approved unto the God self would worship, avoiding those things that would beset self in such a manner as to bring fear or doubt within the mental or physical scope of the body; doing good in a manner that answers to self (by that doing) as to what should be the proper relation to the Maker and to the fellow man; and there will grow in the mental and spiritual self an awakening of those necessary forces to keep self acceptable to Him.

20. (Q) Have you any further message that would be of aid to this body, or these bodies, at the present time?

(A) Study more to understand that each at all times stands in the presence of that Power, that Force, that brings to each the power of knowing self in a material world. Each act, each thought of each body adds to the bringing about of His Kingdom in the earth, or adds to that which prevents it from becoming manifest in this material plane; for we are each His agents, His soldiers in the strife through that we call Life. We are through.

#### **REPORTS OF READING 911-6 F 24**

R1. 11/29/32 Letter: "I want to thank you and GD very much for reviewing my last reading. [912] joins me in thanking you. It is so much clearer. All the questions I had worded so that they referred to me as the one seeking information, but when the reading was given Dave Kahn changed the questions in several places and included [912] in many. Consequently it changed the information, making it less personal and direct. In the next week may I please have a private reading? I really need it."

R2. 12/2/32 Mrs. [911] obtained her last reading. See 911-7.

**INDEX OF READING 911-7 F 24**

Attitudes & Emotions: Self-Control	Par. 4--14
: Self-Indulgence	Par. 7, 22-A
: Selflessness	Par. 18-A
DEATH: SUICIDE	
DIABETES	
Diet: Diabetes	Par. 21-A
HAY FEVER	
Ideals: Service	Par. 12, 17-A
Life: Opportunity	Par. 17-A--20-A
PSYCHOSOMATICS: DIABETES	
Religion: Christian Science	Par. R1
Sex	Par. 22-A
Smiles	Par. 16-A, 18-A
Vocational Guidance: Designing	Par. 23-A
WILL	
Work: E.C.: Quotations & Similes:	
"Do That Thou Knowest"	Par. 21-A
"More Than Life To Live...Death To Die"	Par. 12
"Paid The Price"	Par. 5

**TEXT OF READING 911-7 F 24**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 2nd day of December, 1932.

1. GC: You will please give EXPLICIT counsel and instruction for the physical and spiritual sustenance of the body, [911], at ..., N.Y., stating why she feels so poorly and how she can hold mental and physical stability under her present conditions. Please direct her as to what course to follow, what place to go at the present time, or in the near future, to bring her health, calm, and contentment. Specify plainly what her daily program should consist of, for health, security, peace and advancement. Also please answer her questions relating to her mental and physical well-being, as I ask them:

2. EC: Yes, we have the body and those conditions physical and mental that disturb this body; these we have had before.
3. Now, as we find, there are many conditions to be considered in advising or counseling with the body; for the changes that are apparent since last we had same are not all for the betterment of the body.
4. There may be definite lines, rules or programs set out for the body, but to be bound by any SET definite period of activity, whether mental or physical, is one (among many) of the conditions in the experience of the body that has so often caused the rebellious forces to arise within the body mentally, and - necessarily physically.
5. Then, among the first considerations, the body should make up its own mind as to whether it is willing to pay the price in mental (and at times physical anguish) to reach the point where those conditions may be for the betterment and for the eventual awakening of the body, mental and physical, for the manifestations of the abilities that have been given and are apparent in the attributes and in the surroundings of the body, mentally AND physically.
6. That disorders are existent physically is so well known to the body, there is little or no question about same. With the associations and contacts with the information that has been presented to the body, in so far as it has adhered to the suggestions given there have been periods when the hope, the outlook, the attitude of the body has been physically and mentally improved through same.
7. With the arising of rebellious forces, or some physical pains that were minor in themselves and necessary to be met by the filling of self WITH the hopes and the desire to overcome (and these being so overcome by the desires that have been allowed to be builded), the body has assumed the attitude: "I will break over this time, and the next time I won't. I will eat this because it pleases me at the present. I will take this, for I don't want to suffer right now, and next time I won't." This has been done until self loses such holds ON self as to become in a manner the slave to self's own INDULGENCES, in mental, physical and material things!
8. These conditions, then, require that there be made by self a definite stand to be taken; that is: "If there is given me a definite program to follow I will - I WILL - I WILL adhere to it, no matter WHAT I may suffer mentally or physically! I will TRUST in the DIVINE forces innate (and now submerged often) within my inner self for the STRENGTH to ENDURE, for the ability to say NO when I should!"
9. With such a definite stand taken, there may be followed that program which has been outlined so well for the body; as this:
10. "First, I know a diet is necessary in my physical condition. I will adhere to that I KNOW is not harmful. I WILL adhere to the use of only that which is beneficial now and hereafter for my welfare. I will take such medicinal properties only that WILL ADD TO MY PHYSICAL WELL-BEING! I will take such mental and physical exercises that add to those things administered in the adjustments and in the medicinal properties for my well-being. I will so conduct my own reading, my own studying, my own associations, in such a manner as to be beneficial to my physical and mental well-being."

11. Now these, in minutia, have been given the body from time to time. Will the body meet these, or will it have them FORCED UPON self? or will it continue to be combative with those things that don't suit for the MOMENT, without respect of the future or the well-being of the body physically or mentally? for the body should remember the visions that have been experienced time and again, that "I can - through the powers within me, with the aid of helpful association and administration by others - reach that place where I may not ONLY be dependent upon my own abilities, mentally AND physically, but I will meet also my responsibilities in such manners as I am in duty bound to others! I will THINK, I will act, I will consider OTHERS' needs BEFORE MY VERY OWN - even in my ministering to that within myself that requires adjustment mentally and physically!"

12. Where, then, may this be accomplished? First that determination must be found in self's OWN mind, heart and soul; for, as the body knows, it is not ALL of death to die, neither is it all of life JUST to live! but to be of a service to someone else is the ONLY way that life is made to be such as to bring contentment, and to find the joy, the pleasure in living.

13. Then, when such a determination has been reached, choose that surrounding (WHEREVER it may be) which is most conducive to bring those conditions in the experience of the entity. THERE make the PHYSICAL stand, that "Though the heavens may fall, though MY BODY MAY BE RACKED WITH PAIN, I WILL CONQUER IT HERE AND NOW!"

14. Only with such determinations may the body find that peace, that hope, that place where shadows do not fall, where joy and pleasure in well-being is the lot of the mental and material body.

15. Ready for questions.

16. (Q) How can I desire to live more than to die, especially during two weeks or more of every month?

(A) It is known by the body that this condition has been allowed to gradually increase by not doing things the body should, and by doing many things the body should not.

Then, to meet these, the FIRST consideration MUST be taken in hand! The SPIRIT is willing, the FLESH is weak. CRUCIFY (if necessary) the flesh and the body, but SAVE the soul; save the spiritual self! and this may be accomplished through DESIRING first to AWAKEN that! Hold fast to that thou knowest in self is able TO OVERCOME these conditions! physically acting, physically doing those things that have been outlined that are conducive to INDUCING and producing the physical effects; and that which must be met mentally in torture of body, meet it with a SMILE! knowing that it can be - it MUST be - it WILL be overcome!

17. (Q) When I desire death more than life, how can I use my will?

(A) When desire for death and the desire for life is presented, what is it that makes the life go on? The will! The spiritual life, the essence of God itself! Would the body be so weak as to crucify that it worships, rather than that which is only tagged on - in desires?

Make thy life ONE WITH His love! When such desires, such thoughts, even, find lodgement, look about self and see the struggle so many souls are making to

keep body and soul together. How hast thou in ANY manner ministered to making THEIR burden lighter?

In lightening the burden of another thine own is lightened twofold. In lightening the burdens of another the whole of will's power is strengthened manyfold.

18. (Q) How can I desire to be well, to accomplish and to fight in spite of such inner and outward conditions, difficulties - family opposition, frustrations, etc?

(A) Only by the sheer will is there the desire to make beautiful the spirit of truth and life that gives animation to any desire of the body, the mind or the eye; and these conditions may ONLY be met BY that which has so oft been given: Not in self, but in the INNER self - the God that speaks within, and in GIVING that, in thought, in act, in desire, for the welfare of others - NOT OF SELF! Become SELFLESS! and there will grow that which makes the body, the mind, STRONG - and able to meet every obstacle in the physical conditions, in the social surroundings, in the family circles, with a smile; knowing that "If my life is one with Him the rest matters NOT, " and MEAN it! and DO it! and BE it!

19. (Q) What is life for and what is expected of me?

(A) Use that thou hast to the glorifying NOT of self but of the Spirit that gives Life itself, that ye may BE a companion with that source of Life that impels every thought, every desire, when not of a selfish nature.

Using that thou hast for the satisfying of self's desires, self's own troubles, self's own conditions that arise, is being so self-centered as to destroy the good that may come to self.

20. (Q) Please give me some universal truths that will best meet and help my consciousness and aid me in the material life.

(A) Study in body, mind and soul to show thyself approved unto God, that gives eternal life; becoming less and less aware of the needs or DESIRES that gratify the CARNAL forces in the body, and show that thou hast - by thine prayer, thine meditation - reached into the inner self sufficient to make self less and less NEEDFUL OF the material things; for what is life, that ye gain power, position, wealth, and satisfy the longings of the flesh? Are ye but to lose thine own soul by so doing? It is in thine keeping! He stands ready to help, if ye will but LET Him help! but if self bars the door to thine consciousness, then indeed sad becomes the end!

21. (Q) What foods can be best taken care of by this body, at the present time, and are there any foods that this body should always do without?

(A) These have been so often outlined for the body! There have been ministrations to the needs of the physical body as the changes have taken place, and changes have been suggested for the different conditions in the body. Rebellest thou against that own better self? Thou knowest indeed that to meet the needs! To give that which IS necessary, follow CONSISTENTLY that which has been and is being outlined for the body from day to day, week to week. Eat those foods that are helpful; not those that are TEMPTING and that will require the inducing of those influences to meet the idiosyncrasies and the WEAKNESSES of the body! Rather make it thine BUSINESS to DO that thou KNOWEST! Thou knowest to do right, yet tempts own self - often!

22. (Q) Am I sexually normal?

(A) It has been indicated for the body that the very conditions which have been necessary, for the requiring of stimuli to the various organs of the body, tend to MAKE the body OVER sexed. This must be met in the same way and manner as every other condition that brings FOR the body those HARMFUL conditions, or conditions that tend to make it HARDER for the ills to be passed. Not that these desires are not to be gratified to the extent that makes for the developments in a normal manner, but to gratify ANY desire in the carnal forces OF the body - rather than in the satisfying of the spiritual life that comes of creation itself in such emotions - is to become such an one as to make for the pricks that are to be kicked against time and time again. Self well understands that such gratification has been and is conducive and inducive to those periods of torments that arise at times; while with the applications in foods, in activities, with the outlets of self mentally and physically, these associations may be brought to mean much. Cultivate the SPIRITUAL, the mental and physical desire, rather than those carnal desires that are gratified only for the moment.

23. (Q) What is my vocational bent and what work could I love and gain in, and give most satisfactory results in?

(A) Designing, or in that which pertains to modeling, or design modeling. In these lines might the body succeed in no small measure.

24. We are through for the present.

#### **REPORTS OF READING 911-7 F 24**

R1. 8/25/34 Mr. [257]'s letter: "[911] no longer diets but says she is okay; has taken up Christian Science - says she owes her whole remaking to you."

R2. 6/38 Mr. [257]'s letter: "Did I tell you [911] committed suicide? Write Mrs. [2118]; she is too broken hearted to write you, but said she will." [See correspondence, sympathy, etc., between EC and [911]'s mother, Mrs. [2118].]



**INDEX OF READING 950-1 F 64**

**ARTHRITIS**

Clairvoyance of E.C.: Conditions Confirmed	Par. 30, R2, R3
Diabetes: Tendencies	Par. 37-A, B1
Diet: Combinations: Wine & Black Bread	Par. 30
: Diabetes: Tendencies	Par. 28--34, 37-A, 38-A
: Menu: Arthritis	Par. 28--34, 38-A
Healing: Oneness	Par. 2--4
Physiotherapy: Baths: Epsom Salts: Arthritis	Par. 22, 23, 25
: Massage: Cedar Wood Oil:	Par. 23--25
: Epsom Salts:	Par. 21
: Gasoline:	Par. 23--25
: Gum Camphor:	Par. 23--25
: Oils, Olive:	Par. 23--25
: Salt:	Par. 21
: Sassafras Oil:	Par. 23--25
: Wintergreen, Oil of:	Par. 23--25
Prescriptions: Bromide of Soda: Arthritis	Par. 11--20, 26
: Gold Chloride:	Par. 11--20, 26
: Water, Distilled:	Par. 11--20, 26
: Water, Drinking:	Par. 11--20, 26
Psychosomatics: Healing	Par. 2--4
<b>SPINE: SUBLUXATIONS</b>	
Water: Wells	Par. 16

**BACKGROUND OF READING 950-1 F 64**

B1. 7/5/35 "You were recommended to me through Miss [951]. I, too, have arthritis & complications from diabetes, my age being 64 yrs."

B2. 7/11/35 Miss [951]'s ltr.: "What causes also the hot flashes which cause such weak spells, & what can be done to alleviate this condition?"

**TEXT OF READING 950-1 F 64**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 16th day of July, 1935.

2. As we find, there are disturbing conditions. And, as we find, these may be aided in being brought back towards normalcy, if the suggestions here given will be carried out - though it will require time, patience, and, most of all, persistence on the part of the body and on the part of those making the applications. There will be periods when there will be reversals, but these should not hinder the body from being, remaining, in a careful, prayerful, persistent manner, and an attitude of constructive thinking.

3. Know that when and where healing comes for a body, it must be the arousing of the creative energies that may conform with the universality of life in its expression for the manifestation of the Creative Forces - or God's powers in the earth.

4. These opportunities, then, that may come to the body through the application of those influences to make for the betterment, should be received with praise to Him. And let that thou doest towards thy neighbor - in thought, in word, in act be a manifestation of those influences in the experiences of others that bespeak of the Spirit of Life.

5. The disturbing factors, as we find, have been of a long standing. These have to do with the lack of activities in the part of glands in their assimilation of the calciums and potashes in the system; thus making for a crystallization, as it were, or a hardening of the muscular forces and tendons, specifically in the extremities, by the gradual deposit of those influences as indicated in the movement or muscular centers of the extremities.

6. In many portions of the body there are times when all of these influences are better, yet there have been periods of excruciating pain; at times some inflammation, but this - as indicated - arises from a subluxation in the cerebrospinal system as a first cause. Then the lack of those assimilating forces necessary, or the keeping of a balance between the potashes and the iodines in the system. And the lack of the glands in the pelvis activating with the flow of the essence of life-giving flows in the system, as well as improper diet that has only contributed to or made for a contribution to the disturbing factors and conditions.

7. Hence we have a BLOOD SUPPLY that is very slow in portions of the circulation; in others we find it fast, as in the hepatic circulation, attempting to create a normal balance, attempting to make a distribution of the excesses that cause the accumulations in the slowed portion of a lymph and also a deeper circulation to the extremities. Also we find a drawing or aching at times in the brachial centers, so that we have the conditions in the arms and hands and in the lumbar areas for the lower portions of the body. Also we have those pullings, as it were, at times in the face and those portions in the activities of the system; and the condition as to the eliminations in the alimentary canal.

8. All of these and others, as we find, are the causes of these accumulations of deposits that have hindered and do hinder the normal activity of the body in the present, [950].

9. Then, we would begin those things that would add an impetus to the activity of the system, to SUSTAIN the activity sufficient to make for a dissolving of the condition and a setting up of the eliminations such as to make for drainages in the system. Thus we may rid the conditions from the body, and resuscitate the activity of the blood supply and the nerve energies and the lymph circulation.

10. First we would begin, then, with these:

11. Prepare two solutions in this manner, and keep separate:

12. Make a solution of Chloride of Gold in the proportion of 1 grain to 1 ounce of distilled water. We would use 3 to 5 grains in 3 to 5 ounces of distilled water, for more than that quantity would make for precipitation. Be sure that DISTILLED water is used. This would be one solution.

13. Add 15 grains of Bromide of Soda to 1 ounce of distilled water. Only make up 1 ounce at the time, for this precipitates faster.

14. It is preferable that each of the solutions be kept in a rubber or glass-corked bottle; rather a dark bottle, and keep in a dark place.

15. The dosage would be drops from each solution in half a glass of water each day, but prepare the water in this manner.

16. It is preferable that the water in this particular surrounding (where the body is) [near Dayton, Ohio] be boiled with other elements in same and used as the drinking water for the body. That is: To a gallon of water add a pinch (between the thumb and forefinger) of SALT and a handful (or two heaping tablespoonsful) of corn meal. Let this come to a boil. The siphon or filter and use as the drinking water, and as the water in which the medicinal properties would be taken. Of course, ice may be added.

17. Then, to half a glass of such water each day add and take as follows:

1st day: 2 drops of the Gold solution and 3 drops of the Soda solution. 2nd day: 3 drops of the Gold solution and 4 drops of the Soda solution. 3rd day: 4 drops of the Gold solution and 6 drops of the Soda solution. 4th day: 5 drops of the Gold solution and 7 drops of the Soda solution.

18. Then begin over again, in this manner:

1st day: 1 drop of the Gold solution and 2 drops of the Soda solution. 2nd day: 2 drops of the Gold solution and 4 drops of the Soda solution. 3rd day: 3 drops of the Gold solution and 6 drops of the Soda solution.

19. Continue on in the same manner until 5 drops of the Gold solution and 10 drops of the Soda solution are being taken.

20. Then leave off one day; and then begin over again.

21. We would also begin immediately with the RUBS (not with baths as yet), with equal parts of Epsom Salts and Table Salt (and preferably have the iodized salt, or salt with iodine in same) in a saturated solution; all that will dissolve in the water, you see. Massage in hands, arms, knees, feet, all of the locomotory centers. This should be warm when massaged, and should be MASSAGED into the body every day for ten days.

22. Then leave off the rubs and begin with the Epsom Salts baths; about five pounds of Epsom Salts to ten to twenty gallons of water, as hot as the body can stand it, and remain in same until it is cool.

23. When the body is rubbed down from the Epsom bath, then use a rub with the following ingredients:

24. To 1/2 gallon of clear Gasoline, add - in the order named:

Camphor Gum.....1 ounce,

Oil of Cedar Wood.....2 ounces,

Oil of Wintergreen.....1 ounce,

Olive Oil.....1 ounce (not the higher grade but use regular COMMERCIAL olive oil),

Oil of Sassafras.....1/4 ounce.

Shake these together and pour a small quantity in an open saucer or plate or bowl, and massage AFTER the baths. Beginning from the tips of the fingers and the hands go TOWARDS the body. Beginning from the feet go TOWARDS the body. Beginning from the head and neck and shoulders go TOWARDS the body. Massage same WELL into the body, all it will absorb.

25. Such a massage would come after each bath of the Epsom Salts, and we would take the Baths once a week until three are taken, and then rest two weeks and then take three more.

26. Throughout the period keep up the taking of the drops as indicated.

27. As to the diet, be rather specific.

28. Mornings - rather the juices of vegetables than citrus fruits; as a combination of spinach, cabbage, lettuce, celery, mustard, all cooked together in clear water - BOILED heavily, strained off, seasoned and taken as a drink.

29. Noons - either BROILED calf's liver or vegetables that are of the leafy rather than bulbular nature. And drink about half a glass of the juice from KRAUT.

30. In the middle of the afternoon we would take half a wine glass of RED wine, with black or rye bread - preferably the very heavy or sour bread. (Yes, the entity's family used to make bread - not in this country, though.)

31. Evenings - we would have buttermilk, or at other times citrus fruit juices, or tomato juice; preferably the preserved tomato juice, not from the fresh tomatoes. And things of this nature.

32. Always the breads should be toasted, and of the whole wheat variety.

33. The meats when taken should always consist either of the broiled liver, tripe, pig knuckle or the like. Fowl or fish may be taken occasionally (but not fried).

34. After the second round of the baths and the following of the diet, we would then give further instructions.

35. Ready for questions.

36. (Q) What causes the hot flashes which cause such weak spells, and what can be done to alleviate this condition?

(A) The disturbance in the circulation is the cause. Do as indicated.

37. (Q) How may the complications from diabetes be overcome?

(A) By the use of those things as suggested here, especially with the diets.

38. (Q) Should nothing be taken for breakfast except the vegetable juices?

(A) With the brown bread or a cereal drink.

Do these for the period as indicated, and then we will give further instructions. We are through for the present.

**REPORTS OF READING 950-1 F 64**

R1. GD's note: During rdg. 950-1, EC saw Buffalo Bill rounding up people. He told us this on waking, and described in detail Buffalo Bill's attire.

R2. 7/22/35 EC's letter: "The information obtained in your reading a few days ago has been forwarded. I hope you have been able to analyze this properly and get started on those things suggested for you. As I'm sure Miss [951] can tell you, it is the consistent, persistent adherence to those things suggested that brings the real results. Some people get discouraged and don't have the patience to follow through. Others begin to feel a little better and then stop the treatments. But it is only in following the entire suggestions as given that one can expect the results promised.

"I do hope you will let us hear from you from time to time as to how you get along, and don't fail to notify us in time to make the appointment for the Check Reading; and you may have a long list of questions you will want to submit at that time.

"Know that we feel a special interest and are anxious to be of service if at all possible. Sincerely,

"P.S. It was very unusual to have a thing like that come out in a Physical Reading, about your family making bread. Can you tell us anything about this, as to whether you know it to be true or not? We like to check up on everything that comes through like that, as much as possible."

R3. 7/29/35 Husband's letter: "We received your reading and understand same very clearly. Started treatments 7/23 also, following all instructions as to diet, regard to juices from combination of spinach, cabbage, mustard, etc., please advise what to use in place of mustard plant as it is almost impossible to get any more as the season is about over. For your information Mrs. [950] has a ringing in her head continually. She has been affected with this trouble for a long time, also has a dizziness at times to the extent of causing her to stagger at times. Can you explain cause for same?

"Regard to the family making bread as asked in your letter, for your information at the time of writing you our first letter asking for a reading Mrs. [950] was thinking during that whole week about baking some good old home made bread, as she always baked her own bread up to the time she took sick several years ago. She was very much disappointed in that she did not get to bake the bread on account of feeling too weak. This no doubt is what came through in your reading. Hope this will serve the purpose as to the question asked.

"Up to the present time I have been giving Mrs. [950] 17 units of insulin per day; 12 units at noon and 5 units evenings. No other medicine, this being the amount she has been taking to keep down the sugar before taking your treatments."

R4. 8/2/35 EC's letter: "Thank you for yours of the 29th, reporting on Mrs. [950]'s case. I'm very glad to know that you have gotten started on all the treatments.

"Regarding the diet, I'm sure it would be alright to include all of the leafy vegetables that you are able to obtain at this time; with those predominating as much as possible that were suggested in the reading.

"When the time comes for Mrs. [950]'s Check Reading, I hope some suggestion may be made for the ringing in her head and dizziness. No doubt these effects come from the amount of insulin it is necessary to take; for this is a very powerful stimulant to the nerves. Of course, it isn't to be expected that you could discontinue this right away. But as she shows signs of improvement, I'm sure it will be very well to decrease the amount as fast as possible.

"What you say about the bread is quite interesting. When we collect a series of such peculiar phenomena (as we call them), perhaps we can make a report.

"Thank you again for your letter. Be sure to let us know when the time is ready for the Check Reading on Mrs. [950], so that we may make the appointment."  
With kind regards and very best wishes, I am, Sincerely, EC

R5. 8/21/35 Mrs. [623]'s letter: "Mrs. [950] called [951] the other evening and says she is feeling fine. That is grand."

R6. 12/5/35 Mrs. [623] reported she thought Mrs. [950] had discontinued treatment because she had begun to lose weight.

**INDEX OF READING 953-1 M 51**

Air: Exercise: Anemia	Par. 7
ANEMIA	
ASSIMILATIONS: POOR	
DIABETES	
Diet: Diabetes	Par. 7
Emunctories: Rejuvenation	Par. 7
Glands: Peyer's: Diabetes	Par. 4
Hypotension: Tendencies	Par. 4
Liver: Kidneys: Incoordination	Par. 4
Prescriptions: Alcohol, Grain: Emunctories	Par. 3, 4
: Ambergris:	Par. 3, 4
: Juniper, Oil of:	Par. 3, 4
: Sage, Garden:	Par. 3, 4
: Sugar, Beet:	Par. 3, 4
: Tolu, Balsam of:	Par. 3, 4
: Water, Rain:	Par. 3, 4

**BACKGROUND OF READING 953-1 M 51**

B1. 5/23/23 Letter from [953]: "I would like very much if you could arrange to give me a reading regarding my health. I am 51 years of age and have been actively engaged all my life, at present am Supt. of Plant for the Lake Division of the ... Company.

"For the past few years, I seem to have been undergoing a constitutional breakdown of some sort. Have consulted several doctors but they do not seem to agree on the diagnosis and have been unable to prescribe satisfactory remedies...".

B2. GD's note: On coming for the rdg. Mr. [953] said the doctors pronounced his condition diabetes. [12/17/23 See 953-5 Reports.]

**TEXT OF READING 953-1 M 51**

This psychic reading given by Edgar Cayce at the Phillips Hotel, Dayton, Ohio, this 5th day of June, 1923.

1. EC: Yes, we have the body here. Now we find there are some abnormal conditions in the physical forces in this body, while the body is very good throughout. The functioning of the organs have become involved rather than of organic conditions. It, the condition has been produced by the lack of proper assimilation in the system, and the effect this presents on the body has produced and does produce the conditions.

2. Now these are conditions as we find them in this body, [953], we are speaking of here: In the blood supply in the body we find those elements that go to make up the hemoglobin in the system has become deficient, and that [which] would give the life-giving forces to produce the recreative elements has been overcome by the taxation on the system, hence the body often times lives and has its being on the vitality on the whole system, then we find this produces the taxation on the nerve system in that the vital forces become laggard or dull and the dull pains to the head, and through the whole system of the tired, achy feeling, especially, at times shows this condition. We have through many of the plexus this toxin then as produced by the poor assimilation produces the over-strain to the body through the centers, especially, along the region of the brachial plexus and the lower dorsal and lumbar region. This we see is the effect rather than that as produces the condition. Through the white blood supply we have the over-abundance, that is, with the numbers considered and the difference in numbers of red blood supply.

3. In the nerve system we find [that] the taxation to the cerebrospinal centers as we have given [is] produces [produces] by the condition as exists in the blood supply, hence the taxation becomes one of centralized in centers along the spinal connection, see. The sympathetic nerve system we find [in] very good control of the mental body,

\* [11/11/57 GD's note: PRESENT line was added to reading.] while the physical suffers with a distress. The sympathetic governs the body, and it becomes the physical strain, hence the fatigue, easily, of the body, more by the mental forces than of physical, though physical defects and effects produce the same taxation at time.

4. In the functioning of the organs themselves we find as these conditions through the brain force itself, the action is good. All of the faculties and forces are very good. Some strain to the sensory organism [is] produces [produced] reflexly from taxation to cerebrospinal nerve centers. In the organs of the sensory system, the effect becomes apparent only at times when the strain then becomes to the organs so affected, such as we have at times to the throat, to the eyes, and the dullness about the head and ears, you see. In the lung force proper the body is very good when considering the condition of the blood force proper the heart action becoming rather below the normal in its activity, than of high pressure and the circulation through the hepatics or the strain or cold or low circulation has its effect on the heart action proper. The digestive tract through the first stages of digestion, the body has become over-sensitive to the conditions that have existed there, and we have that of the nerve digestion rather than indigestion proper, for the pneumogastric secretes with the reactive forces in the system. The spleen we find full.



Through the pancreatic secretions, they are lax on account of the over-strain and low hepatic circulation. The liver becomes rather the excretory rather than secretive in its functioning, [there] becoming that in the left lobe, especially, of a poor circulation. A sympathetic condition rather than an organic, though it might become so without the proper adjustments through the system of the assimilating and eliminating organs being corrected. The low hepatic circulation, being produced by this condition, at times overstimulates the kidneys in attempting to take from the system the toxins created in the lower digestive tract, which is the seat of the trouble. Through the small intestinal forces or about the Peyer's glands we find by strain on the whole system about this portion of the body has giving [there has been caused] that condition which allows the forces to be centered there and to [unbalance] the circulation in its recreative element in the lacteal forces to supply the new blood supply in the body. This we find as the condition in this body here, [953], we are speaking of.

5. To relieve this condition, we would take that in the system that will give the balance of force to the body to create the assimilation and to give the excretory functionings of the emunctory forces their rejuvenating forces for the body, taking this in the system prepared in this manner:

6. To one gallon of rain water, add:

Clary Flower (Common garden sage)...8 ounces.

7. Reduce by simmering, not boiling, to one quart. Dissolve four (4) ounces of Beet Sugar in just sufficient hot water to dissolve it, then add, while warm, to other solution. Dissolve fifteen (15) grains of ambergris [2/7/77 GD's note: See re Ambergris and Government ban (by the U.S. and Britain) on whale products] in one (1) ounce of grain alcohol add to solution, then add four (4) ounces of grain alcohol and fifty (50) drops or minims of Oil of Juniper, see, with three (3) drams of Balsam of Tolu cut with alcohol and added. The dose would be [a dessertspoonful] three times each day. Let the body keep as much exercise of the physical forces in the open as possible, not necessary the all open work but exercise of specific character in the open. Let the diet be of the green vegetable forces that grow above the ground, see, principally; not too much meats of any kind - sea foods often. Do that, and we will find we will give the reviving forces to all the system throughout. The second quantity may be necessary, see.

#### **REPORTS OF READING 953-1 M 51**

R1. 6/7/23 He referred Mrs. [4350] and Mr. [4456] for readings.

R2. 7/23/23 Letter from [953]: "After considerable delay, I succeeded in getting the needed ingredients for the medicine prescribed for me and commenced taking it June 28th. After continuing with it three times daily am in many ways, I feel, improved. And I have great confidence in an ultimate cure."

R3. 7/23/23 Wire from [953]: "Give me reading before ten a.m. tomorrow ... Bldg., ... Street, third floor, my office."

R4. 7/24/23 See 953-2.

**INDEX OF READING 953-2 M 51**

DIABETES

LIVER: KIDNEYS: INCOORDINATION

Neuropathy: Diabetes	Par. 5
Osteopathy: Diabetes	Par. 3, 5
Prescriptions: Alcohol, Grain: Eliminations: Incoordination	Par. 3, 5
: Ambergris:	Par. 3, 5
: Clary Flower:	Par. 3, 5
: Gin, Gordon's:	Par. 3, 5
: Peppermint, Oil of:	Par. 3, 5
: Sugar, Beet:	Par. 3, 5
: Tolu, Balsam of:	Par. 3, 5
: Water, Rain:	Par. 3, 5

**TEXT OF READING 953-2 M 51**

This psychic reading given by Edgar Cayce at the Phillips Hotel, Dayton, Ohio, this 24th day of July, 1923.

1. EC: Now, we find there are some conditions as we had before in this body that have been somewhat aggravated from what we had before. Some conditions throughout the system are improved. We have not had that for the system as we have given, else we would find even with the strain that has been put upon the system since we had it before, the body from the conditions as is shown through the hepatic circulation would have been improved more than we have at present. In the functioning of the kidneys the nausea to the system, and the excess of forces is as given in properties as being prepared for the body, this has given more strain on the system than should have been.
2. We would, for the present condition, prepare as this for the system, with the change as in this:
3. The manipulation of the body deep about the sacral, lower lumbar and lower dorsal plexuses to retard and to stimulate the body, so as to give the elimination not so much through the kidneys as through the rest of the hepatic circulation and prepare the Clary Flower for the body in this manner:
4. To eight (8) ounces of rain water, add:  
Clary Flower.....8 ounces.
5. Let this steep for twenty to thirty minutes, not boil, then add eight (8) ounces of rain water and strain, while warm and add fifteen (15) grains of Ambergris dissolved in one (1) ounce of grain alcohol. Dissolve four (4) ounces of Beet Sugar in two (2) ounces of hot water, very hot water, distilled or rain water.

Add this to the whole quantity and eight (8) ounces of Gordon's Gin with three (3) drams of Balsam of Tolu and ten (10) minims of Oil of Peppermint. The dose will be two teaspoonfuls four times each day.

The manipulation and massage should be given every third day either by the neuropath or osteopathic forces. Do that. Prepare in the manner as we have given. We are through.

**REPORTS OF READING 953-2 M 51**

R1. 9/13/23 Letter from [953]: "Regarding my health. I have not been feeling so well the past ten days or so. I am still taking the medicine prescribed in your reading."

R2. 9/19/23 He referred Mrs. [1186].

R3. 10/8/23 See 953-3.

**INDEX OF READING 953-3 M 52**

ASSIMILATIONS: ELIMINATIONS: INCOORDINATION

DIABETES

Neuropathy: Eliminations: Incoordination Par. 1

Osteopathy: Eliminations: Incoordination Par. 1

**TEXT OF READING 953-3 M 52**

This psychic reading given by Edgar Cayce at the Phillips Hotel, Dayton, Ohio, this 8th day of October, 1923.

1. EC: Yes, we have the body here. We have had this before, you see. Now we find the conditions in this body are greatly improved from those we have had before. There are still some abnormal conditions. Many of these may be corrected by the carrying out of the suggestions as have been made for this body to regain its full force and usefulness to this plane. In the medicinal properties as have been given to this body. This should be carried on again while the massage through Osteopathic forces are given the body, but only at intervals should this be taken, instead of the present dosage. We would take only one dose each day until another full quantity is taken and the massage is given only to relieve the conditions of the perfect elimination established and the assimilation for the rebuilding forces in the blood cellular forces in the body. The condition as exists in the lower and of the intestinal tract, or that where the indoor life has affected the intestinal digestion, will be removed by the proper treatment to this portion of the body. The operator needs to be careful that the treatment for secretions to be thrown off or into the system to produce the proper expulsion from the body of refuse forces does not stimulate secretions from the bladder and kidneys, also so that there will be rather the local treatment through the massage than of the general nature for this specific condition. As well, we will find in the coordinating forces between the sensory organism of the body and the distribution of the blood forces to the organs of the sensory system to produce the proper elimination from used forces in the organs of the sensory system. This we find will be about the 4th and 5th dorsal vertebrae and the 5th, 6th and 7th cervical vertebrae. Do that as we have given.

**REPORTS OF READING 953-3 M 52**

11/9/23 See 953-4, his Life Rdg.

11/22/23 He submitted questions for his Ck. Physical (See 953-5) and for a Ck. Life (See 953-6) to secure further details in re all former incarnations mentioned.

GD's note: See 953-6, 953-7, 953-13, etc., Ck. Life Readings which seem to indicate that his present diabetes is a physical karma from his last incarnation during the witchcraft days in Salem when he was a stool dipper.

**INDEX OF READING 953-5 M 52**

CIRCULATION: IMPAIRED

Cold: Congestion: After Effects Par. 2

DIABETES

Head Noises: Circulation: Impaired Par. 3

Osteopathy: Spine: Subluxations Par. 3, 4

SPINE: SUBLUXATIONS

**TEXT OF READING 953-5 M 52**

This Psychic Reading given by Edgar Cayce at Phillips Hotel, Room 115, Dayton, Ohio, this 4th day of December, 1923.

2. EC: Now we find the conditions in this body, in the general, are still on the improve. We have had, recently, that indication in the system whereby the physical forces have been of little resistance to the condition. Little headache, pains in the eye, have troubled the body. More yesterday than to-day, though a little uneasiness, as it were, toward the frontal portion of head, even at the present time. The condition throughout the system, and especially in that of the elimination through their regular and proper channels, is still on the improve. This resistance as met has been more from strain and cold, and congestion, that has hindered some of the system in its proper functioning through the body, especially is this shown in the pyloric gland, and the nerve and blood supply from this portion of the system.

3. In the specific conditions as found in the sensory organism is more from reflex conditions in the sensory nerve center, though bringing specific conditions to eye and ear, especially to right one, where the humming or drumming shows at times, by the reflex sound forces and waves as reach the auditory forces through the conti [cochlea] [corti], and the action of the vibration on the inner ear, and the specific condition in that portion, where the fluids of the ear is hindered that gives the secretions necessary as to produce sound through the vibration as hindered by the circulation from the fifth cervical center, this hindering and preventing the ear from receiving the supply at all times of the circulation to take away those used forces in the system. Hence, with the overflow of blood to this portion, the drumming sound is made in the ear proper. This same expression makes the eye burn, for with this overcharge of circulation to the nerves of the sensory system this produces some distress, when the strain or the sudden change of light is reflected, through the lens of the eyes proper, and the eustachian tubes show the congestion.

This we see will be removed in the greater part when the proper manipulations for these portions of the system are carried out, for with this equalized, that is the circulation, to all portions of the sensory system, we will find the pressure will be gradually removed, that causes the condition at the present time, [953].

4. Keep those properties in line, for the digestion and the creation of influences, or incentives, from the properties as taken in the system, and as from the vibration from manipulation, so as to give better equalization of the functioning of the system throughout. Do that.

**REPORTS OF READING 953-5 M 52**

12/17/23 Letter to EC from [953]:

Mr. Edgar Cayce, P.O. Box 463, Dayton, Ohio

My Dear Mr. Cayce: -

Permit me to thank you personally for the wonderful improvement in my physical condition since I commenced treatments as suggested in the physical reading you gave me June 5th this year.

Medical examination in January last disclosed the fact that my system was overcharged with sugar to the extent that I was diabetic, carrying 12 1/2 percent sugar, gravity 1040. I was advised that there was no known cure, that the only relief obtainable was by adhering to a strict diet. This I commenced immediately and test made at frequent intervals showed large quantities of sugar present. After taking up the treatment suggested in your psychic reading, the sugar began to diminish until recent test showed no trace of sugar with gravity reduced to normal.

I wish I could convey a message of my experience to all Diabetics that all so afflicted might enjoy the change from a despondent death-dealing lethargy to good health and happiness.

Yours, with very best wishes for a Happy and Prosperous New Year.  
Sincerely, [953]

2/18/24 He obtained his next Ck. Physical - 953-8.

**953-12 M 53, 1/16/25**

(Q) Should he have a course of Insulin injections, as has been prescribed by physicians?

(A) Insulin for this system would not be detrimental in moderation, provided the adjustments and the properties as given for counter-irritation are kept up. Not be necessary to keep these long.

**INDEX OF READING 953-14 M 53**

DIABETES: TENDENCIES

Electrotherapy: Alpine Rays: Diabetes: Tendencies	Par. 4
: Ultra-Violet Light:	Par. 4
Healing: Consistency & Persistency	Par. 4
Osteopathy: Diabetes: Tendencies	Par. 4

**BACKGROUND OF READING 953-14 M 53**

4/14/25 Letter: I would also like for you to give me a health reading one day this week as I will probably go to the Hospital next week for observation by the Medical Doctor and I would like to know my present condition before they start experimenting. Ask especially about the diabetic condition. If it is being relieved. What treatment I should follow to improve the condition and if it is possible to cure entirely the condition that has prevailed for a number of years.

**TEXT OF READING 953-14 M 53**

This Psychic Reading given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, this 16th day of April, 1925.

3. Now the conditions are gradually on the improve from those as we have had, for we have had this before, you see.
4. The general conditions are very good, compared to those we have had from time to time. The strain on the system through mental and physical have and show their reflection in the system from time to time. The condition, though, that produces the diabetic effect in the body is being gradually relieved. The action of the system against the creating of those conditions as have produced this effect in the body are of the nature that receives impressions through mental and physical conditions both. This then, as we find, only needs the care and attention, the persistence as will bring the better conditions for this body, keeping the medicinal properties as have been given. Not so often taken, yet taken in the manner and way that when the body feels the necessity of that reaction, take a dose. When the body feels well, unnecessary to apply same. Yet the stimulations in adjustments throughout the system is well for the body, for it not only works with the condition in the body towards the removal of such, but gives the retractions, the correct incentives to vibrate nominally with the body. Well the body be outside as much as possible. Be well, with the confined life, or desk life, that the body take the rays from the Alpine or the ultra-violet ray, at least twenty-two inches, however, from body and not too long, but expose direct to the spine from the dorsal (upper dorsal) to the lower end of the lumbar. Be persistent with these, be consistent with the diet, as the body does in most cases. Be persistent with the properties for the body. Be consistent with the actions. Keep the mental equilibrium as near as possible in accord with the condition, and we will find we will bring relief for this body, [953].

5. Do that.

6. (Q) Will this diabetic condition be entirely cured if these instructions are followed?

(A) Be entirely removed from the body, or to such an extent there will be no return, save under the strain of the weakened condition produced in the organs that are involved in the condition. That is, though the body may be entirely removed, too much sugars, too much stimulants, too much of ANY condition producing strain would bring a return, as we have had in some forms in body during the past. As we find at the present, there are some conditions in the body where there is a show of eliminations not being set just properly, from conditions in the circulation. This we find temporary and produced by a contraction through conditions created in digestion.

7. We are through for the present.

**REPORTS OF READING 953-14 M 53**

R1. 5/20/25 See 953-15.



**INDEX OF READING 953-15 M 53**

**[edited]**

ARTHRITIS: TENDENCIES

BACILLOSIS

DIABETES: TENDENCIES

Diet: Diabetes: Tendencies

Par. 16

HYPERTENSION

Liver: Kidneys: Incoordination

Par. 9, 10, 20-A

Locomotion: Impaired: Spine: Subluxations

Par. 5, 22-A

Nervous Systems: Incoordination: Spine:  
Subluxations

Par. 5

Osteopathy: Spine: Subluxations

Par. 17, 18-A, 22-A

Physiology & Anatomy: General

Par. 21-A

Prescriptions: Alcohol: Bacillosis

Par. 11--15

: Alcohol, Grain:

Par. 11--15

: Ambergris:

Par. 11--15

: Cinnamon Stick:

Par. 11--15

: Gin, Gordon's:

Par. 11--15

: Ragweed:

Par. 11--15

: Sage, Garden:

Par. 11--15

: Sugar, Beet:

Par. 11--15

: Water, Distilled:

Par. 11--15

: Water, Rain:

Par. 11--15

SPINE: SUBLUXATIONS

Spleen: Engorged

Par. 8

**BACKGROUND OF READING 953-15 M 53**

B1. See 953-14 on 4/16/25.

B2. 5/18/25 "Out of the Hospital Sat. Will be in office for a few days. Wish you would give me a Physical Reading at earliest convenience - ask about my teeth, especially. Say what is necessary to be done - about arches and pains in hip joint, back and legs, also excess sugar, and say what I must do to cure the conditions causing sugar."

**TEXT OF READING 953-15 M 53**

This Psychic Reading given by Edgar Cayce, this 20th day of May, 1925.

2. EC: Now, we find there are many changes in the body from that we have had here before. Many are for the betterment. Some are the exaggerated conditions as are brought about by retraction in the system, and the various organs, tissue and ligaments performing their functioning under the conditions as have been produced in the system.

3. Now, these are conditions as we find them at this time. First:

4. IN THE BLOOD SUPPLY, in this we find this above normal somewhat in pressure, created at the present time more by the increase in the number of leucocyte rather than the high pressure created by too full a blood cell in the organism of body. In the blood stream we still find those bacilli, especially in the lower elements in blood that shows the pressure of the eliminations as are exhibited in the system at the time. In the hemoglobin, this we find bettered in the abilities of the system to eliminate, yet the full elimination in capillary and in the emunctories are depressed by the lack of action and incentive for the coordination through action, as the body has been accustomed to, for sufficient length of time for the change as has been the show in system.

5. IN THE NERVE SYSTEM, this we find somewhat depressed still, by those impingements that have existed in the system for such length of time as to produce incentives through functioning organisms, and this needs, as we see, stimulation to bring about more perfect equilibrium in the eliminations in the system, for without the incentive through the plexuses as govern the functioning of organs with their nerve systems, both of cerebro-spinal connection and sympathetic, we do not have the proper incentives carried out in the system to the extent to give the system chance to drain itself of poisons from accumulations of drosses, when same is and has been overcharged to the extent as this system has, and creating in its vitality those conditions necessary to meet the condition leaves in ligament and tissue those unused energies that give distress, especially in locomotaries, for these being supersensitive in their action, involuntary forces. Then when voluntary action is created in system, the involuntary forces become dross in the system to be eliminated.

6. IN THE FUNCTIONING OF ORGANS, in the throat, bronchials, larynx, these very good, yet showing in the tendency to form secretions in same, the congestion, the dross as being attempted to be eliminated through these channels of elimination.

7. In heart's action, in respiratory system, this we find, as it were, below normal, yet normal for conditions in system, retraction taking place and the physical conditions existent in the body.

8. In digestive system, this we find much improved in pancreas, liver and spleen. Spleen's forces show the taxing of the system in mental and in active forces of brain retraction, spleen giving then an engorged condition at present. Pancreas show the effect of the creating in the system those conditions dealing with the digestion, as acted upon by the alcoholic forces as created in system, to turn conditions in that of the ability to be assimilated by the system in its functioning for rebuilding. This then in itself at present improved.

9. Kidneys and liver do not coordinate in their excretory functioning. Liver needs that stimulus necessary for a draught condition in the intestinal eliminations, without creating the excess in the secretion to produce a taxation through temperature that might be produced by some forms of stimulation.
10. In the hepatic circulation, this colder or slower than nominal. Kidneys and the action of same show the excess as is produced in system by overtaxing of the body through the emunctories of same. Well that system keeps the urinary canals active when desires of same, that as little of the increased taxation returns to system as is possible, for with the lack of coordinating with the liver, this produces the drosses as produce in tissue, in the involuntary action of locomotaries, the distress as is produced in the joints of the body, and the tendency to feel full, or the body separating itself from its outer body, as comes to the system at times, or, as it were, a warring of the inner and outer man in the body itself.
11. Then, to give, with that as exists and as the retraction is acting in system, we would do this for the body, [953], at the present time. First, we would prepare as this:
12. To one gallon of rain water, add:
13. Eight ounces Ambrosia or Ragweed. Reduce by simmering (not boiling) to one quart. Strain and add sufficient of alcohol to preserve the liquid or tea, being four and a half ounces. The dose of the would be teaspoonful taken twice each day. Also use those properties as are in this:
14. To one gallon of DISTILLED water, add:
15. Eight ounces heavy Garden Sage or Clary Flower. Reduce by simmering to one quart. Strain while warm and add 15 grains of Ambergris (gray preferred) dissolved in 1 ounce of pure grain alcohol. Add this to solution. Dissolve 4 drams Beet Sugar in 1 ounce hot water (distilled). Add this to the solution. Add 2 drams Cinnamon Bark (preferably in the stick) with 4 ounces Gordon Gin. This to be shaken well together before each dose is taken, which would be teaspoonful 3 times each day, before meals.
16. Let the diet be in keeping with those conditions as have been given for the body. Little meats. No starches or sugars. No stimulants, other than have been given in these properties. Coffee once a day may be taken. No sugar. No tea. These we will find will reduce the sugar in the system, in the urine; reduce the condition in the intestinal system.
17. Stimulate occasionally, once each week or three times each month, or oftener if body is in pain through trunk portion of body, those muscles and tissue that govern the locomotaries and the dorsal region that governs the eliminations in kidneys and the functioning of spleen and pancreas. Do that, and we will bring the better conditions to this body, [953].
18. (Q) In what way should they be stimulated?  
(A) Through the manipulations and adjustments as have been given for this body.

20. (Q) What is the excess sugar in the system?

(A) This produced, as we see, by the over stimulus in the pancreas and the unequalized condition between spleen, liver and kidneys, forcing the excessive reaction in the emunctories of the kidneys. Hence the excessive urination and the excess as is shown at times in the drosses from kidneys.

21. (Q) What will cure the condition causing sugar in the system?

(A) That as we have outlined, added with retractions as taking place in the system, removing strains and preventing the congestions taking place in tissue or in functioning organs, for with the excess of created forces in system, drosses are left through the lack of eliminations being nominal in the body, for we have as these conditions manifest in this body: In each system there is created in its own chemical laboratory those properties to combat with conditions, whether building or destructive, as are in every physical body. An excess of one produces an excess (if a nominal body) of that to combat with destructive elements. Hence the retractions as have been set in the body, and the properties as have been given as counter-irritants to functioning organs, and stimulus of the centers in nerve supply and in tissue supplying incentive to those organisms that will produce that necessary to combat the conditions, or to remove sugars from system. Hence the reduction in the amount of sugar in its natural state being taken in the system. Not that it produces sugar, for it produces the alcohol that is an over-stimulant in the system, thickening, as it were, blood, and preventing the kidneys and liver, and the respiratory system and the capillary system, from eliminating nominally. Through these channels we will bring about the conditions necessary for the improvement in this body.

22. (Q) What causes the aches and pains in the hips, joints, back and legs?

(A) The drosses, as have been given, and the lack of the nominal exercising of same, and the lack of stimulation through manipulation of the incentives for locomotary action, and the drosses in system find lodgement in unused tissue in these centers. Giving the properties, the action in manipulation, as have been given, will assist in correcting these conditions. Do that.

### **REPORTS OF READING 953-15 M 53**

R1. 5/26/25 "My Physical is just right. It gives expression in words of the conditions I feel and know exist but cannot express in words. No, I did not learn a great deal at Hospital. They gave me quite a lot of insulin and it made me kind of oozy, whatever that is. I feel sure the medicine you prescribe will help me and I will start taking it just as soon as I can get the ingredients."

R2. 8/6/25 See 953-16.

**INDEX OF READING 953-18 M 54**

Appliances: Radio-Active: Spine: Subluxations	Par. 11, 17
Circulation: Impaired: Spine: Subluxations	Par. 4
Diabetes: Tendencies	Par. 3, 8
Head Noises: Hypertension: Tendencies	Par. 3, 6, 15
Hypertension: Tendencies	Par. 3
Nervous Systems: Incoordination	Par. 4
Osteopathy: Finger Surgery: Head Noises : Spine: Subluxations	Par. 15, 17 Par. 14
Prescriptions: Ragweed: Assimilations	Par. 13, 17
Psychosomatics: Digestion	Par. 8

**SPINE: SUBLUXATIONS**

**BACKGROUND OF READING 953-18 M 54**

B1. See 953-17 on 9/22/25.

B2. 12/19/25 Letter: "Please give me a Physical Reading at your convenience. Give me a general overhauling, check-up the sugar condition, loss and weakened sensory organism, circulation, noise in head, etc. Also action of battery if it is functioning o.k. and if I am responding to the vibrations set up. About the medicine and adjustments if needed any more. The diet - should I make any change in that?"

**TEXT OF READING 953-18 M 54**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 23rd day of December, 1925.

2. EC: Yes, we have those conditions as regarding the body here. This body we have had before. Now, we find the general physical conditions are somewhat changed from those since we had it here before. Many are on the improve. Many show some exaggeration, some deterioration. Some are rebuilding in a normal manner. The general physical conditions, then, we find are as these at the present time. First:

3. THE BLOOD SUPPLY, the pressure we find somewhat above normal, yet not to that extent as to cause uneasiness, unless there should be a re-occurrence in the functioning of the eliminations and a great increase in the amount of sugar created in system. In the functioning of the excretory system, in liver, this we find somewhat clogged, and the cause of the pressure on the pneumogastric and

hypogastric causes the greater thumping or noises as produced in the sensory system, especially to the auditory nerves, see? The pressure in blood, then, bringing this condition.

4. IN THE NERVE SYSTEM, this we find somewhat more sensitive in those connections with the sympathetic and cerebrospinal system. This is shown, especially, in the pressure as is shown on those plexuses in the upper sacral region, or that heaviness and weakness across the small of the back at times. The tingling sensation in the extremities, especially in the hand on one side, this we find is a pressure in the sacral region and in a portion that controls those of the central plexus of the upper portion of body in extremities.

5. THE CONDITIONS THEN IN THE FUNCTIONING OF ORGANS OF THE SYSTEM, brain forces very good. Over active in the depression as is produced by mental strain and physical worry.

6. Sensory system, in head, as we find, that pressure as is produced, especially the ringing as is seen in left ear, is as the pressure produced on the hypogastric plexus and sympathetically finds a reaction in the sensory system.

7. In the throat, bronchials, lungs and larynx, very good, though a little congestion produced by the pressure and by cold in throat and nasal cavity at present.

8. In the digestive system, this we find improved from that as we have had, though this may still give some distresses to the body, without care and attention to the diet, especially eating when the body is under strain in a mental manner, for the hypogastric plexus being involved, and the inclinations as was set by so long a pressure on the supplying tissues to the pancreas, that these themselves are engorged and supersensitive in a manner in their action, this bringing the greater distress, the higher blood pressure, the more active forces as to creating sugar in the digestive system, or starches and food values of a stimulating nature that are hard to digest in the lower portion of the duodenum become taxing forces to the system. The sugar as created at present is very little above normal, though shows some traces. More sediment is shown than sugar, see?

9. In the liver and spleen action on this, this shows how that the effect of those medicinal properties as taken, and as have been taken, should be kept in part (occasional) in the system, so as to give the more active incentive; especially that property as is used in Ambrosia Weed, see?

10. The condition in the upper digestion and in the intestinal tract, see, shows some strain from an over heavy condition in the body, as is shown in the action of the kidneys and of the bladder, for we find with over strained mental, the overstrain or the activity of the kidneys is increased. Hence the tired feeling that comes to the body by too great a mental and too great a strain on the whole system, or as would be generally termed, while the body is improved in the constitutional conditions of system, the general nerve system is becoming super-sensitive to the reactions from all exterior forces.

11. The vibrations as are being accorded from the battery forces, as used in Radio-Active principles, these should be reversed occasionally from the positive to negative pole, changed in the extremities, see? That is, do not apply ALWAYS the first anode to ankle. Occasionally apply to the wrist first, then to ankle, see? We find these vibrations are giving off and will assist the system.

12. Then, for the better conditions, and to keep the body more physically fit, more care (or extra care) should be given in the diet, of which the body has become a dietician for self in an excellent manner, and may control digestion and the heart's reaction and the digestion as is produced in the central portion and in the eliminations, through diet as is known by self.

13. Taking small quantities of the Ambrosia Weed, occasionally, to assist in the proper assimilation, for the lacteal fluids in system needs that incentive.

14. The adjustments or manipulations in the sacral region, in the stimulation of those places of adjustment in the 9th, 10th and 11th and to 7th dorsal, should be aligned occasionally; that is, once to twice a month, that these may be kept in their normal way.

15. The keeping of the vibrations for body, the keeping of the digestion in normal forces, will relieve that pressure that causes the condition in ear, see? for this is a pressure produced on the lower cervical where the sympathetic and the cerebrospinal join in that plexus that gives the supplying incentive of nerve force to the facial and to the upper portion of body. Well were that operation of stimulating the Eustachian Tubes be given the body, osteopathically, for this will assist the auditory forces to gain their stimulation, see? That is, treat along Eustachian Tubes with the finger, see? through the palate of the mouth. Ready for questions.

16. (After pause) Do these, then, as we have given, and we will find we will bring the better conditions for the body.

17. Taking, then, the vibration from the battery formation, changed or alternated occasionally; taking the Ambrosia Weed as given - far apart though, or only when necessary; taking those adjustments once to twice a month; taking two to three of those treatments for the Eustachian Tubes, osteopathically. We will keep the body in its normal functioning.

18. We are through for the present.

**REPORTS OF READING 953-18 M 54**

2/1/26 He obtained 953-19.

**INDEX OF READING 953-19 M 54**

Chiropractic: Eliminations: Incoordination	Par. 12
CIRCULATION: IMPAIRED	
DIABETES: TENDENCIES	
ELIMINATIONS: INCOORDINATION	
Head Noises: Hypertension: Tendencies	Par. 8
Hypertension: Tendencies	Par. 4, 8
Injections: Hypodermic: Insulin: Not Recommended	Par. 5, 12
Nervous Systems: Sensory: Hypertension: Tendencies	Par. 8
Osteopathy: Eliminations: Incoordination	Par. 10, 12
Psychosomatics: Digestion: Indigestion	Par. 9, 13

**BACKGROUND OF READING 953-19 M 54**

1/28/26 "Once again I am coming to you for advice such as only you can give by your subconscious contact with the infinite storehouse of all knowledge. A year ago this month you gave me a rdg. while we were in N.Y. It was a general rdg. [See 953-12] covering my physical being and financial business matters. In the physical you gave me information to help restore to a normal condition those organisms that were not functioning properly. Following this instruction as best I could I have improved greatly the past year. Only in the past ten days have I seemed to go back and a condition that has caused me some uneasiness. I want you to give a rdg., review my case and show wherein I have failed and what is necessary to completely restore a normal condition.

"In the rdg. mentioned [953-12] you gave me much valuable instructions regarding financing and managing business affairs, which has been a great help during the past yr. Now I need more such instructions regarding personal occupation, climatic conditions and location as would improve health and business, especially instruct in re future managing of the enterprise in which we are engaged, the success of which will mean so much to those associated and to the carrying on, in a greater way, of that noble work to which you are devoting your life. In taking this rdg. do not ask specific questions. Only be advised of the prudence of this letter request which you have previously read. Then discourse the two subjects in a way that will be understandable to practical application covering the yr. 1926 fr. date."



**TEXT OF READING 953-19 M 54**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 1st day of February, 1926.

2. EC: Yes, we have the body and those conditions as regarding same, both physically and financially.
3. Now, we find there are some physical changes that have taken place since we had the body here before. Now, these are those physical conditions as we find in the body at the present time. First:
4. IN THE BLOOD SUPPLY, this we find shows some heaviness again. While the pressure is not as high as we have seen before, yet the condition as is produced in the kidneys and in the extreme circulations are showing unsatisfactory condition. The tiredness, the tendency to drowsiness, the tendency to the feet and lower limbs to tingle or hurt, is produced from this condition in the circulation, as we see produced by other conditions in body.
5. IN THE NERVE SYSTEM, this we find has been under considerable strain, so much so that this has much to do with the retraction in the physical functioning of the system at the present time; as also we find that that taken in the system as the inducive to create the different condition in the nerves' system functioning with the pancreas has brought this retraction, and with this condition would be aided, then, again, by taking on a portion of such a treatment again, see? yet we find that, were these conditions as we see here carried farther, these would reduce in a more satisfactory manner than that as by the Insulin injection.
6. IN THE FUNCTIONING OF THE ORGANS, we see as these conditions: Under the strain, first we find that the atmospheric pressure and the cold, with that of the indoor and extremes as brought to the body, is severe on the general constitution. Outside, in the open, in a different climatic condition, in the open spaces, as has been given, will prove more satisfactory; YET, we would NOT change from the present conditions until the middle or latter part of the present year.
7. In the functioning then of the brain forces in the body, these are GOOD; yet we find this heaviness, this tiredness, that appears at times, gives uneasiness to the whole system. Hence, open air, open places, gives a better retraction to the system.
8. In the organs of the sensory system, these we find somewhat improved; yet we do not find that the clearing of the condition along the Eustachian Tubes has been carried out as has been suggested, for only in part has this condition been removed here, and this should be moved entirely, for the pressure as is produced in system (high blood pressure) creates to ALL PORTIONS of the organism the unbalanced, or unequal, metabolism of all organs of the sensory system. Hence the tendency to clear throat for the action of vibration necessary to that of the speaking, to that of the hearing; the sensation of smell, or of odors, being deficient through this, it being a low vibration, and all being high as produced by this over accentuated forces in the body; as is seen in the ear, producing the pressure that raises high, as on the tympanum in its reaction to the system.

9. In the digestive system, we find this has not been adhered to, the diets, as consistent in time of STRESS as has been good for the body. That is, there has been too much unequalized diet according to the temperament and pressure as produced by the nerve and physical strain. That is, with the body taking on those properties that produce this strain, with the balance of the condition as produced by injection, see, having lost its force of incentive action, brings then, through wrath, disappointment, fear, dread, cold, at such times, to the body too much of the blood's reaction in the time of digestion. Hence the inability of the system to cope with these conditions. Hence the creating of, not the OVER LOADED sugar as has been, but more of that overactivity of the kidneys, and the PAINS more severe through the locomotories and to the extremities in lower portion of body.

10. In the pancreas, this, we see, the EXCESS of the juices in same, by the nerve strain, THROUGH MENTAL AND THROUGH PHYSICAL, and with the tendency of those portions of the system in the cerebro-spinal nerve system, where the stimulation to the digestion in this portion of the body has been overtaxed in times back, with the general weakening, this, then, needs more of that adjustments that relieve strain, as much by STIMULATION as of relieving the nerve TENSION, to supply the NORMAL FLOW of ENERGY in blood and in nerve to the organs' functioning.

11. In the kidneys, this we find the greater distresses in the system at the present time, for with this overtaxation in the digestive system, and with the overstimulation as is seen for the body, these have become more of that source of the uneasiness to the whole nerve system, for with the conditions as is produced through the genitory organs, BY NERVE STRAIN, as is produced through the retraction and refractory nerve reaction in overstimulation, these have brought about the weakness, or weakened condition, and a slowing up of the emunctory functioning in this organ proper. Hence the low, dull, achey pains across this portion of the system.

12. Then, to bring the more normal conditions for the body: Either through a PORTION of Insulin injection and REST, change of scene, climatic condition - this, as we see, would be best later, for other specific conditions, as we see as regard to that as pertain to the financial conditions of the body, will be assisted in the developments as are coming to the body through the exercising of conditions as are set in motion by that time in the season.

Taking into the system those properties prepared in the manner and way as given in first, in that of Clary Water. That is, the Gin, the Ambergris, the Beet Sugar (small quantity), the Cinnamon, etc., see? prepared in the manner as given in the FIRST. Half the quantity, then, of the Ambrosia Weed, and keeping the diet.

Stimulation through the chiropractor, or osteopathic adjustments, and we will find the physical condition will be brought to the normal forces.

13. In the mental reaction against these conditions, the body must realize, in the dieting of the body, under strain, under stress of condition, food poison to the body, of ANY character.

14. In that of the financial, we find as these: Best, as given, under the present conditions, that the body labor in the same field as at present, until the latter, or middle or latter part of present year. Then changing to that of the FIELD operations, see, with as much of the change of scenes as is possible, for we find there is being created a more stable operation for the body than has been expected even by this body, - [953], himself; for conditions in mental, in financial, are to be easy for the entity soon. Not too quick in any action. In that systematic, DELIBERATE, manner of the entity, work out these conditions.

15. We are through for the present.

**REPORTS OF READING 953-19 M 54**

R1. 2/5/26 "I rec'd today the rdg. of the 1st [953-19] and am very much pleased with it. Of all the good rdgs. you have given me I think this one gives an outline more clearly of my physical condition so far as I can check it than others have. That is, it is more understandable. The comments on special conditions and my failure to follow clearly past instructions in some instances are absolutely correct and most wonderful even to one who has had many rdgs.

R2. 2/11/26 See 953-20.

**INDEX OF READING 953-20 M 54**

Physiology & Anatomy: Prescriptions: Eksip: Diabetes	Par. 2
Prescriptions: Internal: Ambergris: Diabetes	Par. 2
: EKSIP:	
: Honey Comb:	Par. 2
: Ragweed:	Par. 2

WORK: E.C.: READINGS: VOLUNTARY

**BACKGROUND OF READING 953-20 M 54**

B1. See 953-19 on 2/1/26.

B2. 2/5/26 Ltr. of appreciation for 953-19: "And now, Mr. Cayce, I have another problem where I need your guiding forces to show the way. I have rec'd the enclosed pamphlet which is self-explanatory. [GD's note: No copy now in file.] Please give me a rdg. on it. Advise if it will be beneficial to my physical being to take the tr. as prescribed, and say of what ingredients the tablets called Eksip are composed. Not for any intent of infringement on the patent rights but that I may know of what it is composed and learn if possible the effect of each ingredient on the body. Just as we do with the medicine you prescribe in your rdgs."

B3. 2/11/26 Rdg. 953-20 was volunteered, without suggestion being given to obtain it, following three immediately preceding Ck. Physical rdgs. for Cases [318], [294] and [569].

**TEXT OF READING 953-20 M 54**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 11th day of February, 1926, in accordance with request made by self - Mr. [953]. (Involuntary Reading)

1. EC: Now, we have here those conditions as regarding the physical condition of [953], and that element of the condition in the physical forces of the body, especially as relating to that of the physical attempt to apply certain conditions for the body, in that of Eksip, or a cure for diabetes.

2. Now, in the application of these properties, we find there be three elements that go to make up the basic activity of the properties as contained in these. That of the Ambrosia Weed; that of the bee comb, or that created to hold the honey, and those of the secretion in the whale, or that known as the properties as has been given to the body. In the combining form of these, these produce in the system that activity of the digestion, which is as has been applied. Then, taking these properties in the system, as is outlined in the treatment for same, would, just as has been given in those properties as have been applied to the body heretofore, be beneficial to the body. Consistent application of these, or the properties as have been given to the body, we find will bring the nominal relief to body.

3. Then, as we would give, apply these. These will prove beneficial to the body.
4. We are through.

**REPORTS OF READING 953-20 M 54**

R1. 2/15/26 [953]'s ltr. to EC:

Dear Mr. Cayce: -

I have your recent letter enclosing reading had on the 11th regarding the medical properties of "EKSIP" and I thank you very much for this. I received the medicine a few days ago and have commenced taking it. Apparently the effect is similar to that of the medicine you prescribed in the beginning.

I had about stopped taking medicine and adjustments and was not sticking closely to the diet requirements as given in your reading previous to this one. I think the extreme cold weather and a little over taxation caused my reaction that I wrote you about from St. Louis.

I feel that if I observe closely the instructions given in this reading that I will continue to improve, so I am making a new start and including the "EKSIP" tablets in my treatment. I note you give as one of the ingredients the honey comb as prepared by bees for holding the honey. I have wondered several times whether it would be agreeable to my condition to take honey as a food in limited quantities, say in its natural state in the comb, eating honey and comb together. In your next reading on the effect of the medicine on my system, kindly advise if the honey will be agreeable to me.

R2. 2/18/26 See 953-21.

**INDEX OF READING 953-21 M 54**

DIABETES

Prescriptions: Honey: Diabetes Par. 2  
: Honey Comb: Par. 2

WORK: E.C.: READINGS: VOLUNTARY

**BACKGROUND OF READING 953-21 M 54**

2/15/26 See ltr. under 953-20 Reports, asking if he would do well to eat honey; also: "I have another medicine address here that has been recommended for me. Please see what it is made of and if would be good to take for my condition: E P & N Salts, manufactured by Dr. J. Schaefer's - Sold by Jos. F. Burlin & Co., Cleveland, Ohio, supposed to be a German remedy for diabetes."

**TEXT OF READING 953-21 M 54**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 18th day of February, 1926.

1. EC: Now, we have here those conditions as respecting the physical forces in [953], especially as those regarding the considering of certain salts as may be used for that condition as termed diabetic. With that as is being used at the present, we find this would not be well, for there would be a counter-irritation produced in kidneys, for the salts is of that nature to reduce the pressure as is created in the forming forces of elimination through the kidneys, while the vegetable, mineral, and other compound as is used in this as being applied is that of an equalizer in the system, necessitating then the closer adherence to a diet in a manner, yet giving the system that vital force as necessary to build up the body.
2. As regarding the honey and honey comb, as is seen, a portion of this is of that same cellular nature. Small quantities may be taken with impunity, yet the greater portion of same SHOULD be COMB made from clover and buckwheat, rather than from flower or herb, see? That is, see that the honey comb as used is from the apiary that has this annex to same for the care of the bee making same. We are through with this reading.

**REPORTS OF READING 953-21 M 54**

3/10/26 I have not heard from you for some time. I have been very busy, on the road a great deal, but can't say that I am satisfied with my physical condition. I feel that I have improved somewhat since the last reading you gave me but I am not gaining strength as I should. I have been taking the tablets along with the medicine you prescribed and at your convenience I would like to have a general check up. See 953-22.

**INDEX OF READING 953-23 M 54**

**[edited]**

COLD: CONGESTION: AFTER EFFECTS

Constipation: Tendencies

Par. 3

DIABETES: TENDENCIES

Diet: Glands: Incoordination

Par. 6-A

ELIMINATIONS: INCOORDINATION

GLANDS: INCOORDINATION

Hemorrhoids: Tendencies

Par. 3

Osteopathy: Glands: Incoordination

Par. 5

Prescriptions: Clary Water: Diabetes: Tendencies

Par. 4

: Ragweed:

Par. 4

Tonsillitis

Par. 2

**BACKGROUND OF READING 953-23 M 54**

5/6/26 "Wish when you have time you will review my case. Am having trouble with my throat past month. Also I am not free of sugar excretions at any time."

**TEXT OF READING 953-23 M 54**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 17th day of May, 1926.

2. EC: Now, we find the physical conditions in the body much changed from that as when we had this here before. There have arisen other conditions that are produced in part by outside influences, or by the body getting cold, damp, exposure, when there were those properties in system that opened the eliminating centers in capillary system. Hence the undue reaction in system through glands in system, and, with the increased amount of lymph as was being created in system by properties taken internally, this brought about congestion and inflammation to various portions of the system, and irritation, especially, to the ductless glands in the system, especially those in the thyroid region, affecting directly the portions of throat along the Eustachian tubes and also those in and about the capsule of the kidneys proper. Hence the depressions or pains, and the over amount of eliminations as carried on in these portions of the system.

The excess, as is seen, of lymph, of irritation in throat, finds same as mucus and as inflammation in the tonsil region, and in the thorax. In the kidneys - irritation, over excitement to the excretions and the over amount of urine, and the inflammation along the right side of the body, especially following the elimination canal, and the nerves of the right side in the mesenteric system.

3. The diet, as we see, not exactly in keeping with these conditions, produces some irritation, and tendency to constipation. This brought irritation again to that irritated portion (in anus) where the system suffers from inactivity, in inside work, with too much strain by outside, and in the air, with the taking on of the congestion through cold, brings to these portions of the body also.

4. Then, for the assistance of the body at the present, we would leave off, for the time being, those pellets as have been taken for the condition in the duodenum and pancreatic portion of body. Add more of that of the ambrosia weed, with the preparation prepared as has been used before; adding also more of that as is used in the Clary water, or that in the combination of the first properties as were given for the system to reduce the amount of sugar in system, and to bring about the better digestion for the system and bringing more eliminations in their proper channels [See 953-1]. After the body has brought about a better stabilized condition, in this way and manner, the pellets may be resumed or taken on again, but not in such quantities or so often as has been heretofore. This, as we see, will bring about better conditions for the body.

5. Also the manipulation in the dorsal (8th, 9th, 10th), and in the cervical, will stimulate the normal flow of blood and the nerve energy, in both cerebro-spinal and sympathetic system, through the glands as have become overtaxed at the present time. Do that, see?

6. (Q) What should the diet be at the present time?

(A) Along those lines as have been outlined for the body. The body is a good dietician itself, and should follow along those lines as have been given. No stimulus to the system, in the way and manner of coffee or tea with sugar in same. No meats that are heavy of digestion. Fish or small quantities of fowl. Much of the green vegetable nature, especially spinach or greens, see....

#### **REPORTS OF READING 953-23 M 54**

R1. 5/21/26 "Rec'd my rdg. and as usual it is amazing how correctly you describe conditions. There is no doubt in my mind I am indebted to your information for my existence today."

R2. 6/12/26 He obtained a Ck. Life Rdg. - See 953-24.

R3. 10/20/26 He obtained his next Ck. Physical - See 953-25.



**INDEX OF READING 953-25 M 55**

Appliances: Radio-Active: Diabetes: Tendencies Par. 4

DIABETES: TENDENCIES

Osteopathy: Spine: Subluxations Par. 4

Prescriptions: Clary Water: Diabetes: Tendencies Par. 4  
: Ragweed: Par. 4

SPINE: SUBLUXATIONS

**BACKGROUND OF READING 953-25 M 55**

B1. See 953-23 on 5/17/26.

B2. 10/15/26 "When you have time please give me another check up. I am improving, I think, but in many ways am far from normal. Excreting considerable sugar in spite of restricted diet and experience extreme weakness in legs."

**TEXT OF READING 953-25 M 55**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 20th day of October, 1926.

3. Now, we find that in many ways the body shows improvements as have been affected in portions of the body. In other ways we find that the seat or the cause, or that incentive as has been produced in the system by the improper reaction from the nerve centers governing the action of organs, and organs acting from within, have not responded in full to the conditions or treatments, or adjustments, or that as has been given to the body to reduce or bring about normal conditions - though they are better than we have had them at times. These centers, especially in the lumbar, sacral, where we have that secondary reaction from those about the 8th, 9th, and 10th dorsal, show that these react with that of the incentive for the plethora action in the pancreas. Hence we have the full feeling in feet, the weakness in knees and hips and along sciatic or along locomotary centers, muscular relaxation in each side of the lower limbs proper. This, we find, is produced as much by not the full or correct adjustments of the cerebro-spinal centers, and these would be found to show how these conditions exist, were there made at the present time those same investigations as have been made in the first. Then we have the reaction to the pancreas by the whole sympathetic system from this existent condition. Then the overtaxing of the pancreatic juices, or that increasing of those conditions as bring about the too active forces in kidneys, and the enderin (?) [adrenal?] glands show the effect of this.

4. More of the vibration from that of the Radio-Active Appliance should be used, see? for this will equalize these conditions, when these are set aright with adjustments, and we would take occasionally those properties as were given in the Clary Water, also in Ragweed. Those will have to be NURSED along, as it were, that the general system be builded for the resistance. That is, then, more adjustments, see? reaching now from the sacral, lumbar and lower dorsal, and the vibratory forces from the Radio-Active Appliance, see? and occasionally - that is, once a day - sometimes two or three times a day - then may skip a day or two - those properties of the Clara Water and of the Ambrosia or Ragweed. Do that. These will bring about the more normal conditions for the body, for while the changing about, the change of water, the change of the climate, the excess conditions, the tendency to be on the feet is detrimental at times - just as too much sitting is detrimental at times, see? Follow these up closely. We will find better results for the body.

5. We are through with this reading.

**REPORTS OF READING 953-25 M 55**

R1. 1/22/27 "I am doing very well but would like to have a check up reading sometime when you are not crowded. No hurry."

R2. 1/24/27 See 953-26.

**INDEX OF READING 953-26 M 55**

Chiropractic: Not Recommended	Par. 8
DIABETES	
Osteopathy: Diabetes	Par. 8
Physiology & Anatomy: Prescriptions: Ambergris: Diabetes	Par. 6, 10-A
Prescriptions: Ambergris: Diabetes	Par. 4--6, 10-A
: Clary Water:	Par. 7, 10-A
: Ragweed:	Par. 7, 10-A

**TEXT OF READING 953-26 M 55**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 24th day of January, 1927.

3. Now, we find the general physical conditions of the body show the effects of the conditions that have been causing the disturbance in the functioning of the organs, WITH the effect of those properties, the diet, and those conditions as have been meted the system for the correction of same.
4. The conditions show improved conditions from that as we have had here before, but we find there has been fault in some of the properties as were taken for this correction, notably, in the way the ambergris was prepared for the properties as would cause the change in the assimilation through the digestive system, especially in that of the pancreatic juices' effect upon the system. Hence we find there is apparently more lethargy in the system than is good - that is, the body FEELS as if the circulation between the internal and capillary at times separates, and there is a throbbing feeling in the outer circulation, followed by the feeling of heaviness, drowsiness - lower limbs feel as if there were leadened shoes, or feet, rather than the normal. This, as we see, also brings about more of the effect of the sugar in the urine, or more inflammation or more reaction to the kidneys.
5. We would discard that as has been used and prepare IN THE WAY AND MANNER JUST AS HAS BEEN OUTLINED for this preparation, and we will see a difference and a change for the system.
6. While the conditions are not aggravated, yet this effect - and these properties, with the combinations of the sage or of those properties as has been given for the system, are to produce the better effect for the activity of same is of this nature: The ambergris acts in the human system as that necessary for the juices or the excretions from the pancreas to not turn so much sugar in the system - acting, then, in a way and manner as do those properties as are secreted by the pancreas proper, OR the pancreatic fluid concentrated and reacted in the system through that of the hypodermic [insulin], see?

7. To meet these needs, then, follow closely in that as has been last outlined - with these properties of the clary water, and occasionally that of the ragweed or ambrosia weed with its properties, so that the digestive system, especially in the colon proper, is cleansed, and that the heaviness in the descending colon is relieved.

8. With this, the corrections occasionally along the cerebro-spinal system, in the way and manner that the centers are exercised to where each vertebra ganglion gives the proper incentive for the nerve reaction, especially to the digestive and assimilating system. Hence that is why, as is given, the osteopathic would be the better condition than purely adjustments chiropractically, at the present state or condition.

9. Do that.

10. (Q) In what way was the clary water not prepared correctly?

(A) That as given. The ambergris not prepared properly so that it mixed with the solutions. Ambergris should first be dissolved in the pure alcohol - as the other properties are to be heated and this added, when this is warm - then this mixes with the other properties - gin, and the clary flower tea, or the sage tea. Hence discard, and have this prepared properly.

11. We are through with this reading.

#### **REPORTS OF READING 953-26 M 55**

10/19/27 He obtained his next Ck. Physical - See 953-29.

**INDEX OF READING 953-29 M 56**

ASSIMILATIONS: ELIMINATIONS: INCOORDINATION

Debilitation: General Par. 3--5

DIABETES

Doctors: Wright, C.O.: M.D., D.O., D.C., PhT. Par. R1

Electrotherapy: Vibrator: Spine: Subluxations Par. 9

Hypertension: Tendencies Par. 5

Osteopathy: Spine: Subluxations Par. 8

Physiotherapy: Baths: Sweats: Assimilations:  
Eliminations: Incoordination Par. 9  
: Hydrotherapy: Electric Par. 9

Prescriptions: Ragweed: Diabetes Par. 7

Psychosomatics: Debilitation: General Par. 3--5, 10

**TEXT OF READING 953-29 M 56**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 19th day of October, 1927.

3. Now, we find there are many changes in the physical forces of this body since last we had same here. Some have been for the betterment of conditions, some show there are still those elements and conditions existent in the physical functioning of the organisms of the body that at times bring distress to the body, and uneasiness, a weariness, a heaviness to the physical forces, until the discouragements are as appalling as physical suffering to the welfare of the body.

4. In these various conditions we find there are some specifics that may be applied in the physical betterment of the conditions. Others we find have to do more with the mental attitude of the individual, and that the body must through its own mental abilities, own mental attitude, control self much toward those directions that are of the constructive, rather than the derogatory effects in physical functioning toward that of the sympathetic or of the sensory organism of the body.

5. In those of the physical condition, we find there are still those appearances in which the blood pressure increases, and the thickening and heaviness to the circulation causes deadening to portions of the body in reaction. Not that locomotion is hindered, but incentives toward locomotion are made ineffective, and often the will is necessary to induce the regular activities of the body.
6. In meeting these, we find eliminations are the seat or cause of this sluggishness. With the various conditions as have been described - as has been benefited throughout the system by the application of the various properties to change the form of assimilations, to change the action of the system towards that of creating the various forces in the system for the rebuilding and replenishing - these have been beneficial, yet this assimilation and this elimination must be kept near in the normal channel to keep the system nearer that of the responsive conditions to the better physical forces of the body.
7. We would take, physically, more of those properties as were outlined in that of the ragweed or ambrosia weed, and those properties as produce the better eliminations.
8. We would take more of those manipulations necessary to loosen and allow the general functioning of nerve plexus and centers along the whole cerebro-spinal system. While these taken from time to time assist the body, yet these should be taken more systematically, just as the body applies the digestive system in a systematic way and manner.
9. We would also add those vibrations of an electrically driven vibrator to the whole of the cerebro-spinal system, taking same after good perspiration or sweats have been induced through hot, or sitz, or steam, or vapor baths. Not sufficient to weaken the whole system, but sufficient to relax the system entirely. FOLLOWING such (and these would be taken once to twice each week) we would apply those vibratory forces as are seen in these electric baths, see?
10. Do that. Keeping the mind in that way and manner as builds for construction throughout the physical forces of the body.
11. We are through with this reading.

**REPORTS OF READING 953-29 M 56**

R1. 3/29/28 Mrs. [340]'s letter wrote: "[348] is starting his treatments with the same osteopath [D.C.] that Mr. [953] and Mr. [270] are going to." [C. O. Wright, M.D., D.O., D.C.]

R2. 6/16/30 He obtained another Ck. Physical - See 953-30.

**INDEX OF READING 953-30 M 58**

Appliances: Radio-Active: Diabetes	Par. 2
Dermatitis: Eliminations: Incoordination	Par. 6-A
DIABETES	
Diet: Diabetes	Par. 5
Eczema: Tendencies	Par. 6-A
ELIMINATIONS: POOR	
Intestines: Colonics: Eliminations	Par. 9-A
Osteopathy: Eliminations: Poor	Par. 3, 9-A
Physiology & Anatomy: Osteopathy: Eliminations: Poor	Par. 3
Physiotherapy: Applications: Lenoir's Eczema Remedy: Dermatitis	Par. 6-A
Prescriptions: Alcohol, Grain: Eliminations: Poor	Par. 4
: Ragweed:	Par. 4
: Sassafras Oil:	Par. 4
: Tolu, Balsam of:	Par. 4
: Water, Distilled:	Par. 4
Supports: Elastic: Varicose Veins	Par. 7-A
Varicose Veins	Par. 7-A

**TEXT OF READING 953-30 M 58**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 16th day of June, 1930.

1. EC: Conditions, as we find, are much changed since last we had same. While some have become accentuated, and the segregation of distressed conditions from the poor eliminations as have existed from those of the accumulations through the system of a disturbed kidney activity, of an overactivity in the pancreatic region, of the accumulations in system of those poisons that come FROM same, the heaviness to the feet and the limbs, the tendency of the various activities that produce for enlargement of glands; these, with the activities of the body on feet, make for the greater distresses in the body.

2. WE would give that AGAIN would the body turn to more those of the vegetable compounds for the eliminations, and the appliance of those of the Radio-Active nature - properly applied, and keeping the drainages set up in system, would bring for the body the better conditions in same.

3. These, we would find, that PROPER manipulations, rather than just adjustments - but manipulations that set up drainages. While true that the removal of pressure from a plexus, or from a ganglia center, releases immediately the blood supply and aids same in gaining its equilibrium, but just as a stream dammed up and released, there is OFTEN caused distresses BY the large AMOUNT of accumulations, both as to the dross and as to sedatives left BY such flowing in the system. Hence, manipulations of an OSTEOPATHIC nature are the GREATER benefits in such conditions. Unless corrections are made properly, these must cause distresses through the lymphatic and the capillary circulation, as WELL as for the deeper internal organs. Ready for questions.

4. In making for the vegetable compounds, we would use as THIS in the present condition: Those of green ambrosia weed 6 ounces, to 16 ounces of distilled water. Reduce by simmering to just two-thirds of the quantity, see? Strain. Then add that of sassafras oil 20 minims, 1 dram Balsam of Tolu cut in 2 ounces of grain alcohol. Naturally, there will be the question - to those that could not know the full conditions of the body - why would alcohol be given in a system, where those of the pancreas are affected, for they must make for accumulations; but these are, with these compounds, changed into BENEFICIAL properties in the small quantity given, and will be beneficial. Also, they are the PRESERVATIVE for those of the vegetable forces. The dosage of this would be teaspoonful three times each day.

5. Let the diet be those of spinach, fish, celery, lettuce, whole wheat bread - no white bread of any kind; little or no tea. A little coffee may be taken occasionally, but not too much of same. No red meats. JUICES of same may be taken occasionally, but not where the necessity of those of the pancreatic activity are brought into play. No sugars, when these are used; then, no pastries, or anything of that nature. Fruits may be taken, such as oranges, lemons, grapefruit - these may be taken, or pomegranate may be included in it at times. These are very good for the system, and will aid in eliminations. Ready for questions.

6. (Q) What can be done to dry up the excess secretions of the body?

(A) This irritation comes from the accumulation of those conditions in the capillary circulation, and the body attempting to produce for the body an equilibrium - this is the disturbance as comes from same. These, as we find, would best be found in those of Lenoire's Eczema Remedy.

7. (Q) How relieve acute pain in legs and feet?

(A) The rubber stockings would be well, or bands - would be well for these.

8. (Q) What volume of water or liquid should body consume per day?

(A) Not more than six to twelve ounces.



9. (Q) Would lithia help kidneys?

(A) Helps when draining same off, but should not be too much depended upon. Rather be dependent upon those conditions as may be set up by the manipulations, as has been described for the body; so that drainages come through their natural channels.

Eliminations, or evacuations from the system through those of irrigations would be well for these; will RELIEVE the pressure on kidneys, and especially on bladder. We are through for the present.

**REPORTS OF READING 953-30 M 58**

R1. 2/9/32 See EC's ltr. to Mr. [437] in re Mr. [953] under 3722-1 Reports.

R2. 6/32 We heard that Mr. [953] had gone to Texas on sick leave, only weighed 150 lbs., his strength left him. He died 4/28/33. [See below.]

R3. 11/3/33 Mrs. [583]'s letter:

He took Insulin about 6 weeks while in ... but it was too late then. It seems he had also developed a bad condition in his chest. None of us wanted a diagnosis, the mind can only carry so much and nothing could have been done about it anyway. He suffered no pain and apparently did not know he was so near the end when last he was conscious and that was a blessing.

R4. 8/5/34 See wife's ltr. under 583-8 in re how [953] suffered with dry skin.

R5. See subsequent notations and Reports under Mrs. [583]'s correspondence, and under 953-13 Life Rdg. Reports.

**INDEX OF READING 1963-1 M 60**

Alcohol: Blepharitis	Par. 18-A
<b>BLOOD: BLEPHARITIS</b>	
Clairvoyance of E.C.: Conditions Confirmed	Par. 6, R1, R2
<b>DEBILITATION: GENERAL</b>	
Diabetes: Tendencies	Par. 16-A, R3, R5
Diet: Artichoke: Jerusalem: Kidneys	Par. 16-A
: Beef Juice: Debilitation: General	Par. 11
: Kidneys	Par. 17-A
Eliminations: Blepharitis	Par. 10
Environment: New York: Westchester County	Par. 22-A
Exercise: Debilitation: General	Par. 20-A
Eyes: Granulated Lids: Blepharitis	Par. 6
: Strained:	Par. 25-A
Hypotension: Debilitation: General	Par. 24-A
Intestines: Colonics: Glyco-Thymoline	Par. 25-A
: Toxemia	Par. 7, 8, 10, 14-A, 25-A
Kidneys: Blepharitis	Par. 5, 16-A
Liver: Blepharitis	Par. 5, 16-A
Multiple Sclerosis: Tendencies	Par. 4
<b>NEURASTHENIA</b>	
Osteopathy: Blepharitis	Par. 10, 25-A
Physiology & Anatomy: Nerves: Multiple Sclerosis	Par. 4
Physiotherapy: Applications: Eyewashes	Par. 9
: Packs: Potato: Blepharitis	Par. 9
Prescriptions: Insulin: Warning	Par. 16-A
: Tonics: Debilitation: General	Par. 19-A
: Watermelon Seed Tea: Kidneys	Par. 17-A
Psychosomatics: Blepharitis	Par. 20-A
<b>REST: DEBILITATION: GENERAL</b>	
Sleep: Debilitation: General	Par. 20-A
Spine: Subluxations: Blepharitis	Par. 6, 10
Spleen: Blepharitis	Par. 5, 16-A
: Diabetes: Tendencies	Par. 16-A, R3, R5
<b>TOXEMIA: BLEPHARITIS</b>	

**BACKGROUND OF READING 1963-1 M 60**

B1. 7/19/39 Son-in-law [257]'s ltr.: "Would very much like to have a complete physical diagnosis on [903]'s father - bad reports from the doctors - an eye condition and general debility."

**TEXT OF READING 1963-1 M 60**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 22nd day of July, 1939.

3. Now as we find, the general debilitations which exist through the body, the lack of energies, the lack of the abilities for the functioning of many of the organs in their proper relationships one to another, are from nerve exhaustion.

4. Not that it has reached those proportions where it is one portion of the nerve force destroying the other, as in sclerosis, but rather pressures from poisons of a toxic nature throughout the system.

5. These as we find include toxic conditions which affect the liver, the spleen, the kidneys, and the GENERAL conditions through the body.

6. Also, through the pressures indicated in the areas about the upper dorsals, inflammation is caused to the eyes, or optic forces themselves, so that the inflammation in the lids and the granular condition appearing upon the ball of the eye come from a nerve exhaustion.

7. As we find, in making the better applications for corrections, there should be first a sufficient number of Colon Irrigations; not so often nor close together as to deplete the very vital forces of the body, but kept sufficiently often that there are no effects of toxic forces left in the system. These would be begun gently, - not too much attempted at once, - but about every three to five days apart, until there is little of the phlegm or the mass as will be indicated that passes from the colon.

8. When such Colonics are given, there would also be a stimulation of the nerve centers by gentle manipulation along the cerebrospinal system, - the masseur rather than the gentle osteopathic treatment, in the beginning.

9. At least twice a day, for an hour, apply to the eyes the scraped Irish Potato, - not the new or this year's crop, but the old Irish potato. This would be put right on the eyelid, (with the eye closed, of course), and then bound on for about half an hour to an hour. Afterwards the eyes would be cleansed with a weak cleansing solution for the eyes, that is antiseptic; this about the proportions used for washing a baby's eyes, see?

10. After there are no more indications of phlegm and such natures from the colon, THEN begin with osteopathic adjustments; that would stimulate the activity of the eliminations and CORRECT the lumbar and sacral areas.

11. In the matter of the diet, - liquids and semi-liquids are preferable. Plenty of beef juices. Plenty of chicken broth, of course; and a little fish if broiled may be taken; and all the vegetables that are easily assimilated.

12. These as we find offer the better conditions for this body, [1963].

13. Ready for questions.

14. (Q) Who would be the proper doctor to give the colonics and the massage as indicated?

(A) At Reilly's.

15. (Q) What osteopath, later?

(A) Dobbins.

16. (Q) Is there a condition of diabetes?

(A) This is more of a spleen and a reflex condition to the activities to kidneys and of the pancreas, than true diabetic reaction.

DO NOT give the body insulin. Use rather the Jerusalem artichoke as a portion of the diet three days each week, at least.

It is more of a splenic or splenetic condition than a diabetic.

17. (Q) Are watermelon and such things alright for him?

(A) This is rather hard on the system, as it tends to make a reaction that is not so well; though in moderation it may be taken. Or if the Watermelon Seed Tea is taken, this would be better than the watermelon.

18. (Q) Are any liquors good for him?

(A) No liquors.

19. (Q) Any tonic he should have?

(A) Let's get the system in shape for a tonic before a tonic would be indicated!

20. (Q) How much rest should he have?

(A) He should have three hours each day, at least, besides the eight hours' natural rest at night.

21. (Q) How much exercise and what type?

(A) Walking, and any in the open. It is as much WORRY as it is other things in the body's disturbance!

22. (Q) Should he be in Westchester County?

(A) It's VERY GOOD!

23. (Q) What does the blood show?

(A) The toxic conditions.

24. (Q) Any high or low blood pressure?

(A) Tendency towards the low.

25. (Q) Is there any organic condition?

(A) As has been indicated, the functioning rather than the organs, - and blood and nerve forces, nerve exhaustion and eye strain. Do as has been indicated for the better conditions. Keep up the colonics until there is no show of phlegm or of such natures in the stool or the passage; using plenty of an antiseptic in the last waters; Glyco-Thymoline preferably.

Do not make the osteopathic corrections until the system is in a condition to receive the better distribution of energies to the nerve forces of the body. Do those things as we have indicated. We are through for the present.

#### **REPORTS OF READING 1963-1 M 60**

R1. 7/31/39 Mr. [257]'s ltr.: "[1963] took his first colonic yesterday. I'll scrape potatoes for his eyes today. His reading is correct in every detail and he is following the reading."

DIABETES AND DIABETIC TENDENCIES, VOL. 2 CIRCULATING FILE

R2. 8/5/39 Mr. [257]'s ltr.: "[903] is very appreciative of what you have done for her father and the old gent [1963] is very anxious to meet you. I believe he is better already and the reading was 100% correct. I'll discuss it with you when I see you."

R3. 8/18/39 Mr. [257]'s ltr.: "It might interest you to know that when [1963] first got to N.Y. he had 2% sugar with acid which is a real case of diabetes. He has had four colonics with massages and now shows 9/10 of 1% which could happen to anybody. He looks fine and feels fine."

R4. 2/15/40 Mr. [257]'s letter: "[1963] is fine."

R5. 1/10/41 He obtained, via his son-in-law [257] and daughter [903], Ck. Physical reading 1963-2 for incipient diabetes, malaria, streptococcus.

**INDEX OF READING 1963-2 M 60**

DIABETES: TENDENCIES

Diet: Artichoke: Jerusalem: Diabetes: Tendencies Par. 9-A  
: Cooking Utensils: Patapar Paper Par. 9-A  
: Eliminations: Incoordination Par. 9-A, 12-A

ELIMINATIONS: INCOORDINATION

Exercise: Eliminations: Incoordination Par. 9-A  
Heart: Toxemia Par. 10-A  
Injuries: Hypodermic: Insulin: Not Recommended Par. 9-A  
Katabolism: Metabolism: Incoordination Par. 5  
Malaria: Tendencies Par. 8-A  
Osteopathy: Not Recommended Par. 6  
Prescriptions: Drugs: Not Recommended Par. 6  
Psychosomatics: Katabolism: Metabolism: Incoordination Par. 14-A  
Streptococcus: Tendencies Par. 8-A

TOXEMIA

**BACKGROUND OF READING 1963-2 M 60**

B1. See 1963-1, on 7/22/39, for blepharitis and beginning diabetes.

**TEXT OF READING 1963-2 M 60**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 10th day of January, 1941.

3. We have the body, [1963]; this we have had before.
4. As we find, in some respects too much of a sedentary activity is not good.
5. Some conditions show changes for improvement under this general relaxing, while some have become somewhat exaggerated, - or tendencies have arisen which are inclined to disturb the metabolism and katabolism of the body.
6. However, we find that these conditions are of such natures that the best results may not be obtained by the use of drugs OR mechanical (osteopathic) adjustments, but rather through the diets and the general physical activities or exercises of the body.

7. But ready for questions.

8. (Q) Is the body diabetic?

(A) A tendency.

We find that these conditions exist: There is too much sugar in the activities of the kidneys. There is a torpidity in the activity of the liver. There is a slowing of the circulation to the head and to the heart AND the general chest.

This, to be sure, with the slowing activity, tends to leave a toxic condition; not that may be termed of a malarial - producing nature, but would eventually cause a strep formation in the blood, with the conditions which exist in the blood flow itself, and the excess tendency of activity of kidneys.

9. (Q) What can he do to protect himself against it?

(A) As indicated, the diet - and exercise of specific characters that tend to tone up and to create a balance.

Keep away from meats, save a little fish or fowl. None of vegetables that are of the pod variety. Those of the natures that grow UNDER the ground are preferable, but plenty also of the leafy variety.

And twice each week take the Jerusalem artichoke, about the size of a hen egg; first raw - say on Tuesdays - and the next time cooked, say on Thursdays, but cooked in its own juices (as in Patapar Paper). Only eat one each time, you see. When cooked, season it to make it palatable, but do not eat the skin - save the juices and mash with the pulp when it is to be eaten. Eat it with the meal, of course; whether it is taken raw or cooked. Do not take it between meals, but at the regular meal.

Eat all of the vegetables especially of the leafy variety; such as spinach, kale or mustards and the like. These, too, should be prepared in their own juices - or in Patapar Paper.

Refrain from tea or coffee, especially if milk or cream is used in same; but these may be taken moderately without such.

Refrain from any great quantity of butter or butter fats. None of pastries, or pies; though foods that are of the diabetic sugar-proof nature may be at times taken. Or, the use of beet sugar is preferable to cane; or still more preferable is saccharine as shortening. DO NOT take injections of insulin. If more insulin is necessary than is obtained from eating the amount of artichoke indicated, then increase the number of days during the week of taking the artichoke, see?

Then the exercise; walking regularly, and a five to ten minute period of exercise morning and evening. This should not be strenuous, nor too great an exertion at one time, but: Raise the arms gently above the head. Then, with the arms lowered to level, stoop - letting the arms not be extended in front or toward the floor but keeping a balance, see? Then placing hands on hips, gently move as to circulate the body upon the lumbar axis.

These done consistently will bring a much bettered condition for the body.

10. (Q) What is condition of heart?

(A) As indicated, rather at present a disturbance of a sympathetic nature from the slowed circulation. Irregularity at times. Hence the desirability of creating a better equilibrium; by the exercise and by the diet.

11. (Q) Are any other organs of the body upset?

(A) To be sure, all become involved when the heart, liver and kidneys are involved - but these are sympathetic in their natures.

12. (Q) What weight is best for body?

(A) That which is the natural or normal weight by the general exercise. Do not attempt to take those things to cause reduction at the present, other than in the diets outlined.

No white bread. No white potatoes. Use the Irish potato peel, and that next to same, rather than the bulk of the potato. No white beans.

Rather use the oyster plant, parsnips or turnips and such; these may be taken in moderation.

But beware of dried beans or peas or things of that nature.

13. (Q) Should he have a change of climate? If so, when and where?

(A) This would depend upon the desire or the attitude of the body.

Consequently, much of this would preferably be the choice of the body. It is not NECESSARY for a change, as we find, if those things are adhered to as suggested.

14. (Q) Advise as to mental conditions.

(A) The mental condition is very good; but, to be sure, where there is any condition of a change in the metabolism of the body, and of the pressures as produced at times, we find that at periods depressions are caused and at others an over-exhilarated feeling, or certain portions of the body or organs may become exercised.

But do as we have indicated, if we would have the better forces for this body. We are through with this Reading.

#### **REPORTS OF READING 1963-2 M 60**

R1. 1/25/41 Daughter [903]'s letter: "I had already left ... when the readings for Mother [1997] and Dad [1963] arrived. Mother writes they were very helpful and Dad's was marvelous. He had no suspicion of high sugar count. Test showed 34, which is high. He's already responded to a correct diet. I imagine the party meals in honor of [257] and me played havoc with him too."

R2. 8/3/49 Mrs. [903]'s letter: "It will be necessary for me to be in Okla. for two weeks in Oct. My sister, [2126] and her husband will be in the East and she doesn't want my - our - elderly parents to be without one of us."

R3. 1/53 - Mr. [1963] died - about a week after Tom Sugrue did.