

Circulating File

HYPERTENSION

**A compilation of Extracts
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HYPERTENSION CIRCULATING FILE

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

Blessings, A.R.E. Member Services Team

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

This Circulating File consists of an overview, commentary and the Edgar Cayce psychic readings on hypertension. 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.

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Hypertension *

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Introduction to the Cayce Readings on Health and Healing

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

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

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

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

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

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

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

What's more, Cayce affirms that the human body will naturally stay healthy -- and even rejuvenate itself -- if a kind of internal balance can be maintained. "Dis-ease" starts when one part of the body draws energy from another part. One portion of an organism may become overcharged with the creative life force, while another portion

becomes undernourished. The result is a gradual disintegration of the body and the onset of illness.

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

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

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

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

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

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

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

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- * Optimism and hope. We're encouraged to expect healing.
- * Patience. It's much easier and quicker to destroy health than it is to rebuild it. We need to be willing to patiently invest whatever time is required.

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

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

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

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

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

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

Mark Thurston, Ph.D.
Education Department

Overview of Hypertension

http://www.edgarcayce.org/are/holistic_health/data/prhten3a.html

WHAT IS HYPERTENSION?

Hypertension (high blood pressure) is an elevation in overall blood pressure. Blood pressure is the force created by the heart as it pushes blood through the circulatory system. Blood pressure is measured in two numbers. The first, or top number, is the "systolic" pressure, created when the heart contracts. The second, or bottom number, is the "diastolic" pressure, or the period during which the heart relaxes. An example of a normal blood pressure is 120/80.

Hypertension affects about 37 million Americans and the incidence rates of hypertension in the United States have increased dramatically over the past 15 years. Elevated blood pressure means that the heart is working harder than normal, putting both the heart and the arteries under a greater strain. This may contribute to heart attacks, strokes, kidney failure, damage to the eyes and atherosclerosis.

From a medical perspective, hypertension is regarded as an incurable illness of unknown causation. In about 10 percent of cases, hypertension is linked to specific illnesses such as kidney disease and adrenal gland tumors (secondary hypertension). In such instances, treatment of the comorbid disorder may relieve the hypertension.

The remainder of cases are called "essential" hypertension. Standard medical treatment of essential hypertension is directed at control of the illness with drugs and lifestyle changes.

EDGAR CAYCE'S PERSPECTIVE OF HYPERTENSION

The Edgar Cayce readings, while recognizing the wide variability associated with hypertension, consistently maintain that this disease most often can be traced back to patterns of poor circulation wherein the return flow of the blood to the heart is hindered. In other words, as the arteries carry the blood away from the heart to the various organs of the body and release the blood into the capillaries to nourish the tissue, engorgements and plethoric conditions in the capillaries and veins slow the blood flow as it is recycled to the heart.

Here are a couple of excerpts from the Cayce readings which describe the hindered circulation between the arteries and veins:

"As long as there's high blood pressure, as long as there's a tendency for the cells - in the change between the arterial and vein circulation so disturbed - to overflow at times (which IS the actual production or actual condition that produces pressure), under STRAIN there IS the possibility of a blood clot or cell breaking or forming - a bubble, see?" (389-2)

"The blood supply is high in the pressure. This is produced in the greater part by pressures that exist in the transverse and descending colon, and by too much flesh for the body-functionings - as through the abdominal areas....

(Q) Are the dizzy spells and headaches caused by any serious condition?

(A) Caused by this circulation that is so slow in returning to the activity of the

central circulation - heart, lungs, liver, kidneys. And this produces, by this slow circulation, the extreme high blood pressure." (3525-1)

This pattern of hindered circulation was most often noted in the large intestine (colon) resulting in toxic conditions and poor eliminations which further increased the blood pressure.

"(Q) How can high blood pressure be reduced?

(A) This may be reduced by the deep manipulations and colonic irrigations. This, too, will rise again, but it can be kept down in this manner - as keeping off of meats of any kind." (3305-1)

"There is a subluxation in the 6th and 5th dorsal, as well as a condition out of alignment in the 9th dorsal.

These first produced tendencies for a disturbance in the circulation through the liver and the emptying of the stomach proper. This slowing of the lymph through the circulation in the abdominal area causes an engorgement in the ascending and a part of the transverse colon; of course, a form of prolapsus in the descending and a portion of the transverse.

This combination causes a high blood pressure, or metabolism as disturbed in the body. (2388-1)

Note the references to spinal problems and manipulations to correct these conditions in the nervous system in addition to the problems in the colon. The treatment recommendations which follow address both of these areas.

EDGAR CAYCE'S THERAPEUTIC MODEL

Recognizing the systemic effects involved in hypertension, the primary treatment modalities are comprehensive and address various aspects of the condition:

1. **INTERNAL CLEANSING:** Hydrotherapy includes drinking six to eight glasses of pure water daily, colonic irrigations (preferably) or enemas, and cleansing diet of fresh fruits and vegetables. Castor oil packs across the abdomen are recommended to improve eliminations through the liver and colon. Mild laxatives may be helpful if constipation is a problem.
2. **SPINAL MANIPULATION AND MASSAGE:** Osteopathic or chiropractic treatment is recommended to relieve any pressures that may be hindering circulation. Special attention is to be paid to the thoracic vertebrae (2nd to 9th thoracic) as this portion of the spine was often cited in the Cayce readings on hypertension. If osteopathic or chiropractic treatment is not available, the use of an electric vibrator along the spine may be helpful. Finally, gentle massage is suggested to relax the body and balance the circulation.

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3. **DIET:** The Basic Cayce Diet is intended to improve assimilation and elimination. The diet focuses heavily on keeping a proper alkaline/acid balance while avoiding foods which produce toxicity and drain the system. Essentially, the diet consists mainly of fruits and vegetables while avoiding fried foods and refined carbohydrates ("junk food"). Certain food combinations are emphasized.
4. **RADIAL APPLIANCE:** The Radial Appliance is a subtle energy device frequently recommended by Edgar Cayce to balance the circulation and relax the body. Most people do not feel anything during a treatment session, but notice improved sleep and sense of well being with repeated use. Edgar Cayce emphasized the importance of maintaining a positive attitude while attached to the appliance and encouraged individuals to meditate during the therapy sessions.
5. **MODERATE EXERCISE:** Moderate exercise is an important aspect of balanced living. Walking was a favorite exercise recommended by Edgar Cayce for people suffering from high blood pressure. A daily walk after supper is a good place to start.
6. **ATTITUDES AND EMOTIONS:** The mental and emotional aspects of healing are frequently discussed the Cayce readings. Particularly, an attitude of desiring and expecting to be healed is important. A positive mental and emotional attitude and can be created and maintained by focusing on a high purpose (ideal) for being healed.

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

Hypertension Overview

The following is a chapter taken from *Physician's Reference Notebook*, compiled and written by Dr. McGarey and associated physicians of the A.R.E. Clinic in cooperation with the Edgar Cayce Foundation, copyright 1983.

I. Physiological Considerations

Hypertension is recognized as a common medical problem, the complications of which result in considerable morbidity and early mortality for many of the millions of persons affected in the United States. Apart from the occasional cases secondary to kidney disease, and the rare cases due to endocrine disturbances – such as hyperaldosteronism and pheochromocytoma – the cause of hypertension is not known. It is theorized that there is increased tonus or spasm at the arteriolar level of circulation. Excessive salt intake, nervous tension, and hereditary factors are felt to be involved in the pathogenesis of so-called “essential” hypertension.

II. Rationale of Therapy

In the Cayce readings, hypertension is ascribed in most cases to an “improper equilibrium of the circulation.” In 3720-1, for example, a “strain” on the internal capillaries and emunctories (lymphatics?) was said to lead to a plethoric condition in the veins and arteries which, in turn, affects the “nerve forces” regulating the circulation. Excessive relaxation of nerve ganglia appears directly related to the increase in blood pressure. The end result is that the sympathetic and cerebrospinal nerve systems are unable to function in an integrated way to control the circulation. Incoordinations between the cerebrospinal and sensory systems result also; and symptoms are produced including languidness or weakness of the body and sensory disturbances.

A second area of etiology, related to the first, is anatomical lesions of the spinal cord or plexuses, sometimes traumatic in origin. For example, “increased pressure” in the area of the eighth and ninth dorsal vertebrae, a “strain” in the area of sixth and seventh dorsal, or “subluxations” of nerves were involved, leading to lesions of the nerve plexuses and ganglia controlling blood pressure. In one case, trauma to the coccyx area of the spine was said to have impaired the solar plexus, leading to a disturbance of the hepatic circulation, indigestion and derangement of the “blood supplying forces,” resulting in hypertension. (5697-1)

In other cases, problems in the gastrointestinal tract were seen as the root causes of hypertension. Difficulties with elimination and “accumulations” in the colon were cited at times, leading to an “overquantity of blood.” Malfunction of the Peyer's patches was said in several cases to lead to impairment of the hepatic circulation, with absorption of toxins into the system and adverse effects on the hypogastric and second cardiac plexuses. In several instances the impaired hepatic circulation was said to affect the kidneys, leading to overfullness of the capillary circulation.

In several cases the etiology of hypertension was found in the circulatory system itself, as in 3923-1, where there was an “overabundance of blood,” but the system was “lacking those constituents needed to bring equilibrium.” At other times an “overcharge of blood forces” or increase in blood supply or cells was claimed. In other cases hypertension existed because the blood was “slower in returning to the heart” than in going from the heart to the tissues (i.e., the venous part of the circulation was at fault).

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Emotional factors were emphasized in 4255-1, where repression of anger and resentment were said to have affected the spleen, leading to hypertension.

III. Suggested Therapeutic Regimen

In general the therapies outlined for hypertension were intended “to produce perfect equilibrium” (3720-1) or to promote “equalization of the circulation” and “stability of the nerve forces” (3923-1). The readings emphasized the importance of patience, persistence, and faith in carrying out the treatments. In one case in which the mental attitude was said to have an important role in the condition, the patient was advised to “know first in what ye believe.”

Diet was emphasized repeatedly; and patients were urged to avoid starch, sugar, spices, fats, pork, alcohol, caffeine and carbonated drinks, and to increase their intake of bulbous vegetables, vegetable protein, and water. They were also advised never to eat when “wrought up or overtaken.”

The wet cell battery appliance was recommended on several occasions, with the negative lead to the umbilicus and the positive to the ankle 30 minutes each evening for a total of 60 hours.

An interesting regimen was recommended to several patients. They were told to get out of bed as soon as awake; eat half of a lemon; take a long walk; eat the other half of a lemon with a pinch of salt; drink as much water as possible; then lie down until completely relaxed before breakfast. (4999-2)

Several types of tonic were recommended, including Calcidin (iodine-containing), and Kaldak (vitamin B-complex with iron).

Also:

Salt, three grains in 1-ounce water

Peppermint, two drops

Wintergreen, two drops

Take in the morning for three to five days. (4836-1)

To produce better eliminations through the kidneys, add to one gallon of water:

Sarsaparilla root, 2 ounces

Wild cherry bark, 2 ounces

Burdock root, 2 ounces

Mandrake root, 10 grains

Beech leaves, 20 grains

Simmer till reduced to one quart, then add six ounces grain alcohol with two drams balsam of tolu. Take one teaspoon after each meal and at bedtime. (4288-1)

Another tonic was advised for one patient: Add simple syrup to the following to make 10 ounces:

Tincture of valerian, 2 ounces

Elixir of calisaya, 2 ounces

Elixir of celerena, 2 ounces

Potassium iodide, 3 grains

Potassium bromide, 15 grains

Elixir of capsici, 2 drops

The dose was one teaspoon once every three days. (5723-1)

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Colonics were recommended several times, alternating with osteopathic adjustments. For those with spinal problems, osteopathic or chiropractic adjustments were advised, as well as vibrator massage (followed by peanut oil rub) or heat rays to the spine (in one case).

In cases involving the kidneys, a turpentine pack (10 drops to a pan of hot water) was to be applied to the kidney areas for 30-40 minutes, followed by Glyco-Thymoline packs to the same area. (5180-1)

An exercise was recommended to one patient, consisting of a circular motion of the upper half of the body with hands on hips. (3941-1)

Brian M. Boni, M. D.

Edgar Cayce readings referenced:

294-12	4255-1	5180-1
3720-1	4288-1	5224-1
3923-1	4836-1	5697-1
3941-1	4990-1	5723-1
4345-1,2	4999-2	

HYPERTENSION CIRCULATING FILE

INDEX OF READING 294-12 M 47

Diet: Appetite: Warnings	Par. 8
Exercise: Specific	Par. 9
Habits: Smoking: Moderation	Par. 8
Hypertension	Par. 4
Liver: Torpid	Par. 5--7
METABOLISM: POOR	
Nervous Systems: Incoordination	Par. 3
Prescriptions: Cascara Sagrada: Liver	Par. 5--7
: Leptandrin:	Par. 5--7
: Licorice Compound:	Par. 5--7
: Podophyllin:	Par. 5--7

BACKGROUND OF READING 294-12 M 47

B1. 9/18/24 He obtained Ck. Physical reading, 294-11 for restoring his voice.

TEXT OF READING 294-12 M 47

This psychic reading given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, this 25th day of October, 1924, in accordance with request made by self - Edgar Cayce.

P R E S E N T

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

R E A D I N G

Time of Reading 2: 50 P. M. Dayton Time. Dayton, Ohio.

1. GC: You will give the physical conditions of this body at the present time, giving the cause of the existing conditions, also the treatment for the cure and relief of same.
2. EC: Now we find the physical conditions in this body much changed from that as we have had before. There are some conditions that may be corrected.
3. The greater trouble in the body at the present time, through physical forces, is that of the lack of metabolism in the system. That is, the equalization of the physical, mental and the spiritual forces in the body. This keeps a warring nature through the functioning of those portions of the body that have to do with the sensory and the sympathetic system in their relation to the physical functioning of the body.
4. In physical conditions, we find the blood above normal in pressure. This forces the action in heart force above the normal, preventing the equalization of the distributing of rebuilding cellular forces under the strain of the metabolism in the physical forces.
5. Then to give the better force to the body, and to create the necessary equalization of circulation, we would take properties in the system that would equalize the flow of the excretory and secretive functioning of the liver proper, as well as in the suggestions as may be given with the body in condition as at present.
6. Those medicinal properties would be found in this as each dose:
 - Podophyllum.....1/2 grain,
 - Licorice Compound.....1 grain,
 - Cascara Sagrada.....1/2 grain,
 - Leptandrin.....1 grain.
7. At least three of these should be taken.
8. The body should not over-gorge itself by and through the appetites of the physical, either in diet or in smoking.
9. The physical should be exercised more and kept in the correct physical form by using specific exercises for the physical body.
10. Do that, and we will find we will keep the body physically fit, and with this we will find the better equalization through mental, physical and spiritual forces.
11. We are through with this body for the present.

REPORTS OF READING 294-12 M 47

R1. 12/9/24 He obtained Check Physical reading, 294-13, for severe cold.

HYPERTENSION CIRCULATING FILE

INDEX OF READING 3454-1 M 49

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

BACKGROUND OF READING 3454-1 M 49

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

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

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

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

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

TEXT OF READING 3454-1 M 49

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

P R E S E N T

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

R E A D I N G

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

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

HYPERTENSION CIRCULATING FILE

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

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

7. Do that.

8. Ready for questions.

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

(A) As indicated, this would be done in Raleigh. It would be well to reside there during the periods of having these applications. Afterward you can change back to [...] if such activities are desired. But don't overtax self. Don't get overexcited.

Do keep the colonic irrigations occasionally to keep down the pressure.

Don't take too much of the heart stimulants. It may be necessary occasionally, to prevent flooding, so that it causes the blood flow through the arteries and veins. Massage is much better than drugs for same, but his has been begun and damage has already been done to the organs indicated.

Do as given.

10. We are through with this reading.

REPORTS OF READING 3454-1 M 49

None.

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INDEX OF READING 3720-1 M ADULT

Appliances: Wet Cell: Nervous Systems:
Incoordination Par. 7, 8

Blood: Oxidization Par. 2

CIRCULATION: INCOORDINATION

Head Noises: Hypertension Par. 4

HYPERTENSION

Injuries: Spine: Wrench: After Effects Par. 5

NERVOUS SYSTEMS: INCOORDINATION
: Sensory: Hypertension Par. 4

Prophecy: Prognosis: Nervous Systems:
Incoordination Par. 7

BACKGROUND OF READING 3720-1 M ADULT

None.

TEXT OF READING 3720-1 M ADULT

This Psychic Reading given by Edgar Cayce in Selma, Alabama, this 20th day of July, 1922.

P R E S E N T

Edgar Cayce; L. B. Cayce (?), Conductor; (?), Steno. Mr. [3720].

R E A D I N G

Time of Reading Unknown.

1. EC: Yes, we have the body here. Now the abnormal conditions as we find in this body have to do with the equilibrium of the circulation or the effect of the inhalation and its equilibrium with the solar plexus and with the heart forces, producing the condition as we have in the circulation of the blood or the heart action, or high pressure. Now, these are the conditions we find in this body, [3720], of whom we are speaking.
2. First, in the circulation, in the blood supplying forces within the body we find so far as the properties carried within the blood itself as to rebuilding property, as properties to produce new cellular force throughout the system, is very good. There is a sufficient quantity of hemoglobin of the correct character, as we find, yet the action of the blood itself on the walls of both arteries and veins produce an incapacitation to many portions of the body, not that we have organic condition of the heart itself, yet we find that when the blood comes to certain portions of the body it is hard for it to return to other portions in its proper form and manner, producing then the strain on the capillaries, or producing the strain on the internal capillaries and emunctories, it may be either, at one time one, and at times the other. It is the improper equilibrium of the circulation, for as we see when air is taken into the lungs and the clarification of blood, or circulation, is performed in the lungs, the energies start the circulation to be carried in the proper force first to the trunk portion of the body, then recirculated to the head and then returned to the heart forces to be rejuvenated again throughout the equilibrium to carry the force throughout. As to the cause of the condition it reaches here through the functioning of some other organs in the system.
3. In the nerve forces in this body, we find they have become affected by the plethoric condition in the veins and arteries, so at times the body becomes languid, or weak, or there is an inability as it were to control itself. It is not a case of nerves, as would be expected, or hysteria, but an inability to hold the nerve forces and centers together. The plethoric condition so relaxes the nerve ganglia as to cause inability of the muscular forces about the ganglia to retain the nerve energy between the cerebrospinal system and the sympathetic system. This effect is shown in the solar plexus ganglia, the lumbar ganglia and the secondary cardiac plexus ganglia.
4. The functioning of the organs, as we have in the brain forces, beginning here the head is very good. The body is well balanced as far as brain force is concerned and through the action of forces throughout the head. Impressions are easily handled by the brain and mental forces. The body is well balanced as to the brain force. The action of the sensory organs is not all perfect. We find reflexly the condition to the eyes, at times causing a blur to appear to the eyes, there is a tendency to clear the throat when seemingly there is

HYPERTENSION CIRCULATING FILE

nothing in the throat at all. At times there is a tickling sensation and there is a thumping or roaring in the ears - not particularly heavy, but just at times. This is incoordination between the cerebrospinal and sensory organisms, produced by the incapacitated condition of the sympathetic and cerebrospinal centers to accord themselves with the action of the condition in the circulation in the body, as produced by high blood pressure, as it is termed from the outside, but this is produced by a condition in the system and not the condition of the heart force itself.

5. The action of the forces of the lung are very good. The digestive tract functions correctly occasionally. While we have plenty of forces in the system in fat and fatty portions in the body, the functioning of the digestive tract is to create more of these cellular forces than ordinarily. The digestion is not always in proper accord with the body, not everything agrees with the body that it eats. In the heart forces as we see, there is no organic condition. There was at times back in this body a wrench or strain to this body along the upper dorsals, apparently when playing ball of some kind years ago. This produced congestion along the body at this immediate portion. The reflection of this is shown to the solar plexus forces until we produce in the muscular forces at the 4th lumbar that which causes a reaction across the diaphragm, which in turn affects the hepatic circulation - that is at times we find that the body suffers with indigestion and had trouble with the liver and in getting the proper functioning of the organs. As this was corrected without removing the real seat of the trouble, we began the effect to the blood supplying forces throughout the system. No organic heart trouble do we find, but we find high pressure to both the arteries and veins. The functioning of the liver is better than it has been, but at times the body has to take those things into the system, or with exercises to produce the right and correct action of the liver itself. The functioning of the kidneys show the effect of these conditions in the system.

6. Now, to produce perfect equilibrium in the body through the circulation, through the heart forces, through the pulmonaries, and to produce perfect accord between the nerves and muscles and circulation, we would give this to the body:

7. We would take 1 1/2 gallons water, preferably rain water, in a glass jar, in this we would place:

Copper Sulfate.....1 pound,
Sulfuric Acid.....1 ounce,
Zinc.....6 drams,
Plain Charcoal.....6 ounces.

8. In this we would place a steel bar an inch square, two to three inches long, to which there is attached a cord with a plate that would be attached to the body at the 9th dorsal. The string or cord would be attached to the plate would be around the body and fastened to the body here at the 9th dorsal first. When it is placed on the body at the 9th dorsal the feet would be placed in water, not cold water, but there will be ice in this water where we have this bar or battery. When attached to the left ankle the right hand would be in water. When attached to the left wrist, the left foot would be in the water - that would be the next day. Then attach to the body again. Let this be kept up for 20 minutes during each evening. Keep this up for a time, we will say 6 to 8 weeks, and we will find we will reduce in flesh and we will produce a different circulation and relieve these conditions throughout the body. Do that, as we have given, for [3720] here in this room.

9. We are through.

HYPERTENSION CIRCULATING FILE

REPORTS OF READING 3720-1 M ADULT

R1. 7/37 His wife requested a Physical Reading for their daughter, Miss [1413], saying [3720] had been relieved of those “horrible heart spells” by the advice of the reading but had subsequently died.

HYPERTENSION CIRCULATING FILE

INDEX OF READING 3923-1 F ADULT

Appliances: Wet Cell: Hypertension Par. 6--9

Doctors: Alison, James: M.D. Par. B1

HYPERTENSION

Injections: Hypodermic: Blood Par. B1, 4, 6

Names: People Mentioned: Harris, Thomas E. Par. R1

Nervous Systems: Cerebrospinal: Hypertension Par. 5

BACKGROUND OF READING 3923-1 F ADULT

B1. 11/3/23 [3923]'s husband's letter:

..., Ala.

Mr. Edgar Cayce, Dayton, Ohio

Dear Mr. Cayce;

For some time I have wanted to see you or write you about my wife, and today find out your address and am writing to explain her condition to you.

For several years she has had high blood pressure, all treatment to reduce seems of little avail, the Doctor's said it was her teeth, but the dentist says that there is no pus at her teeth, at times there is albumin in her urine and the last test showed a little pus, in the past few months I had her taking treatments from Dr. Alison of Richmond, Ala. he gives this blood serum treatment, in other words he takes her own blood incubates it and then introduces it back into her vein, under this treatment she improved rapidly and has not been under his or any one else[s] treatment for the past several months, but I had her urine tested this week and as before stated it showed a trace of albumin and pus, there is evidently some irritation causing this high blood pressure that the doctors have not been able to find.

Could I get you to give a reading for her and prescribe treatment, I can assure you that it would be greatly appreciated and I would be under lasting obligations to any one that could get her well, she broods over her trouble, which I realize is the worst for her, I know of many remarkable things that you have done and this is my reason for writing to you, with very kindest regards and best wishes, I am.

TEXT OF READING 3923-1 F ADULT

This Psychic Reading given by Edgar Cayce at Phillips Hotel, Room 115, this 28th day of November, 1923, in accordance with request made by her husband.

P R E S E N T

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

R E A D I N G

Time of Reading 11: 00 A. M.

..., Ala.

1. EC: Now, we find at the present time there are conditions that are abnormal in the body, yet we find the body at the present time, just now, not as good as some days that it has experienced in the last few months. Its abnormal condition has to do with the nerve system and the effect this has produced upon the circulation, and heart action, and blood pressure through the heart action, and with the languidness as this has caused in the body.
2. We have a condition of specific character to be dealt with, that has to do with the nerve system's effect upon circulation and the circulation itself.
3. Now these are conditions as we find in this body at the present time. First:
4. IN THE BLOOD SUPPLY, in the blood supply we find an over-abundance of blood, it lacking the constituents necessary to bring the equilibrium throughout the system, and with the laxness as is caused in some of the muscular system, where the sheath of nerve center, rather the muscular ends, controlling circulation through portions of the body. This distress comes to the vein rather than arterial. Hence the languid distressed forces in the walls of both the capillary and deeper vein circulation, though with the culture, as has been given, in the circulation, to create the coagulating elements in the body, this has been felt. There is the lack in the circulation, and in the elementals of blood supply, that

necessary to create coagulation properly. Hence the condition of unable through its normal for the body to control its circulation, respiratory, heart action, or the pulsations of these through portions of the body, and we would find that in various portions of the body the circulation is not the same. That is, from the mental pulsation, the arms pulsation, and the lower limb pulsation, would show different conditions. These may be corrected, though they are serious conditions for the body, making a constitutional condition, a languid condition, that is hard for the nerve of the system to gain the control over itself.

5. IN THE NERVE SYSTEM THEMSELVES, we find the cerebrospinal nerve system, and its tributaries, that assist the body with the muscular forces of carrying on the circulation, that is the nerves of the circulatory system, have become relaxed through the lack of this cohesive, or correlating, or lack of the body to produce coagulating elements until the nerves and accompanying channels of circulation becomes languid, and full, in their action. Slowing up, and activity high or quick in action. This is especially noticeable in the seventh dorsal region, and in the lower lumbar region. Hence the effect that is produced of the inactivity of brain forces in its normal way, the body becoming too ineffective in circulation, due to nerve conditions to act in its proper way of self preservation, even through natural means.

6. IN THE FUNCTIONING OF ORGANS THEMSELVES, we find in many instances in functioning organs that same condition at times of those organs to secrete or excrete. At times the tendency is for the lack of secretions to carry on the digestive system in proper form. Again there is too much, but not of the correct fluids, being produced through nerve and blood condition. So, for this body, with the culture as has been given, though it must be made farther apart, we would prepare for this body this:

7. To two gallons of rain water, add:

Charcoal (plain).....1 pound,
Heavy Sea Salt.....1 pound,
Copper Sulphate.....1 1/4 pound,
Sulphuric Acid C.P...1 1/2 ounces,
Zinc (common zinc).....8 drams.

8. This, as we see, would produce a light battery formation of a vibration of forces in its discharge, but in this solution must be placed one pound of (opaque container) iodine, and solution charged with battery formation, high voltage, low amperage, until the resistance would give at least 5 and 1/2 ohms. Plates, or poles, of copper (heavy) should be used.

9. In giving the charge, and after the charge, or solution, is charged, these plates would be used with small wires attached to each of these plates. To the positive pole, attach a small plate, which would be attached to the ankle, and to the negative wire, or pole, would be attached a larger plate, which would be attached to the body at the same time the other is attached to the ankle, just to the left, and a little above the umbilicus. These plates should be attached to the body each evening, for at least thirty minutes, until the body has had at least sixty hours of this vibration. This with those properties as has been given, and will be kept up, to bring the equalization of circulation, give to nerve forces their stability, and the correct vibration will be created in this system as to produce the correct balance.

10. DO THAT.

REPORTS OF READING 3923-1 F ADULT

R1. 11/28/23 EC's letter to husband:

P.O. Box 463, Dayton, Ohio

Mr. [...] ..., Alabama

My dear Mr. [...]

In accordance with your request, and wire this morning, the reading for Mrs. [3923] as taken. Enclosed you will find a copy of same. I believe that you will find this will be of assistance, when the suggestions are carried out.

I notice from this that it does not change entirely from some of the things, from all things, that you have been doing. Merely ADDS THE vibration from a battery that is to be made. Mr. W. L. JONES at the Selma Marble & Granite Works I believe can tell you about the battery, and the results he has seen other people obtain from the use. He can also tell you how, and where, that you can get this made. Mr. Harris, TOM HARRIS, there in Selma, has made several of these in various parts of the country, and I am sure will take a delight in preparing this for you, at a very nominal cost. I believe it was some such battery, perhaps not prepared in the same manner, but very similar, that Mr. Harris prepared for Mr. D. P. Taylor. You might ask him about such too. Of course, I am in hopes that this is going to prove a great deal of benefit to Mrs. [3923], and I believe that it will be and I would like for you to let me hear from you from time to time, and, if it is necessary, will be glad, after this has begun, to take other readings and check this up and see just if the things are being done as this reading has designated as the best to do.

Now, I hope you will let me hear from you. As to the remuneration, that is left entirely with you, as I said.

Thanking you, and hoping to have been of service to you, and Mrs. [3923] I am,

Yours sincerely, Edgar Cayce

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INDEX OF READING 3941-1 F ADULT

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BACKGROUND OF READING 3941-1 F ADULT

None.

TEXT OF READING 3941-1 F ADULT

This Psychic Reading given by Edgar Cayce at Phillips Hotel, Room 115, Dayton, Ohio, this 12th day of May, 1924, in accordance with request made by self - [3941].

P R E S E N T

Edgar Cayce; Linden Shroyer, Conductor; Gladys Davis, Steno. Mrs. [3941] and Geo. S. Klingensmith.

R E A D I N G

Time of Reading 2: 30 P. M. ..., Ohio.

1. EC: Now, we find this body in the physical is very good throughout. There are some abnormal conditions and these may be corrected. They have to do with elimination and assimilation and the effect that these conditions, in the normal and abnormal ways, have produced in the system, both in specific manner and in the way organs are forced to perform their functioning.

2. Now, these are conditions, as we find them, in this body, [3941], we are speaking of, present in this room. First:

3. **IN THE BLOOD SUPPLY**, we find over-abundant of the blood forces, especially in the red blood supply, until there is an abnormal blood pressure, and in the white blood forces this is very good. Coagulation takes place in a normal way and manner. In that producing the abnormal pressure and blood supply is from that of the functioning of the organs in assimilation and the abnormal functioning of emunctories in elimination, and in this manner do we find that the nerves that govern the system through these portions of the trunk portion of body, especially that of the hypogastric, both in its ganglions of nerve supply and in its blood flow to supply the forces as produce the elimination in the system, with the over flow of blood force, produces pressure through the secondary cardiac plexus, to which the ganglia of the hypogastric is directly connected in the cardiac end of the stomach, and in the plexus of the 6th and 7th dorsal vertebra, or that of the nerve from this portion of system in the cerebrospinal nerve system. In this, when the system produces then this excess of flow of blood, and with this nerve contraction do we produce the pressure on the diaphragm and in the lungs proper, that produce shortness of breath, or the inability of the body to fill the lungs full of air to their deeper portions.

4. **IN THE NERVE SYSTEM**, we find as these conditions:

5. In the dorsal, where the plexus of the secondary cardiac plexus shows its relation to the nerves of the sympathetic system, this produces a strain in elimination from the system of the organs of the sensory organism. Hence the nerve of the system become involved at times when pressure, especially, is produced in the system. Hence the condition is exhibited in the organs of the sensory portion of the body, as we shall see. Also we find a sympathetic condition from this plexus in the lumbar plexus. Hence the strain as is produced in the eliminations in the organs of the pelvis proper, a sympathetic condition as exhibited in the system, these being of a spasmodic nature, and with the functioning of the organs of the lower portion of the pelvis. In the secondary cardiac plexus center there is a form of a lesion, which in this reaction in the system from the hypogastric shows how this involves the organs in the respiratory system and produces at the time of the pressure a quick reaction in the capillary circulation, and the body finds, though with heat, there is

the appearance of a cold clammy condition in portions of the body, though heat is produced in the circulation. This is caused by the capillaries in the outer portion of the body attempting to meet the needs of a high blood pressure, with a low circulation in lymphatics and of white blood supply.

6. IN THE ORGANS OF THE BODY, we find as these:

7. The brain forces very good. One that has not developed to its greatest abilities as yet, but may do so.

8. In the organs of the sensory system, from this pressure produced on the sensory organism, the eyes give trouble at times, and in throat and in ear a ringing or tingling is experienced. Only with pressure in system does this become sensible or conscious to the auditory system.

9. In the organs of the respiratory system and in the lungs proper, these we find with the condition as experienced in the body very good, and without organic condition, save as produced from secondary cardiac lesion and from pressure in diaphragm on the lower portion of lung cell proper.

10. Heart action we find increased by pressure, and that about the organ itself, with the assimilation, with the increase of the avoirdupois of the body, this has produced an encasement that might become detrimental, though by the reduction of these conditions, and of the change of assimilation to a normal balance between elimination and assimilation, the body may be brought to the normal functioning here.

11. In the organs of the digestion very good, save when in the reaction of hypogastric center the digestion becomes, as it were, under the strain of a nerve system, and the body then has nervous digestion.

12. Liver very good, though smaller than normal, and the organs as function in elimination here do not give off sufficient to make elimination properly adjusted in the system.

13. In the digestion in intestinal tract, and where blood supply is taken in the system, and in those glands that create the new blood supply, through the chyle as produced in the system, this excess of the assimilation of these produce a strain. Hence whyfore of the pressure as experienced in the left portion and under the right shoulder blade at times.

14. In the organs of the hepatic circulation, this is below the normal in its action. Hence the condition of the lack of the secretions as eliminated through kidneys at times, and again an excess when there are certain properties taken, or are assimilated by the system, for with the taking of certain foods, with this condition, we find these (the kidneys and the bladder) are affected first, though no organic condition exists there, simply the reaction of a subnormal hepatic circulation, with an aggravated condition in the hypogastric center as produces this action in the kidneys and in the bladder.

15. In the organs of the pelvis, these we find function under the condition of the reaction of nerve center in the upper dorsal region.

16. R E L I E F, to bring then the relief to this body, we would take that of a specific exercise, diet and of medicinal properties to give the incentives to the functioning system. Exercises should of necessity be specific, consistently taken and persistently adhered to; exercising first in a very small manner and way until the system is adjusted to the exercise of that and those portions affected, taking then the circular motion of arms, head and neck, and with the hands on hips of the whole upper portion of the body, taking in the

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system those medicinal properties as would be found in Calcidin, taking only one of these tablets, 2 1/2 or 3 grains, once each day.

17. As to the diet, those that are not of the starchy or of the sugars to the extent that they give distress to the system. Proteins of the medium value, not of meats that carry too much of the fat portion. Hog meat not at all, rather those of the vegetable of the bulbular nature, of bulb ground.

18. Do this. Keep these persistently, drinking plenty of water, and we will find we will bring this body, [3941], to its normal forces in from three to four moons.

REPORTS OF READING 3941-1 F ADULT

None.

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INDEX OF READING 4255-1 F 43

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BACKGROUND OF READING 4255-1 F 43

None.

TEXT OF READING 4255-1 F 43

This psychic reading given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, this 6th day of November, 1924, in accordance with request made by self, through Mr. [900]. [[425] is mother of [140].]

P R E S E N T

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

R E A D I N G

Time of Reading ... 51st Street, 11: 15 A. M. Dayton Time.

New York, N.Y.

1. GC: You will go over this body carefully, examine it thoroughly and tell me the conditions you find at the present time. You will give the cause of the existing conditions, also the treatment for the cure and relief of the body.
2. EC: Now we find there are many varying conditions in this body. While we have many very good aspects to a physical body, and the functioning of same is changed by many varying conditions, some are abnormal and may be assisted in a better manner than at present to be brought to the normal, or more normal, perfect functioning, and these conditions that are being accorded the body must be kept to some extent in the body until the conditions are changed and the gradual deviation comes to the physical forces in the system.
3. Now, from the physical, we find these conditions as exist in this body, [4255] we are speaking of. First:
4. **IN THE BLOOD SUPPLY**, we find this has been at a high pressure, yet conditions accorded have [reduced] and do reduce this to some extent. The blood supply nominally, then, being below the normal, yet a pressure in the arterial circulation produced by conditions existing in elements of blood itself, and the effect in plasmatic and in the metabolic effect produced in the tissue of the body.
5. **IN THE NERVE SYSTEM**, we find there are centers that have been long deflected, and in this subluxation, and in the subluxated condition, [there] has [been] brought improper nutrition and elimination to the body, especially in the system creating the conditions to produce perfect digestion and to produce the perfect condition to bring the correlation of conditions in plasmatic cell or in rebuilding in body. Hence the attempting to supply, then, these conditions through other means, and the necessity as has arisen for such conditions. These affect, especially, the condition in the digestion and in duodenum and in the pancrean and spleen action, while the spleen's forces' [and] nerve tension comes more from repression of anger and excitement, and from the conditions as produced through sensory system, creating high vibrations and bringing much of the condition produced. The subluxation of the segments in 8th and 9th dorsal gives the inflection necessary for this to disturb the digestion as it has, and reflexly the blood circulation, the pressure, and the heart's action.
6. **IN THE FUNCTIONING OF ORGANS THEMSELVES**, in this we find the brain forces very good, and active, yet often through the mental and the sensory forces, especially through the feeling as is called in the sensory functioning of portions of the mental faculties, has the pressure come. This creates the expelling of blood to and from

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brain in such a manner as to give headaches, dizziness, fullness in spleen's combustion of red blood cell forces, and digestion through hypogastric gives the condition in circulation and through pneumogastric plexus the condition in the brain forces reflexly, that produces the pains that come to head and neck and portions of the body.

7. Throat and lungs and larynx very good.

8. Heart's action not normal, produced by conditions as brought in system from plasmatic cell condition and from the metabolism as is abnormal in the body.

9. In digestion overtaxed, subnormal.

10. Liver congested.

11. Pancreas not functioning normal.

12. Peyer's glands almost disappeared, from taxation through same condition.

13. Hepatic circulation in lower portion of body, especially through kidneys and through the lower digestion, strained, and fatty conditions about the kidneys give an overtaxing of the body.

14. Then to bring the better, the normal conditions, while keeping many of the forces as already applied, we would equalize the supplying of the blood and nutriment flow through the system by weakening the condition in the dorsal region, relaxing then the conditions in sacral and in first cervicals, and keeping the body in this normal equalization until the body, through its mental forces, can gain control and produce the equilibrium necessary throughout the system for the better conditions in the body.

15. Do these osteopathically, applying at times the heat rays of the Rinos [Rino] Rays, or reflected electrical rays, along the spine and over centers where congestion has caused the system to be below normal in functioning, such as in the liver, in the spleen, in the pancreas, in the 5th and 6th dorsal centers, in the 3rd to 5th cervical and across the lumbar and sacral region.

16. Do that. We will bring the better, the more perfect, equilibrium in this body.

17. The body should remember, through mental forces, activities, never take foods in system when the body is wrought up, or overtaxed, through any condition, and the diet shall be of those conditions that do not make sugars or starches of too much nature to the body.

18. The dietetics have been given. Well that many of these be followed until system is equalized.

19. [4255] do that. Mrs. [4255].

REPORTS OF READING 4255-1 F 43

R1. 11/15/24 Letter from [4255]'s son-in-law, [137]: "...My wife [140] and Mrs. [4255] are acting on the advice of your readings and feel the benefit from them and of course their appreciation to you..."

R2. 11/18/24 Daughter Mrs. [140] wrote: "My aunt Mrs. [4156] and my mother [4255] rec'd your reading and both thought it wonderful. Mother is taking her treatment from Dr. Grace C. Berger [D.O.] and feels great from them."

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BACKGROUND OF READING 4288-1 F ADULT

None.

TEXT OF READING 4288-1 F ADULT

This Psychic Reading given by Edgar Cayce at the Tutwiler Hotel, Birmingham, Ala., this 19th day of January, 1923.

P R E S E N T

Edgar Cayce; Frank E. Mohr (?), Conductor; Fay Autry (?), Steno.

R E A D I N G

Time of Reading 3: 30 P. M.

1. EC: Yes, we have the body here. Now, the abnormal conditions as we find in this body that need to be corrected for the betterment of the physical forces within this body have to do with the elimination, and the effect that it - the improper elimination - has produced on, or with, the functioning of other organs throughout the system. We have rather that of a functional condition than an organic condition, though the organs are involved in the condition, but is a reflex rather than a specific cause of the condition.
2. Now, these are the conditions as we find in body - Mrs. [4288], we are speaking of:
3. Through the blood supply of the system we find the body very good, so far as the quantity is concerned. The effect as produced by the over-quantity gives off the higher blood pressure of the body than of the normal, so instead of the body being the subnormal, we have rather that of supernormal conditions in the body. The number in the red blood cells are very good. The action of coagulation, as produced by the leucocyte, or white blood forces, shows the effect the drain has been on the system from time to time.
4. The nerve forces in the body in the seat of the reasoning forces, we find, the vibrations from this are above the normal; that is the mental forces in their developments. See. Through the functioning of the nerve centers, we find, with the overtaxed condition that comes to the body, at times, reached through the sensory organism, yet the body remains in the normal force, with reflexes of this condition, and gives off only to those of the better forces, see. The effect of this is in the attempt of the nerve forces to create the coagulation, and to counterbalance the effect in certain organs of the body, in their functioning, and the nerve force has been that which acts as a preventative of the inroads - not making the conditions organic - but are peculiarly functional only.
5. As to the functioning of the organs themselves, we find, most of these are very good. That we find through the clarification and through the digestive force.
6. Through the digestive tract, we find about the Peyer's glands, the effect as absorbed to the system, the toxins that produce the most of the trouble through the system - high hepatic circulation - the effect being to the liver and to the kidneys in their functioning, and returns to the system those elements that cause the trouble to both extremities, and to other portions of the body throughout.
7. The heavy, tired, feeling, at times, across and below the diaphragm, being the reflex action to these conditions. Just as the acidity to the digestive force, with the overburden given the kidneys in their functioning, and the secretions are thrown off in this acid state in the system through the channels of elimination, or in the bladder itself.
8. The reflexes of the poison to the liver have been to prevent the full secretions being thrown out from this organ so as to cause elimination through the system, and the

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respiratory system, at times, shows the reaction of this in the body, else with the mind forces being overburdened, as it were, to the functioning of the organs, the body would be sicker than it is.

9. To give full balance to the system and make the body efficient in its physical force, we would take this into the system:

10. To one gallon of rain or distilled water we would add:

Sarsaparilla Root.....2 ounces,
Wild Cherry Bark.....2 ounces,
Burdock Root.....2 ounces,
Mandrake Root.....10 grains,
Buchu Leaves.....20 grains.

11. This is to produce elimination through the kidneys and carry functioning through the system to relieve through the dross, see. This would be simmered, NOT BOILED, until reduced to one quart. Strain. While warm, add: 6 ounces Grain Alcohol, with 2 drams Balsam of Tolu.

12. The dose would be a teaspoonful after each meal and just before retiring. Do that. We are through.

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None.

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BACKGROUND OF READING 4345-1 M ADULT

B1. 8/2/32 Letter: "Have been suffering from high blood pressure for a number of years. Have tried many doctors and various diets without much result."

TEXT OF READING 4345-1 M ADULT

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 9th day of August, 1932, in accordance with request made by self, new Associate Member of the Ass'n for Research & Enlightenment, Inc., through his friend Mr. Harry M. Goetz.

P R E S E N T

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

R E A D I N G

Time of Reading 10: 50 A. M. Eastern Standard Time. ..., California.

(Physical Suggestion)

1. EC: Yes, we have the body, [4345]. Now, as we find, there are specific conditions that disturb the physical functioning of the organs of the body. These, as we find, are more in the nature of reflex conditions, in the disturbing of the functioning organs, but are of specific nature in their condition.
2. These, then, are the conditions as we find them with this body, [4345]:
3. First, in the BLOOD supply, this we find shows in its elementals the nature or cause of the disturbance, in the manner in which the circulation takes place; it being rather of the superficial circulation, or slower in its action in the return to the heart than in its flow from the heart to portions of the system. Hence producing in the heart's action itself a high pressure in the conditions of the system. This makes for the inability of the full or complete activities that might be experienced were there a normal coordination between the arterial and venous circulation.
4. The elements of the blood itself show there are toxic forces, then, that produce this condition. Hence a variation may be seen in the constituents of same, as there may be specifically seen the great variation in the specific gravity of the urine itself, and of the manner in which the circulation through the hepatics is altered at times. The toxic forces, then, must exist in the system that is governed by this hepatic circulation, or in the hepatic circulation. The condition of the liver itself also indicates this condition, for there is not the proper coordination in the excretory and secretive functioning of the organ itself. Not so much in the organ as the organ's function, but the FUNCTIONING system OF the organ produces this condition in the system. Produced in return by the nature of the circulation THROUGH the organ.
5. In the NERVOUS system we find there are hindrances created by this improper coordination in the circulation, and we have a correspondent disturbance between the sympathetic and cerebrospinal circulation. Hence we find there are reflexes that cause at times those disturbances with the organs of the sensory system, or that are governed principally in their reaction to the senses; so that the eyes at times give disorders, as dull - and not visioning as properly as should; things taste abnormal at times to the body, the appetite not as keen as it should be - even with those diversions that are attempted by the manner of diet that has been outlined for the body at times; the ear at times gives forth those disturbings in the hearing, and a drumming or roaring at times in same. These are

but signs, or the reactions which show that disturbances exist, and are not causes - but the SIGNS of conditions that disturb the functioning system.

6. In the ORGANS themselves, these are affected by the condition:

7. The brain forces at times are not as keen in their perception, and the body at times feels there is not as keen a response to the manner the body would think things out in its way of discernment - and these make for those disagreements, as it were, with self, and the seeking out for the causes of these; and a tendency to feel there should be stimulation in some way or manner for a more keen perception. Hence throws the whole general system out of balance without being able to say just WHAT is the reason, or the cause, and - as we find - this then is rather of a subtle nature, but - as we shall see - may be removed from the system so there may be a better reaction.

8. In the throat, bronchi and lungs, these are very good considering conditions, yet this fullness appears in all at times.

9. Heart's action shows the condition that exists as of pressure, and must gradually make for - with the manner of the circulation, unless corrected - an enlarged organ itself, in that - attempting to pump the circulation, as it were, when slow in returning - it makes for that often heard, in the tests of same, as a gurgitation; which denotes - as also the other tests - a pressure in the blood supply.

10. The digestive system is rather spasmodic in its activity, so that things that agree at times do not agree at others.

11. The causes, then, as we find, are dilations in the colon itself. As we would find, an X-Ray would prove this conclusively to the body, were this taken with the manner in which these are classed at the present time or period. This, as we find, exists in the ascending and the first portion of the transverse colon area, and these make for the toxic forces that appear in the system, and - producing the disturbance sympathetically in the heart's action, and the pressure that exists in the hepatic circulation - making for those disturbances that come and go between the kidneys and the liver themselves, as well as the other conditions.

12. In meeting, then, the needs of the conditions as we find for this body, [4345]:

13. First, we would begin with those irrigations that will relieve those pressures in the colon area throughout. Continue these, not to the detriment, not so that the activities of the lymph and the peristaltic movement of the colon or the intestinal system are entirely lost, but of sufficient frequency to eventually CLEANSE the colon itself THOROUGHLY, and allow the reactions to come in such a nature as to form normalcy in the eliminations; for, as in times back, the body has suffered from first the tendency for constipation, later the folds or hemorrhoid reaction in the lower portion of the colon and throughout the area of the system in its ejection period, or areas; and THESE are then as effects that CAUSED these conditions (the toxic forces). These have produced the pressures in the organs of the hepatic circulation, or liver and kidneys and the colon itself, and the signs of same are created in the blood stream itself, or pressure, or improper coordination between venous circulation and arterial circulation.

14. In the manner, then, that these would be relieved - or these applied:

15. First, every two weeks - until four or six such colonics are had. In using these, there should be plenty of intestinal antiseptics used after the cleansing, so there is as little irritation as may be had.

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16. We would also, BETWEEN those periods, have at least two to three general manipulations osteopathically (that is, between each two week period), stimulating the centers of the cerebrospinal and sympathetic that make for activities in the system as related to the digestion. It would be better to have two of these treatments each week.
17. After the sixth colonic irrigation, or when this is thoroughly cleansed, these need only be taken sufficiently to KEEP this condition from forming again in the body.
18. In the matter of diet, these will be kept in the order that there is sufficient quantity of food for weight, but not the greases or fats that make for a hard digestion - at least not a great deal until there is the better condition established in the hepatic circulation, and until this pressure has been relieved.
19. These, we will find, will aid in bringing about a near normal condition for this body of [4345].
20. Ready for questions.
21. We are through for the present.

REPORTS OF READING 4345-1 M ADULT

R1. 8/9/32 EC's letter to [4345]:

Los Angeles, Calif.

My dear Mr. [4345]:

We are enclosing herewith the information which was gotten for you at the appointed time. I hope it will be self-explanatory. You will be able to locate a physician there, I am sure, who can give you these treatments. Our experience through the years has been that such treatments are most successful in reducing pressure, when they are kept for a sufficient length of time to overcome the disorder, so as to prevent a return. Following an operation for myself some years ago I had high blood pressure, which was very annoying for two years. Then in a reading treatments similar to yours were suggested for me, and I had the opportunity to have them carried out properly. Since then I have never suffered with the condition. That is my own personal experience. Quite a number of cases similar we have had during the years, and most remarkable results have been obtained from following the treatments outlined. I hope such will be true in your case.

I trust you will let us hear from you from time to time, and if there is anything we can do to be of service please know that we are only too glad to try.

Sincerely, EC: GD

ASS'N FOR RESEARCH & ENLIGHTENMENT, INC.

R2. 8/23/32 Mildred Davis' letter to [4345]:

Los Angeles, Calif.

My dear Mr. [4345]:

We are enclosing your membership card in the Association for Research and Enlightenment, Incorporated, (No. 94, Associate) which entitles you to a year's membership, expiring August 1st, 1933. We are very glad to have you as a member of our organization, and sincerely hope that we have been and will continue to be of service to you. That is our sincere desire - to be of the greatest service and bring physical, material, and spiritual to all those seeking.

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May we hear from you in regard to the application of the suggestions given in your reading of August 9th and the results you have experienced? We are interested in every case and desire to follow them up and ascertain the extent of benefits gained. From our experience through the years with hundreds who have been aided, the best results are obtained where the suggestions are followed most carefully and exactly. We trust this has been true in your case and that you are now rapidly gaining your desired health and vigor.

We sent you recently some data regarding our work. We hope this will prove enlightening and interesting to you.

With best wishes, and hoping to hear from you within the near future, I am
Sincerely yours, [Mildred Davis] Secretary to the Association

R3. 10/7/32 [4345]'s letter to EC:

LOS ANGELES, CALIFORNIA

Mr. Edgar Cayce, Association for Research & Enlightenment, Virginia Beach, Virginia

Dear Sir:

It is about two months ago since I first had your letter and I have complied with the suggestions exactly as you wrote them but do not find any change as my blood pressure is about the same, if anything a little higher that when I first started these treatments.

Would ask you to kindly let me know whether or not I should continue or if you have any suggestion to make or whether you think it would be advisable to have a check reading.

Yours truly, [4345]

R4. 10/18/32 EC's letter to [4345]:

Los Angeles, Calif.

Dear Mr. [4345]:

We have just received your letter of the 7th, for which we thank you. I am certainly very much surprised to hear that with the applying of the treatments suggested your blood pressure has continued to rise. We have never had such an experience where the suggestions have been followed explicitly. I do indeed feel that it would be nothing more than justice to yourself and to our work that you have a check reading. We are setting the appointment for the morning of Friday, the 28th, between 7: 00 and 8: 00 o'clock Pacific Time. If you desire that we get this, and the hour is satisfactory, you can wire us the address at which you will be.

We certainly hope that we may find something that will meet the needs of the condition.

Thanking you for your letter, I am

Sincerely, EC: GD

ASS'N FOR RESEARCH & ENLIGHTENMENT, INC.

R5. 10/28/32 See 4345-2.

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BACKGROUND OF READING 4345-2 M ADULT

B1. See 4345-1.

TEXT OF READING 4345-2 M ADULT

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 28th day of October, 1932, in accordance with request made by self - Mr. [4345], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 10: 50 to 11: 00 A. M. Eastern Standard Time. ..., California.
(Physical Suggestion)

1. EC: Considerable anxiety at the present!
2. We have the body, [4345], this we have had before.
3. Now, as we find, there are some conditions that show improvements since last we had them here. There are others that are not in the proper position or manner to bring the relief that should be expected.
4. The removing of those pressures in the colon through the irrigations alone will only relieve the toxic forces. Having already produced that impulse and stimuli for this deflected circulation, without the proper adjustments and manipulations there would not be brought the relief. With the proper adjustments and manipulations given, as we find, there would be brought the relief that has been outlined. Just a general massage, or that which has been given in most cases (the masseur's treatment) does not correct or relieve those pressures that are seen in specific centers.
5. The body should also be more mindful of the diet.
6. We would then, in the present especially, either change or have those adjustments made in the cerebro-spinal system, especially those in the upper dorsal area and to the middle portion, and in the upper cervicals or throughout the cervical area. These releases, as we find, combined with the irrigations that were suggested when necessary, would reduce the toxic forces, also the blood pressure, and WILL NOT FAIL - if it's done properly!
7. Do that. Ready for questions.
8. (Q) Should any other treatments be added?
(A) Only be mindful of the diet, and that there is just sufficient of the irrigations now to keep down toxic forces - but make, or HAVE made, those adjustments to relieve the pressure that causes this tendency, or impulse, or stimuli for the high blood pressure; for these WILL relieve the condition!
9. (Q) What method for correction would it be best for this body to use?
(A) As given, if the osteopathic adjustments are made - these are better.
10. We are through with this reading.

REPORTS OF READING 4345-2 M ADULT

R1. 10/28/32 EC's letter to [4345]:
My dear Mr. [4345]:

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Yours of the 24th came, and we are enclosing a copy of the information received at the appointment this morning.

The indications are that the adjustments have not been made; consequently there has not been the improvement you have the right to expect. Of course, I cannot say whether this is absolute or not; you know better than I, but I would certainly advise that you get a good osteopath, or chiropractor, to check up on this and find out if the corrections have been made that are necessary for relieving the pressure, with the use of the colonics.

I would appreciate your letting me hear from you in regard to this.

Sincerely, EC: GD

R2. 2/14/33 EC inquired.

R3. 3/23/33 He replied: "I wish to report that I am feeling much better, having followed your advice over a period of about six months. I find my physical condition greatly improved and my blood pressure very materially reduced.

"Thanking you for your very kind advice, I am, "

Very truly yours, [4345]

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BACKGROUND OF READING 4990-1 M ADULT

None.

TEXT OF READING 4990-1 M ADULT

This Psychic Reading given by Edgar Cayce at the New Southern Hotel, Parlor J, Columbus, Ohio, this 12th day of July, 1924, in accordance with request made by self - [4990].

P R E S E N T

Edgar Cayce; Gladys Davis, Conductor and Steno.

R E A D I N G

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

1. EC: Now, throughout the body, in the physical forces, there are some abnormal conditions, yet the body in many ways is very good. Those conditions that disturb or distress the body have to do with the blood supply and its effect in its action on the organs in the system at this time.
2. Now, these are conditions as we find them in this body, [4990], we are speaking of, present in this room. First:
3. **IN THE BLOOD SUPPLY**, we find this surcharged with properties not eliminated, yet they (the properties) are being destroyed in the system, and with this action in the various portions by the excess of the leucocyte in the system this produces in the tissue itself the distressed conditions as we find in the joints at times, across the hips and across the small of the back, as we have in the pressure as is produced in the system proper, the taxing of the heart forces, though not organic conditions there. These are the causes as we find that produce this condition in the body, this coming from a specific condition existing in other portions of the system has become set in this manner.
4. We find this produces a high pressure, an abnormal pulsation at times, depression to the lung forces, a fullness through the diaphragm at times, as it does in the extremities and through other portions of the body, by the leaving, as it were, of the sediment in the tissue in these portions of the body.
5. **IN THE NERVE SYSTEM**, this we find very good, save in the plexuses as govern through the trunk portion of body, specific that of the hypogastric plexus. Hence how the taxation with the blood forces has to do with the kidneys and the bladder. In this we have the refraction of the condition as exists in circulation. With the sympathetic system these are very good. The respiratory, with the sympathetic system, also give much of this heaviness in the circulation through the capillaries.
6. **IN THE FUNCTIONING OF THE ORGANS THEMSELVES**, we find that with this condition in the blood supply that the taxing to the organs of the sensory system at times gives distress to the organs themselves; eyes, throat, ears all have their responding effect, or the condition responding in the functioning of the organs.
7. In the lungs very good, though a full circulation and the cells themselves plethoric in their incentive action.
8. The digestive tract shows how the effect of the hypogastric is upon the pneumogastric forces, yet not the seat, yet causing much of the distress in the lower end of stomach proper. Hence the effect that certain kinds of foods have upon the body. The body should not eat meats so much, you see, as it has been. No hog meat, only those of fish or fowl, for we have produced in the duodenum (the lower end of stomach) and in the

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pancreas those secretions that change the blood supply so that in the lacteal gland the change turns, as it were, with the heavy flow in the body, producing stagnation, and will produce in the end an arterial obstruction. Hence the condition to be removed.

9. The hepatics a low circulation. The kidneys charged in attempting to try to eliminate, as is the liver, which shows the effect of this as to cause the secretions in intestinal tract produce obstructions in portions of same.

10. R E L I E F, to bring the normal forces to this body, we would take those properties in the system that will create the incentive properly in the blood supply. We would correct through the deep manipulation (chiropractically given) the conditions in the lower dorsal and in the upper lumbar, where, with this circulation (also that in the sixth dorsal), the centers show how that the tissue and the supply of nerve nutriment in the action of the system cause this trouble to be aggravated at times in system.

11. Take these as medicinal properties, taking adjustments every other day for two weeks. Then skip three weeks, then take two weeks again.

Medicinal properties -

Wild Cherry Bark.....4 ounces,
Yellow Dock Root.....2 ounces,
Black Haw Bark.....2 ounces,
Prickly Ash Bark.....1 ounce,
Mandrake Root.....20 grains,
Calisaya Bark.....1 ounce,
Buchu Leaves.....15 grains.

Add these to one gallon of rain water. Reduce by simmering (not boiling) to one quart. Strain while warm and add two drams of Balsam of Tolu, cut in four ounces of grain alcohol.

12. The dose would be teaspoonful four times each day, taken before meals and before retiring. When the whole quantity is taken, and the adjustments have been made properly, we will find we will bring normal conditions for this body, [4990].

13. (Q) Should the body change its present location?

(A) As for the health, it does not matter. For other conditions there is one in mind that would be better from the financial standpoint.
Do that.

REPORTS OF READING 4990-1 M ADULT

None.

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INDEX OF READING 4999-2 F 60

Exercise: Walking: Eliminations Par. 5

HYPERTENSION

NEURITIS

Osteopathy: Hypertension Par. 3

Prescriptions: Lemon & Walking: Eliminations Par. 5

BACKGROUND OF READING 4999-2 F 60

None.

TEXT OF READING 4999-2 F 60

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 2nd day of March, 1928, in accordance with request made by self - Mrs. [4999].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Dr. T. B. House and Mr. L. B. Cayce.

R E A D I N G

Time of Reading ... Avenue, 11: 20 A. M. Eastern Standard Time.
Memphis, Tenn.

1. GC: You will give the physical condition of this body at the present time, with suggestions for the further improvement of same, and you will answer any questions I may ask you regarding the body.
2. EC: Yes, we have the body here - this we have had before.
3. Now, we find at the present time there are some unsatisfactory conditions. While in some respects the body shows improvements from that as we had here before, yet the body has not responded wholly as it should have to the treatments and to the properties taken in system. Not because of the system itself, but rather of those treatments that **SHOULD** bring better coordination in the nerve reflexes - especially to the central nerve system, for the manipulations should **REDUCE** the pulsation rather than increase same! Do not be too strenuous in the treatments as applied to the lumbar and the upper dorsal region. Rather pay closer attention to the treatments as applied to the lower and central dorsal region, and we will find the reflexes from the manipulation will bring rather rest and ease. Keep the treatments for the time being until we can reduce the pulsation and the action as is created in same, for this has been produced by that which has brought about dilation to the functioning of the radiating plexus, or to the heart's action, from the cardiac plexus. So, by bringing stronger manipulation to this radiation we will find we will reduce, rather than tire out the body. Let the body rest as much as is possible.
4. This would be well for the body to follow with that already as given:
5. When the body first awakes of morning, whether light or still dark, get up! Immediately on arising roll a lemon and cut in two. Eat a portion of it - without salt - half of it - all the juice from same - then walk just as far as possible, **AWAY FROM THE HOUSE** - not so far that the body is not sure of making it back, see? When the body has returned, sprinkle salt on the other half of lemon and eat it. Then drink **ALL** the water **POSSIBLE** following same. Not before, but **AFTER** the last half is eaten. Then sit down, or lie down, and rest until the body feels entirely relaxed before the first meal is taken. Add only that. We will find this acid, combining with that as is created in system and as is being eliminated from system, will reduce not only the pulsation as caused from the reaction to the heart's forces, but will assist in **CLEANSING** system of the poisons from same.
6. Do that for at least twenty to thirty days. Then further instructions would be given.
7. We are through with this reading.

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REPORTS OF READING 4999-2 F 60

None

HYPERTENSION CIRCULATING FILE

INDEX OF READING 5180-1 M 44

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BACKGROUND OF READING 5180-1 M 44

B1. Born March 5, 1900 in Chemulpo (Chosen) China; resides in Wash. D.C.; married; 2 children.

B2. 1/23/44 Letter: "As you will see from my name, I am Chinese. I came to this country more than 2 years ago. Recently I had chance to read the book "There Is A River", and I am very impressed by the work you have done. Since I was 22, I was often susceptible to draft which caused me headache but will do no trouble to anybody else. This might not have anything to do with my present trouble. In 8/41, I had a bad nose-bleeding so that I had to be treated by emergency hospital and finally cured by a nose specialist. They mentioned something about high blood [pressure], but didn't call my attention. Around late spring 1942, I was treated by a physician about my cold. He warned me on my high blood pressure. Since then, I have been frequently checked and lived on diet, though I must admit that it is not always possible to carry out the diet 100%. At the beginning, I also had some medicine. The pressure went down almost to normal once, but returned again and stayed there with some fluctuation. Six months ago, the doctor mentioned there was something wrong with the kidney. Recently I had a terrible kidney pain which lasted more than 2 hours. I will arrange for a clinical check for my condition. But it is known that the cause of high blood pressure and its cure have not been revealed at the present. It might be that I have something else wrong in my body too."

B3. 5/23/44 Letter: "My condition has been improved, since I have been on the diet...consisting of grapefruit, whole wheat or rye bread, butter and milk for breakfast; salad, bread butter and milk for lunch; meat or fish, salad, vegetable and rice for dinner. I drink 2 quarts water (plain) every day. Pork, spices, salt, fat and all beverages such as alcohol, coffee, tea and carbonated water have been avoided. I am keeping this diet as good as I can. I have lost some weight. The blood pressure has dropped to normal since the beginning of March. This was unexpected to the doctor. When I had my kidney pains the doctor told my wife that I have passed some stones from my kidney and I might have Bright's Disease, or something close to it. The bad kidney also might have been the cause for high blood pressure. The diagnosis at that time was so serious that the doctor didn't expect any betterment in a considerable time. The doctor cannot explain the reason of this change, and suggested that I should not have the clinical check up made by the John Hopkins Hospital for they would not be able to find any symptom. At present my kidneys are better, but I still feel some weakness of my left kidney and pain in that area. I also have pain in my back, mostly when I wake up in the morning. If I do some work with my body or head slightly bended, I feel some strain in my back. Another doctor told me that the back pain might be caused by the lack of salt in my diet and suggested me to drink some salted water every day. But my doctor told me to avoid salt on account of the high blood pressure, which gives me some result. For that reason I hesitate to drink salt water. My fingers have a kind of stiffness or sore feeling. I should have more sleep, but I can't sleep in average more than six hours, even with the use of sedative. Sometimes I feel tired, also in my back and my legs. Besides all these, I have an itching around my rectum that bothers me and often disturbs my sleep. The doctor said it is not hemorrhoids and gave me some ointment and zinc oxide. I have been under treatment all the time, but without further result. (1) What is the condition of my kidneys, and do I have any symptoms of Bright's disease? (1 1/2) If so, what treatment is advised? (2) What was the

cause of my high blood pressure, and can the case be considered as cured? (2 1/2) Should I take the HAIDIN pills? (3) Shall I keep the present diet and my way of living? (4) What are the causes of the following and what can I do to cure them? (a) pain in the back and neck - strain; (b) heavy feeling in the back and legs; (c) stiffness in the joints of fingers; (d) itching and sometimes pain around the rectum; (5) How can I get more and better sleep? (6) May I play tennis without doing any harm to any of my organs? or what kind of sport is the best for me to get some exercise? With some interruptions the above mentioned itching has bothered me many years..."

B4. 5/27/44 Letter: "...After re-reading the copy of my letter of 5/23/44, I feel that I haven't completed the questions 1 and 2. Naturally, I like to ask about the treatment too, if the reading reveals that my kidneys are not sound or my blood pressure has not been completely cured and still need some treatment. If necessary, will you please incorporate these points to the questions 1 and 2. Recently I received from a friend in China, 2 bottles of HAIDIN pills which contain iodine and supposed to facilitate the expurgation and cure the high blood pressure. If it is not too many questions to be asked at the reading, I wish to be advised whether these pills are recommended as effective for the said purpose..."

TEXT OF READING 5180-1 M 44

(Engineer, Chinese Government
Official, Methodist)

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 30th day of May, 1944, in accordance with request made by the self - Mr. [5180], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by the book, THERE IS A RIVER.

P R E S E N T

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

R E A D I N G

Time of Reading Set bet. 10: 30 to 11: 30 A. M. Eastern War Time. Wash., D.C.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [5180].
3. As we find, there are disturbances which prevent the better physical functioning. These are from incoordination between sympathetic and cerebrospinal nervous systems. These, as we find, are showing improvement as related to the activity of some of the organs of the central nerve and blood supply.
4. For, from the central nervous system, lungs, heart, liver and kidneys function. Thus, as it were, when there is incoordination and lack of cooperation, one suffers from all of these in a reflex manner or nature. These have improved from the diet, and this we would maintain just about in the order as has been, but those disturbances with the kidneys will improve if we will - every other day apply a stupe of Turpentine; that is, put about ten drops of Turpentine in a pan of hot water. Then wring a cloth out in this water, lie over it on the kidney area along the back. Let it remain for thirty to forty minutes. Then sponge off. Then apply Glyco-Thymoline Packs, full strength, across the same area.

HYPERTENSION CIRCULATING FILE

5. If there comes any disturbance through the prostate area, apply at the pubic center the Glyco-Thymoline Packs, also. This is for fifteen to twenty minutes. Have this warm, but not hot. The Glyco-Thymoline Packs should be three to four thicknesses of cotton cloth and should remain on the area until it is almost dry from the absorption by the body of the ingredients in same.

6. We would take occasionally the Iodine pellets as may be had through the present connections. Don't take them more than twice a week. This is not in accordance with that which is given, but the body will be much better and will help in this way.

7. We would, after these have been taken, have two to ten osteopathic adjustments, and we will have better conditions for this body.

8. Ready for questions.

9. (Q) Do you refer to the Haiodin pills?

(A) These are Chinese preparations and are very good.

10. (Q) Do I have any symptoms of Bright's disease?

(A) Some symptoms, but these are far from Bright's disease.

11. (Q) What is condition of kidneys?

(A) Irritated through the incoordination and inability for the conditions to throw off the poisons which have been accumulations, and hence the applications which have been indicated will cause greater activity and thus eliminate these poisons.

12. (Q) What was the cause of high blood pressure?

(A) Distress between the nervous system and strain in the spinal area of the 6th, 7th dorsal and why there has been indicated that there should be these adjustments made.

13. (Q) Shall I keep the present diet, and my way of living?

(A) As has been indicated.

14. (Q) What causes pain in back of neck?

(A) Reflexes from the conditions in the 6th and 7th dorsal, but all of these will be corrected by the adjustments osteopathically made.

15. (Q) Itching and pain around the rectum?

(A) Same conditions which made for disturbance from the kidneys. These, as we find, should disappear if these applications are made.

16. (Q) Also the stiffness in joints of fingers?

(A) When the better circulation is set up by the better drainages from the system, we will have better conditions throughout.

17. We are through with this reading.

(See directions [which were enclosed] for preparing Glyco-Thymoline Packs.)

REPORTS OF READING 5180-1 M 44

R1. 9/27/49 Questionnaire sent. No reply.

R2. 2/13/52 Questionnaire sent. Envelope returned marked "deceased".

R3. 4/1/52 Questionnaire sent to Dr. Waters.

R4. 4/9/52 Dr. Waters' reply to questionnaire: "Duration of treatment: 6/14/44 to 9/27/44. Twelve treatments in all, taken on the following dates: 6/14, 19, 26; 7/5, 12, 19;

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8/23, 30; 9/6, 13, 20, 27. Mr. [5180] came to me on 6/14/44. Complained of pain at 9th, 10th, 11th dorsal; pain also in chest front of ribs; had had kidney stones; had rupture on right side; appendix removed 1939; some constipation; itching at rectum; malaria 1931; para typhoid 1936; tonsils diseased; teeth not good; all wisdom teeth out; eyes and ears ok; nose catarrhal and swollen membranes; hemo 85%; temp. 98; wt. 156 1/2 lbs; cervical area very tender; lungs o.k.; blood pressure 6/26/44, 100 - 142; 7/12/44, 80 - 138; 7/19/44, 90 - 125; 8/23/44, 90 - 144; 9/6/44, 90 - 122; 9/13/44, 74 - 136; 9/20/44, 70 - 130; 9/27/44, 92 - 136. Blood pressure 92 - 140, no murmurs, regular beat of 72. Mother died of asthma at 58; father died at 45, cause not reported. Mr. [5180] was a heavy eater, but he worked hard. I was able to relieve the pain in his back and chest while he was under treatment, but as I did not see him again after September, I do not know whether it returned or not. I heard from a very good friend of theirs that Mr. [5180] and his wife had just returned from some place. His wife had gone into another room. She heard a noise and rushed to her husband, who was purple in the face - couldn't seem to get his breath - strangled and died [6/51] heart failure. Coronary thrombosis, I presume."

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BACKGROUND OF READING 5224-1 M 47

B1. 6/12/44 Wife's questions orally submitted to GD previous to reading: "(1) Do I have any heart trouble, or is my blood pressure too high? (2) Is there anything that can be done about results of infantile paralysis in my right arm and leg and my left hand? (3) Since childhood, I have been unable to hold my hand steady. Can anything be done about that? (4) What causes pain in the small of the back, particularly after sitting for a long period of time, and what can be done about it?"

TEXT OF READING 5224-1 M 47 (Operator In Sulfuric Acid Plant, Episcopalian)

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 12th day of June, 1944, in accordance with request made by self - Mr. [5224], Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by the article in "Coronet", and wife, Mrs. [3386].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Jeanette Fitch, Stenos. Wife [3386].

R E A D I N G

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

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them.
2. EC: Yes, we have the body here, [5224].
3. As we find, there are disturbances which are preventing the better physical functioning of the body. These are of rather a complex nature, as some disturbances have been of such long standing as to have become constitutional. Yet these, even in the present, might be helped to a great extent. While it would require patience, persistence and at times it would become rather as something to reckon with, because of the necessity of changing some of the activities to conform to the necessary changes to be brought about, we find that with patience, with persistence, with faith, many changes can be wrought for this body.
4. As to the more specific or acute disturbances, we find there has been for some time accumulation through the colon area. These, while not being directly connected with the disturbances of the constitutional or the structural portion and the effect upon the locomotion and activity of the body, yet are affected by the activities of the body in the present. These have produced, as we find, the plethora or engorgements in the transverse and descending colon. These produce a pressure in the areas which deflect or reflect in the heart's activity. Though not an organic heart disturbance, this does cause, owing to these pressures, abnormalcy in the heart's circulation or pressure in the metabolism of the body, with this condition as a form of anemia which is a part of the general reaction. This produces that which may be aggravating but unless there is allowed to be the continuation without something done about it, it should not be disturbing to the body.
5. The mental attitude of the body, to be sure, has much to do with the general conditions of the body as does the dis-ease itself to the organs of the body.
6. So, in considering the applications for improvements or helpfulness for the disturbances here, all of these must be taken into consideration. Know first in what ye

believe. This is spiritually, and of its sources, of its activity in and with and through self. Know that it can, if it is the ideal, be depended upon. If it's an idea it may be changed by circumstances, environ or activities.

7. Then in the application we would first have at least two colonic irrigations. These should be about three to four weeks apart and a massage not necessarily osteopathic, though osteopathic would be the preferable, five to six of these.

8. This should correct these disturbances through colon and through the general assimilations for the body.

9. Do add to the body-functioning, the body digestion, the body complement or additions for the vital energies which are needed, KalDak in the form of the tonic for the body. This is preferably taken for this body either in orange juice or milk, but orange juice should be at least two-thirds of a glass of orange juice and the rest with water. Dissolve the KalDak in hot water, then add the orange juice to make a full glass. Drink this every day. These will add to better eliminations, body-building forces and reducing the tendencies for the plethora in colon, increasing better eliminations and bettered conditions throughout the circulation.

10. As to the general conditions in the limbs which have been and are a part of the constitutional because of their karmic reaction on body: Karma can be met in the ideal and, as a law, changed from law as penal law to grace, mercy. But this you show, this you manifest not by bragging, not applauding, but by daily living.

11. Then add to the body daily, just before retiring, a thorough massage given vibratorially with the electrically driven vibrator, using it over the hips and back, all the way from the base of brain to the toes, the cup applicator and take at least thirty minutes to give this.

12. Then massage into the body, and over the limbs, Peanut Oil, all the body will absorb. Take the time to do this and wipe off the superfluous with a weak soda water.

13. This done, we will in a year or two years find quite a difference in the abilities of the body in its physical, in its mental attitude toward life.

14. Ready for questions.

15. (Q) Where should massage be given?

(A) It commences at the 1st cervical and goes to the tip of toes, the whole body. This should be over the limbs, circular motion, all the body will absorb.

16. We are through with this reading.

REPORTS OF READING 5224-1 M 47

R1. 9/26/44 Dr. Vincent H. Ober's letter: "...[5224] came to my office Saturday for a colonic irrigation, saying he was referred by you. I shall do my best to help him and cooperate with you in giving him the relief which he seeks..."

R2. 5/11/46 Wife's letter: "...My husband never did carry out his treatments, not that he did not believe in the reading, but he was so busy, and he wasn't too uncomfortable as to take the trouble with it. It required giving up most every evening for long treatments, etc., and he was not willing to do it. He has been used to his lameness and poor circulation from the paralysis so long that that part did not bother him so much. He did have one colonic irrigation.

HYPERTENSION CIRCULATING FILE

R3. 7/12/46 Wife's letter: "...What are you people doing about KalDak? We are missing ours already. It did wonders for us..."

R4. 3/2/52 Wife's letter: "...My husband did not follow the reading as closely as I did. He did have one colonic irrigation, but a nurse gave it to him in Dr. Ober's office, and he would not go again. He would have continued, if it had not been for that. He had a series of osteopathic treatments, but I am sure they were not given in the right way - were very quick and over in several minutes. The man had had very little experience and training. My husband died 11/16/47. He had several attacks on that week-end which seemed and appeared like heart attacks, dreadful pain, but after reading over his Physical Reading, I believe so implicitly that it was this condition in his colon which, caused his death. I will not go into that, as you have a copy there. You can read how the condition affected the heart's circulation, etc. Oh, if I had only known!..."

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BACKGROUND OF READING 5697-1 M ADULT

None.

TEXT OF READING 5697-1 M ADULT

This psychic reading given by Edgar Cayce at the Tutwiler Hotel, Birmingham, Alabama, this 21st day of December, 1922.

P R E S E N T

Edgar Cayce; (?), Conductor; (?), Steno.

R E A D I N G

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

1. EC: Yes, we have the body here. Now, the abnormal condition as we find in this body has to do with the circulation and the pressure as produced in circulation and the effect as it has over the portions of the body. Now, these are the conditions as we find in this body here: Over the whole system in the circulation we find the body is very good in the condition of the blood itself. Yet, with the conditions of the nerves in the system, the body has become to the condition where the centers are so lax as to allow the circulation to increase. With an over strain, or with the excitement to the conditions in the system, will increase the condition throughout the body, and which has become a condition in the circulation from the condition in the nerve centers themselves. The number of the red blood cells is sufficient to carry out the rebuilding forces in the system. The numbers of the white we find are deficient, for they are called on often to rebuild, especially in the cell force having to do with the action of the nerve centers, and through this, of course, we have most of the call on the circulation, and it makes then an enlarged condition through the red blood which is disturbed for we are producing over taxation in the system to produce sufficient number to carry on the actions in the body, though we do not find the body always sick; but the lack of co-ordinating forces control the body at all times through the nervous force action, and then comes through the circulation and to the heart force action.

2. In the nerve centers themselves we find in the brain action the body is good. In the action of the cerebro-spinal over the whole system we do not find co-ordination between the sympathetic and the cerebro-spinal, as is indicated by the effect as produced at the sensory centers; hence the condition to some of the organs of the sensories, become involved in the condition producing this condition as we have here, the eye at times, the other portions - the other organs at times. Sometime back this body had had an accident to the spinal column itself. In the sacrococcyx plexus here this has produced a lesion through these portions of the body, also, and this makes a strain on the system, and through some of the functioning of the organs themselves this is apparent where we have a condition as produced in the system. We had a fall here once. This condition reflexes over some portions of the body, and especially through the action of the nerve centers in some of these. This had best be corrected as soon as we can.

3. Through the functioning of the organs themselves, we find the functioning as functioning organs within their individual selves is very good, though through the nerve energy and through the nerve action of these it is not always good, especially as that acts through the pneumogastric, and the overcharge at times through the digestive forces it becomes disagreeable, though not always an overtaxation in the centers of the digestion but of the nervous forces to these.

4. In the second bone of the coccyx we have a lesion and bent in, and it makes an impinonment [impingement?] to the nerves of the sacro-plexus, also some of those of the ileum-plexus; reflexly then to the center along the spine producing this overtaxation to the body.

5. (Q) Mr. Cayce, what would be the treatment for this body?

(A) Correct the condition as we have in the end of the spine here; relax the lesion as formed at the ilium-plexus and at the solar-plexus, so that we have equalization of the circulation both through the nerve forces, nerve circulation and lymphatic circulation, and equalize the conditions in the body. Do that through heat applied to the body and through osteopathic or chiropractic forces to the body.

6. (Q) Any medicines needed for this body, Mr. Cayce?

(A) We do not find those here as needed.

7. (Q) Mr. Cayce, this body complains of rheumatic conditions and trouble with the teeth. Does that cause the rheumatic trouble?

(A) We have given the condition that causes the trouble through here, you see, wherever these conditions may be. The tooth is of a local nature. The only effect is to the blood supply itself, not to the eliminating forces in the system. Correct the condition of the lesions here, and through this plexus that governs that portion of the body. We will find the nerves will relax sufficient to let the muscles meet the overtaxation to them. We had better fear more from heart conditions than from the conditions as we have from the others. Correct this.

8. (Q) What is the condition of the heart, Mr. Cayce?

(A) It is the over-pressure and the over-swiftness of the heart itself, with any exercise that is above the normal to the body, not necessarily physical, but mental, or of any nature affecting through any of the senses.

9. (Q) Would you prescribe any treatment for the heart condition?

(A) Just as we have given; with the control of the centers along the spine governing the control of all of the organs, by the releasing of the pressure as caused in these plexuses, we will then control the condition through the system. The tooth condition is local, and it is from local - it is not from absorption that this is produced, but from the condition in the end of the second bone of the coccyx.

REPORTS OF READING 5697-1 M ADULT

R1. 5/25/26 Mother's letter: "Tis with a great deal of pleasure and interest I've read your little booklet sent my friend Mrs. [[4170]'s wife]. Have often wondered where you were for I have felt such interest in your wonderful God given power and anxious to hear more. Perhaps you do not remember me so I will refresh you [your] memory. December 21, 1922 on my return to Texas I stopped in Birmingham and you gave me a reading for my son [5697] then in ..., Texas. My great desire and hope has been you would come to Texas for I knew that there was great work there in that great state for you. Doubly anxious for my son to meet you and see what wonders you could do. Mr. Cayce, he improved some but he is far from being well, happy man. His condition is sad, sad. Is Mr. Mohr with you now? If not asking too much I would appreciate it if you would send one or two of your little books for friends, I want to send to. Awaiting your reply and hoping for some benefit for my poor boy, I am with keen interest and faith in your good work as ever."

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R2. 5/31/26 EC wrote offering to give another physical reading for her son and giving details about his move to Virginia Beach.

R3. 7/6/26 Mother's letter: "Don't think for one moment your very kind letter and offer to give the second reading for my son was not genuinely appreciated, for I assure you it was. My boy delayed in communicating with me on the subject, but after suffering severely recently, and my persistent writing the benefit he may receive, a letter came agreeing to abide. Mr. Cayce, I am hoping to return to ..., in a week or ten days so possibly it will be best to delay until I return. Will let you hear from me then. The card enclosed I suspect you want my son to fill out, Do you not?"

R4. 10/28/26 Mother's letter enclosed a small contribution to the Edgar Cayce work, saying: "With the good you have done and will do you should be rewarded. My prayer is that you will get the amount you wish and more to carry on your work and benefit humanity.

"Am hoping to return before very long to ..., will let you hear from me then."

R5. 11/10/26 EC's letter: "...I have yours for the 28th with enclosure for which I thank you very much. I am very much in hopes that I will realize at least some of my dreams through the goodness of those who are vitally interested in the good that may be accomplished through the information obtained in the readings, for I feel more and more convinced that it is in this way and manner I can better serve humanity. It is so hard for individuals to do for them selves when they reach a helpless condition. And if we can have an institution, a place where people can have these suggestions carried out fully, how much better it would be, how much surer will be the results, and I believe they will gain in body and in mind.

"I appreciate your kindly interest, and we are glad to have you among our members, and I do hope you will let us hear from you from time to time.

"A few days ago I returned from a very sad mission. My mother passed away on the 26th. She had been a great sufferer for several years I was with her a few days before the end came, and though I could do nothing for to save her it was at least satisfying to have her tell me the work in which I am engaged had been the means of her keeping alive for at least three years. How much that has meant to us all! How truly it ought to make the work seem worth while. Don't you feel that way? Wouldn't that be an incentive to push on, in spite of whatever obstacle or hardship might arise? To try and make known to just as many individuals as possible the good that may be obtained through this work, if they will but apply same in their individual lives.

"Again thanking you Mrs. [...] and hoping you will let us hear from you from time to time, I am sincerely, " Edgar Cayce..."

HYPERTENSION CIRCULATING FILE

INDEX OF READING 5723-1 F 40 (?)

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: Capsici Elixir:	Par. 9
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: Valerian Tincture:	Par. 9
: Vinol:	Par. 9
Spleen: Engorged	Par. 8
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BACKGROUND OF READING 5723-1 F 40 (?)

None.

TEXT OF READING 5723-1 F 40's

This Psychic Reading given by Edgar Cayce at Phillips Hotel, Room 115, Dayton, Ohio, this 6th day of March, 1924, in accordance with request made by the self - [5723] via Mr. [4906].

P R E S E N T

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

R E A D I N G

Time of Reading ... Street, 11: 30 A. M. ...,
Oklahoma.

1. LS: You will answer the following questions: Does this body have diabetes or kidney trouble? Does this body have high blood pressure?

2. EC: The body has abnormal blood pressure. Some kidney trouble. Not a diabetic condition as yet, though some symptoms that would lead one to believe these were the conditions.

3. The abnormal forces in the physical body have to do with specific organs, their functioning, and of specific structural conditions existing in the body that produce the conditions as we find here.

4. Now, these are conditions as we find them in this body, [5723] we are speaking of.
First:

5. IN THE BLOOD SUPPLY, this we find at times above normal, and again a subnormal for short periods of time. This is being produced by the hepatic circulation and the effect of the kidney's reaction through non-elimination. Hence the abnormal and the full capillary circulation. Also the extra amount of white blood supply or too much lymph secretion not distributed normally in the system. In the constituents of the blood supply we find that these have that element that produces the over supply of white and abnormal disks (?) inflammation in the red blood supply. Hence the crystallization and the abnormal coagulation that exists in the replacing of cellular force in the functioning organs. Hence the distress across the hips, through the side (right), the pain under left and right shoulder blades at times. These come from reflexes.

6. IN THE NERVE SUPPLY, we find lesions in the ninth and eighth dorsal. Also a greater amount in the fourth lumbar, this being produced in the lumbar region from the condition in the pelvic organs. The pressure that has been produced in these centers slowed the action of the kidneys by non-nutriments of blood supply. Hence the system became surcharged with uric acid. This in being eliminated through those properties that caused the extra reaction of mucous-forming glands and secretive glands in intestinal tract surcharged the hepatic circulation without removing the condition; then allowing kidneys in the abnormal state of circulation to become involved in condition. With the extra amount of secretions through the pancreas, duodenum and liver from these active principles of exciting gland secretion the lesion in dorsal became active with reflexes from lumbar region. Hence the condition of blood supply and of organs through nerve system, and organic condition or disturbance both in nerve action and in organic functioning.

7. IN THE ORGANS THEMSELVES, we find very good in many.

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8. Heart action not normal from blood supply and condition of spleen, it being engorged, especially in the left end. The liver engorged, and showing some spots from the extra strain as produced in the organ in attempting to bring equilibrium from the excretory system. Hence the capillary circulation becomes involved from the condition. Spleen, as given. Pancreas engorged in size, and giving off abnormal secretions, save when such diet is taken that coincides with the functioning of the organ in present condition.

Hepatic circulation abnormal in functioning. Kidneys strained and engorged, even in the capsule itself, though not inflamed at the present time. Bladder inflamed in the neck of same, from the extra acid condition of the urine as eliminated from system. Organs of the pelvis have become the secondary condition, yet being that which first produced most of the trouble, for we had some lesions there. They have in part been corrected.

9. RELIEF, to bring this body to its normal functioning, we would through persistence and consistent action do this: Take the properties in the system as is found in that of Vinol, only taking half the quantity as prescribed in directions, supplementing the action with this to the properties in Vinol:

Tincture of Valerian.....2 ounces,
Elixir Calisaya.....2 ounces,
Elixir Celerina.....2 ounces,
Iodide Potassium.....3 grains,
Bromide Potassium.....15 grains,
Capsici Elixir.....2 minims.

Only one teaspoonful of this solution. This shall be added with simple syrup sufficient to make ten ounces. Only one teaspoonful taken every third day, preferably in the evening.

10. Correct by manipulation those lesions in the dorsal and lumbar region.

11. Do not eat meats or starchy foods, or proteins. Those of the vegetable nature that carry blood supply and strengthen through those organs as need this diet. We will find by the time the second quantity of these properties, and the adjustments are made; by that time, the body will be free from these conditions, reduced in weight to some extent; yet better in every way physically.

12. Do that.

REPORTS OF READING 5723-1 F 40 (?)

None.

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INDEX OF READING 1103-1 M ADULT

Diet: Hypertension	Par. 6
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Osteopathy: Hypertension	Par. 5, 7, 8
Surgery: Blood-Letting: Hypertension	Par. 5, 9-A

BACKGROUND OF READING 1103-1 M ADULT

B1. 11/1/27 Letter from Son, [419]: "He has been sick for the past week and the doctor says that he is in a bad condition and liable to go any time. His blood pressure is way up above normal and his heart is affected. This is the worst spell he has ever had. I am so worried about him that I wish you would give him a reading to tell how to remedy the trouble and where the cause lies."

TEXT OF READING 1103-1 M ADULT

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 7th day of November, 1927, in accordance with request made by self and son, [419].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Miss Beth Graves.

R E A D I N G

Time of Reading 11: 00 A. M. Eastern Standard Time., Ky.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also the treatment for the relief and cure for this body.
2. EC: Yes, we have the body here.
3. Now, we find the physical conditions of this body are distraught through many forces that are of a nature that are deep seated in the physical well being of the body. They are not good at all.
4. In the whole forces of the body we find there are many conditions that lend to these deficiencies in the proper functioning of the organs. Those conditions that have been and are being administered for the body are well for the present conditions, but these are adding only fuel to the destructive forces when considered from the standpoint of bringing about that that would bring relief for the body.
5. The conditions, as we find, have to do with the heart's action, and the plethora condition as exists with the organ itself, and the dilation as is caused in the valves of same. While these are produced by the over supply of blood, also is this produced by the high pressure caused by too laxness in the central motor nerves of the cerebro-spinal system. Hence rest, and diet, and blood letting, and of the manipulation to equalize circulation, would be that that would bring the better condition for the body. While properties taken are as necessary for the conditions as have arisen of the acute nature, yet the continual use of these will not be well for the body, see?
6. Then, we would add that the diet be not more than that sufficient for the body to hold the strength. While juices of meats may be taken, do not take the meats or fats themselves. Only lean portions be used to make the juices from.
7. Massage and manipulation, PROPERLY given, will equalize the conditions in the body to the extent as to relieve these pressures as are caused on the centers in the central nerve system.
8. More fear may be had from the heaviness to the head than that condition existent in the heart's region. Hence well that those manipulations be given in the way to equalize toward the lower portion of body, or below the waistline. These manipulations, then, would be from those centers radiating from the 6th dorsal down, and these will bring the better conditions and nearer relief from those forces as existent. Do that.

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9. (Q) What is meant by the blood letting? Should that be done under the present conditions or wait a while?

(A) Blood letting may be done by the system being purged with over supply of salines. That's the manner in which blood letting should be done. This relieves pressure from the central system without weakening the vital forces in the extremities. This is better than letting from the body, though this may be done also.

10. We are through for the present.

REPORTS OF READING 1103-1 M ADULT

R1. 3/29/28 His daughter, Mrs. [1312] requested a Physical Reading, and subsequently the family secured for him Physical Readings, 1103-3, 1103-4, 1103-5.

R2. 1/56 Son [419] reported in re 1103-1: "He was desperately ill. Dr. Thomas B. House was skeptical but he followed Edgar Cayce's directions and Dad was cured completely."

HYPERTENSION CIRCULATING FILE

INDEX OF READING 1141-1 M 55 (?)

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TOXEMIA	

BACKGROUND OF READING 1141-1 M 55 (?)

B1. 4/10/34 His wife, Mrs. [530], obtained a Physical Reading, thru recommendation of his brother's wife, Mrs. [394].

B2. 4/10/36 No intimation was given EC as to nature of his trouble.

TEXT OF READING 1141-1 M 55 (?)

This psychic reading given by Edgar Cayce at his friend David E. Kahn's home, 44 West 77th St., Apt. 14-W, New York City, this 10th day of April, 1936, in accordance with request made by the self - Mr. [1141], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by his brother, Mr. [675].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mr. [1141] and Mrs. [530].

R E A D I N G

Time of Reading 3: 25 to 3: 50 P. M. Eastern Standard Time., N.J.

(Physical Suggestion)

1. EC: Yes, we have the body here, [1141].
2. Now, as we find, there are disturbing conditions in the physical forces of this body that prevent the body functioning in a normal way and manner. These have been and are, we find, rather the accumulations that have come from minor disturbances in their beginnings, and gradually builded by the lack of the proper eliminations as to produce pressures in portions of the system, as will be indicated.
3. These, then, are the conditions as we find them with this body, [1141] we are speaking of, present in this room:
4. **IN THE BLOOD SUPPLY**, it may be said there is an abundance and a superabundance at times, yet even with the abundance it has been and is impoverished by the very lack of the toxic forces being eliminated from same; hence produces at times a dull heaviness all over - as if heavy from the waist down; at others through the chest and through the general torso of the body; hands and feet appear to be as if they were heavy-laden or sometimes as swollen some - or the **FEELINGS** of that rather than their activity.
5. Again we find this disturbance as the body rests, and it also disturbs the rest; making for a general aching throughout, this arising from these disturbances as other conditions from others.
6. **IN THE NERVOUS SYSTEM**, here we find an indeterminate activity; that is, at times the nerve forces allow for a full or complete circulation through all portions of the body; at others the toxic forces arise from this lack of the proper eliminations and **HINDER** the body from a normal nerve reaction; an uneasiness that makes for the bearings through the nerve forces upon the general force of the body.
7. **IN THE FUNCTIONING OF THE ORGANS THEMSELVES**, as may have been indicated by the very activity of the circulatory forces, the liver - with its activity to the kidneys and their coordinations with the assimilating and eliminating system - causes in the present the greater distresses upon the system.
8. We find that there is in the colon, across the abdomen or the transverse colon and the bend toward the descending colon, an engorgement. Not a whole prolapsus has been indicated nor is present in the ascending and the beginning of the transverse, but these areas do at times make for an uneasiness rather than pain - through the right side; gas

formations, the disturbance to the heart's activity, the shortness of breath if the body undertakes to mount steps or walk a great distance - these effects arise from the pressures produced by this engorgement upon the circulatory forces for the body-functioning itself.

9. As to the activities produced upon the digestive system from this, we find: At times there is a great lack of proper assimilating of the foods. This makes for a filling of the stomach and the foods become indigested, and then indigestion arises from it - as dyspepsia, or a souring at times. At others there is a passing through or into the intestinal tract without there being the proper amount of digestion; and this makes for a distress between the upper and the lower hepatic circulation, and the effect to the heart's activity.

10. However, the condition in the gall duct area or the liver area itself and the activity on same makes for the variation between the pulsations and the pressures on the heart's activity, or the circulatory forces - these make these alterations. And if there is brought a permanent relief, these conditions must be taken into consideration and the EFFECT that has been builded upon the circulation from the heart TO the liver, from the liver to the kidneys and their activity to the whole of the bodily functioning.

11. Then, as we find, IN MEETING THE NEEDS of these conditions in the beginning, these will necessarily in the beginning require a change from that as may be needed as conditions develop, or as improvements show. However, we will find periods when these treatments or applications are begun when there will apparently be more DISTURBANCE to the body at periods; but these will be of less and less duration, with the ability for greater and greater activity - or a returning to near normalcy of activity will follow, if these applications are kept as a consistent and a persistent thing.

12. First we should begin, then, with high enemas that would alleviate GRADUALLY - not too fast, but gradually - this engorgement in the colon area; or that which was the beginning of these disturbances. In making these eliminations through the colonic irrigations, high enemas alone would not make for a correction in this direction, but colonic irrigations. Have the first portion of the water used in such irrigation to be a saline solution and soda solution; or to each gallon of the water used add a level teaspoonful of baking soda and a level TABLESPOONFUL of table salt. Add them in the water in that proportion and in that order. This, as we find, would make for a cleansing without an irritation. In the last portion of the water used (for the rinsing), add a tablespoonful of Glyco-Thymoline to the quart of the water. Give the first of such colonic irrigations as soon as the body may begin with same, and then in eight days give the second one. Then let it be twenty-four days before the next one. Then it may be a thirty-day period before the next one. This depends, though, upon the general reactions.

13. Begin at once with SMALL quantities of Alcaroid; quarter of a teaspoonful or less, after each meal. Do this for two to three days. Then leave it off except after the evening meal.

14. Then, when the Alcaroid has been taken for five to six days more, after the evening meal, we would then begin with taking the Caroid and Bile Salts Tablets. Take two tablets about an hour after the morning meal, and two in the evening before retiring - the four in one day, you see. Then in three or four days they may be taken again. Just take them one day at a time, you see; for these should cleanse the system and aid in draining the gall duct area, lessening this pressure upon the liver and the CAUSES from same as produced by the engorgement in the colon.

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15. And begin THEN (when the Caroid and Bile Salts Tablets are first begun) with the use of the Radio-Active Appliance to produce an equalized circulation. The attachments would be made to opposite sides of the body; right wrist, left ankle; left wrist, right ankle. Apply same for an hour each day before retiring. This will rest the body and remove these pressures through the rectal area. Keep the anodes or plates very clean. Attach so they do not bind so as to cut off the circulation, but so that they are in perfect contact with the body.

16. About the same time the Radio-Active Appliance is begun, begin with the correcting of those pressures in the COCCYX AND the lumbar areas; HERE the corrections would be made, while through the dorsal and the cervical area there would be merely the coordinating of these WITH the corrections made in the lumbar and the coccyx area, or the sacral and ileum plexus area, see? These will relieve these pressures.

17. In the diet we would be very careful, and keep a normal activity. These are rather those things NOT to be taken: Never any quantities of white bread. Never quantities of Irish potatoes or of beans that are dried.

18. Use rather the citrus fruits, vegetables, fruits and fruit juices, cereals - all may be taken. But do not take the cereals AND the citrus fruit juices at the same meal OR the same day!

19. No fried foods of any kind.

20. Do these, and we find we will bring a much NEARER normal condition for this body, [1141].

21. Ready for questions.

22. (Q) Has the gall duct anything to do with the prostate gland?

(A) This is affected by the STRAIN that is produced upon the system by same, see? Hence the use of the colonic irrigations should be such as not to tend to make for an irritation. And that is why we have given to use the colonics RATHER than the mere colon irrigations.

23. (Q) Should the present treatments be discontinued if these suggestions are followed?

(A) We would give these the opportunity for their activity in the system. As we find, these will make for responses better than the purely LOCAL applications, see? See, when the irrigations are given, there should be periods when the first water for the injection should be very warm - and allowed to be retained, to reduce the pressure in the lower portion of the colon, see?

24. (Q) Should there be any other medications between the irrigations, for the irritations?

(A) These become as a portion of the general treatments, you see, as we have outlined.

25. (Q) Should any laxative be taken?

(A) There should not be the laxative taken until most of the colonics have been given, you see. You see, we give two colonics. We begin first with the Alcaroid, and then the Caroid and Bile Salts Tablets, see?

Do these, and - as we find - we will bring the better conditions for this body.

26. We are through for the present.

(See letter [which was enclosed] with specifications to H.H.R. Co., for the Radio-Active Appliance; also article explaining the theory of such an Appliance.

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See letter [which was enclosed] with directions to Physiotherapist, to be begun first.
Take all treatments in the ORDER indicated.
See letter [which was enclosed] with directions to Osteopath.
If everything is not clear, let us know.)

REPORTS OF READING 1141-1 M 55 (?)

R1. 10/38 He reported to large gathering in N.Y. that he had followed his reading and his condition had cleared entirely. Doctors had pronounced it Coronary Thrombosis with these complications: High blood pressure, Dyspepsia, Prostate trouble and heart. It had been necessary to keep Glycerine tablets at hand, even when taking a bath.

R2. 7/49 See 1563-3 report indicating results in relief from high blood pressure by following the 1141-1 treatment.

R3. 10/11/52 Comment by D. H. Fogel, M.D., heart specialist: "Case [1141] should be indexed definitely under coronary thrombosis."

INDEX OF READING 1268-1 F 50 (?)

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BACKGROUND OF READING 1268-1 F 50 (?)

B1. 9/24/36 and 9/28/36 Questions submitted: "1. Please advise a treatment for deafness and partial blindness caused from a stroke, due to high blood pressure? 2. Please name a treatment for the severe itching, due to the change I am going through. 3. Name a diet or special treatment for my overweight (230 lb.). 4. Please advise what to do for nervousness. 5. Why can't I write a letter that is understandable, even though to my mind it is alright?"

TEXT OF READING 1268-1 F 50 (?)

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 2nd day of October, 1936, in accordance with request made by the self - Mrs. [1268], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [333] (her tenant).

P R E S E N T

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

R E A D I N G

Time of Reading 3: 30 to 3: 55 P. M. Eastern Standard Time., Md.

(Physical Suggestion)

1. EC: Yes, we have the body here, Mrs. [1268].
2. Now, as we find, there are disturbing forces with this body. And unless there are some changes brought about, there may be a recurrence of disturbances as to cause a great deal of anxiety for the body.
3. As we find, though, there may be corrections made in such manners as to be not only a staying off but as to bring about much nearer normal conditions and giving the body, the entity, greater opportunities in this experience.
4. The disturbances are rather of a compound and complex nature than of a specific. Some conditions aggravate one another. Others as we find are the effects of specific conditions that have existed. And in their corrections there has only been, as has been indicated, relief of a nature that may produce recurrent conditions.
5. These then are the disturbances as we find them with this body, [1268] we are speaking of:
6. **IN THE BLOOD SUPPLY**, not only is there the overabundance of same but the overburdening of the body with avoirdupois as well as causes for the abnormalcy in the blood pressure. Thus we have in many portions of the body poor eliminations.
7. Then with those changes as are coming about, or those periods of menopause, this slowed circulation produces in the superficial circulation a great deal of anxiety, by irritations to those portions of the body especially where the emunctories come closer to the surface - as in the groin, under the breasts, under the arms, and about those portions of the lower abdomen on the caecum and sacral areas. These more specific. As well as those under the elbow and under the knee and other portions of the body. These all then are to be taken into consideration in administrations for helpful forces for the body.
8. **THE NERVOUS FORCES**, to be sure, these are thus involved, and we have periods when the restlessness, the insomnia and irritations of the mental reactions as well as of the physical are contributory causes as well as produced by specific subluxations in the cerebrospinal system. These we find more specific in the upper dorsal and through the cervical area, though the lumbar axis is also reflexly and specifically disturbed through or

by the circulation forces as well as disturbances to the general system produced by - and producing - tautness through those areas. And these must be coordinated when applications may be made for the beneficial conditions.

9. Through pressures in the dorsal, upper dorsal, and throughout the cervical area, the nerves of the sensory system, by the slow circulation and the drumming as come to the ear at times, have made for a filling up of the eustachian tubes, and thus produce a partial deafness, as also pressures in the same area affect the optic forces of the body. These are to a great extent sympathetic conditions. Thus as we find, with long periods, though it will require same, there may be brought a great deal of help and aid to the body through the correction of these disturbances and thus alleviating the pressures that cause these disturbances in the specific organs of the sensory forces as indicated.

10. IN THE ORGANS THEMSELVES OF THE BODY, as has been indicated, the sensory forces are under pressure, owing to a lesion in the dorsal and cervical area - the 3rd and 4th cervical, the 2nd and 3rd dorsals.

11. Throat, bronchi, lungs and larynx, from the very fullness of circulation, there is the tendency for the body to swallow often and for accumulations to arise at times.

12. Bronchi and lungs and larynx are very good considering the poor circulation. But the heaviness of breath, this does not arise alone from the heaviness of body but from pressures that produce a tendency towards an asthmatic reaction in overexercise - as climbing steps, or long walks or overexcitement. Thus the body becomes subject to cold, producing - from a general toxic force - overacidity. This is the unusual in some respects for the general conditions.

13. Heart's activity as indicated. The abnormal pressure as we find arose more from disturbances in the colon than from a heart's disturbance, though the circulation was produced and the pressure produced that caused a break in the activities in the system.

14. Digestive forces, the assimilations tend to make for an activity of the pancreas that makes for excesses of those fat-producing forces.

15. Thus the lesser quantities of proteins will be the more helpful when we come to diets for the body; though this body to reduce should eat rather than starve.

16. In the organs of elimination, these show for disturbances throughout the alimentary canal, and add to the pressures upon the body that cause stresses or disturbance through the change in the eliminations through the organs of the pelvis.

17. AS WE FIND, THEN, IN MAKING ADMINISTRATIONS FOR THE RELIEF TO THIS BODY:

18. First we would give that there should be periods of once or twice a week, for periods of three to four weeks at a time, of osteopathic adjustments and general treatments.

These given once or twice a week, making specific corrections in the areas as has been indicated - or as will be found in the upper dorsal, the cervical, coordinating the lumbar area as indicated. Natural stimulation about the neck, head, ears, and a treatment to the centers to the optic forces FOR ELIMINATIONS - to set up drainages, as it were.

19. The body should make for the use of colonic irrigations, preferably the Tyrrell's Elevator we would find would be most excellent for this body; though there may be used the Fountain Syringe or Fountain irrigator that will cleanse gradually, not all at once, the colon. If these irrigations are taken every day or every other day for a period of a week or two weeks, and then left off for a few days, then begun again, this will be found to be most helpful. Use a saline-soda solution when such is done. Do not have water greater

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temperature than that of the body. Proportions for these for this body would be to each half a gallon of water put a heaping teaspoonful of table salt and a level teaspoonful of baking soda. Thoroughly dissolve same before it is used.

20. We would also use both the Radio-Active and the Wet Cell Appliances.

21. Use the Radio-Active Appliance for an hour every other day, opposite poles or opposite sides of the body; that is, right wrist, left ankle, the next treatment the other way.

22. Every other day use the Wet Cell Appliance, carrying the one treatment the Atomidine solution and at the next treatment the Spirits of Camphor, and so on. The attachments would be made in this manner:

23. At the first treatment the copper plate would be attached first, to the vagus center, or at the 3rd cervical vertebra; while the large nickel plate - passing through the Camphor solution - would be attached last, to the BODY at the umbilicus and the lacteal duct center, or almost over the gall duct area.

24. At the next treatment the attachment of the copper plate would be first, to the brachial center, or the 1st and 2nd dorsal center; while the larger nickel anode would be attached last - to the umbilicus or lacteal duct or gall duct area, as before - but this time passing through the Atomidine solution.

25. These will aid in reducing the body, creating an equilibrium in the pressure, in reducing the avoirdupois; as also the attachments to the other extremities - or the Radio-Active Appliance - will make for REST.

26. And should the body find periods when the Wet Cell Appliance has been used that it becomes restless, it will not hurt to use the Radio-Active Appliance the same day.

27. In the diet:

28. As has been indicated, the body should eat to reduce. Have as this:

29. Mornings - citrus fruits. Brown toast, whole wheat. Or cereals (but not at the same meal with the citrus fruits). Do not use cow's milk in same, but dry milk, Pet Milk, Carnation Milk, diluted.

30. Noons - only raw vegetables; these may be combined.

31. Evenings - (but between the noon meal and the evening meal there may be taken, if desired, a lemonade - but with little or no sugar) - Have either all leafy vegetables, well-cooked, or else have same with a little chicken, fowl or fish, or potatoes and lamb.

32. These the diets for the body.

33. Do these until the second or third series of manipulations are given, and then we would give further instructions.

34. Do ALL of these if the body would gain anything near NORMAL or prevent a greater disturbance.

35. Ready for questions.

36. (Q) Why can't I write a letter that is understandable, even tho to my mind it is alright?

(A) Only this incoordination between the reflexes and responses to the body. These as we find will be made better, as also the irritations to the body, by the use of both forms of the low electrical vibration. That which is produced by the body itself, through the Radio-Active Appliance, will equalize the reactions for the body; gradually to be sure, for as has been indicated the body must be patient but persistent.

37. (Q) Will this relieve deafness and partial blindness?

(A) As indicated, it will; as also the irritation and the more regularity in reflexes and responses throughout.

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38. We are through for the present.

(10/2/36 GD's notes: See letter [which was enclosed] with directions to Osteopath. See letter [which was enclosed] to H.H.R. Corp., with directions as to preparation and use of Appliances.)

REPORTS OF READING 1268-1 F 50 (?)

R1. 10/16/36 Mr. [333]'s letter to EC:

“Thanks for the wonderful readings for Mrs. [1268] and Miss [1269]. Both cases are going strong with their treatments, Mrs. [1268] is feeling so much better already that she just can't keep from exclaiming about it all the time, but she is one to stick to it rigidly.”

R2. 11/15/36 Mr. [333]'s letter to EC:

“Mrs. [1268] is feeling so wonderful since she started her treatments through the readings that she just can't get over talking about it.”

R3. 12/21/36 See 1268-2.

BACKGROUND OF READING 1268-2 F 50 (?)

B1. 12/8/36 [1268]'s letter to EC: "...I would like a Check Reading on or about December 21. I am going to Florida after Christmas and will be away three months. It will be hard to carry wet cell battery (Can I stop that part of treatment for that time?) but I could take it in car if it is mentioned in the new reading. I would like to ask if I have too much sugar in blood. I am feeling so much better - blood pressure went down from 194 to 168 and I have lost 15 pounds... I know you will find me much better..."

TEXT OF READING 1268-2 F 50 (?)

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 21st day of December, 1936, in accordance with request made by the self - Mrs. [1268], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 3: 45 to 4: 00 P. M. Eastern Standard Time., Md.

(Physical Suggestion)

1. EC: Yes, we have the body, [1268]; this we have had before.
2. As we find, conditions are quite different from that as we have had here before. In most EVERY way there are improvements; not only in the general physical reactions but the general outlook, the general perspective of a material experience.
3. While much might be said regarding the mental and spiritual aspects, these as we find merely kept in that activity of a creative outlook for the spiritual insight will only make for a broadening of the vision and the experiences of the entity.
4. In the physical body, these as we find need much of that which has been indicated to be kept; especially as related to the diet and the activities that prevent accumulations or the excesses of drosses or starches that make for a hardening upon the activity of the glandular system as related to the glands of the body. (Don't confuse granular with glandular!)
5. These as we find kept in the manners as indicated are preferable for the body.
6. Sun baths. Occasionally, as we find, rubs following vapor Baths would be well; or as in the environment in which there are apparently the prospects - where there may be the Health Institute activities; IF the body indicates that it desires, however, rather than being dictated to even in this Institute! Go there only for the rubs and the baths, and these as we find would keep, through the winter period, a better response and a better activity for the body.
7. Ready for questions.
8. (Q) Has there ever been a "sugar" condition or a diabetic condition in this body? If so, are there any traces present now?
(A) Any body that has reached the age of this body has at one time or another had these inclinations; as has been indicated for this body. But, as given, if there is the proper balance kept in the diets and in the assimilations and for the glandular activities of the body, these may be kept in check - FROM the present conditions.
9. (Q) Please give analysis of urine.
(A) This as we find shows at the present some excess of sediments and a little of the albumin. This is an excess owing to the increased activity that has been produced by the

actions or influences of those activities of the body upon this particular portion of the hepatic circulation. But as we find there may be found a great deal of change in the SPECIFIC, IN the conditions of the urine analysis, day by day! Not such a change that there is a fearful condition or even anxiety respecting the conditions. Some sugar is indicated in the present. If a few drinks of Coca-Cola or any super-alkaline-reacting vibrations would be taken, these would clarify and purify the reactions in these directions.

Hence as has been indicated, the need for baths and rubs as well as the vitamin reactions from ultra-violet upon the body through sun baths.

10. (Q) What should be done about changing eye glasses?

(A) As we find, during those periods when the body is to be a considerable period in the sun, or in strong light, we would give it preferable rather to use the shaded or the rose glass, or amber glass, and not change the reading or the regular glasses; not until after there is a return or a change in the environments. And this as we find would not be necessary then in the next two or three months.

11. (Q) Are connections and condition of appliances satisfactory?

(A) These are very good, but as we find if there are those others to be used; that is, the sun rays and the rubs, we would not use the Appliance during the strong use of the other influences, see?

Hence when the body returns to the use of these, only have the connections inspected. But keep all portions, as has been given, apart when not in use.

12. (Q) Should any particular rub be used after Vapor Baths?

(A) Those that are ordinarily given with such conditions. This would depend, to be sure, much upon the character of fume bath; whether it would be of the pine oils or just the olive oil with the alcohol rubs afterward, and at times - of course - the salt rum or rub is very well.

But keep in those ways and manners; and - as the body has gradually grown to do more recently than formerly, or for some years - during those meditative periods let that thought permeate those expressions of self:

“O LORD, LET ME BE WILLING TO BE USED AS THOU SEEST I MAY FOR THE FULFILLING OF THAT - O GOD - THOU WOULD HAVE ME DO, AND BE, IN THIS EXPERIENCE. THY WILL, O FATHER, NOT MINE, BE DONE IN AND THROUGH ME!”

13. We are through for the present.

REPORTS OF READING 1268-2 F 50 (?)

R1. 1/6/37 Mr. [1313] received a Physical Reading via recommendation of Mrs. [1268]’s husband.

R2. 1/7/37 Mr. [333]’s letter to EC:

“Mrs. [1268] and husband left for Florida December 27th. Mrs. [1268] was feeling ‘tops.’ Her friends all say that they have never seen her look finer in all the years they have known her. She was very much impressed with her second reading, especially the affirmation given. There is an opportunity for a fine spiritual development in this case.

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Their apartment is free to you any time between now and April 1st should you care to use it for your work and living quarters..."

R3. 1/23/37 Dr. Lulu Irene Waters Hare's letter to EC:

"...Thanks so much for sending Mrs. [1268] to me. She responded beautifully..."

R4. 4/3/37 Mrs. [1268]'s reply to Questionnaire:

(1) In your opinion did the analysis of the reading cover the condition? Yes.

(2) Give symptoms of condition described correctly? High blood pressure; Defective eyesight resulting from some form of stroke experienced fifteen years ago.

(3) What was the physician's analysis of this condition? Given as result of stroke and supposedly nothing could be done to correct these conditions.

(4) Have the suggestions given in the reading been followed exactly as outlined? Yes.

(5) For how long? Six months.

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

Blood pressure down to normal (160); reduced in weight 25 pounds. Former weight 245 pounds; eyesight improved 75% - can darn socks and sew without aid of glasses.

R5. 3/22/38 Mr. [533]'s letter to EC:

"Still out of a job and trying to plug along. If it were not for the little that [our son] earns and the extreme kindness and help from Mrs. [1268] and her husband, both of whom are answers to your prayers for us, we would not be carrying on at all."

The following articles have been 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.



Hypertension . . .

Venture Inward, July/August 1998

Q. I have been diagnosed as having hypertension. My blood pressure has been around 160/100. I have been resistant to starting on any medications and would like to try other options first.

A. Hypertension, or high blood pressure, is a common condition affecting an estimated 50 million Americans. In less than 10 percent of the cases, it is linked to a specific illness such as kidney disease. The other 90 percent of cases are termed “essential” hypertension and do not have a clear single cause.

The Cayce readings link hypertension with conditions that congest capillary and venous circulation, causing increased pressure on the arterial side. Several factors could produce this, the most common being sluggishness and pressures in the colon.

The main reason to treat high blood pressure is to prevent the long-term consequences of damage in various organs, including the heart, kidneys, and blood vessels. Your pressures fall in the mildly elevated range, and it would be normal to try alternatives to medication for six months and monitoring. Lifestyle changes known to affect blood pressure include weight reduction, regular exercise, decreasing alcohol consumption, and stress reduction. The diet should be rich in high potassium foods (fruits and vegetables) and low in saturated fat, sugar, and sodium salts.

The Cayce therapeutic model includes these same dietary changes to improve assimilation and elimination, the use of moderate exercise, and working with relaxation, but has some other suggestions as well. A very common recommendation was the use of colonics. These can follow a series of castor oil packs and be given once a week for several weeks as an initial cleansing followed by maintenance colonics once a month as needed. Also recommended was osteopathic manipulation and massage, particularly to the thoracic portion of the spine. Use of an electric vibrator along the spine might also be helpful if adjustments cannot be obtained.

Treating high blood pressure

Venture Inward, January/February 1998

http://www.are-cayce.org/members/venture_inward/01021998/column.asp?ID=Holistic_Health

The Edgar Cayce readings take the view that to be healthy we must live a harmonious and purposeful life. We should balance our life between mental and physical activities, taking extreme care to give consideration to those involving circulation, assimilation, rest, and elimination (C.A.R.E.). Briefly, circulation includes exercise, massage, and adjustments; assimilation addresses our need to eat nutritional foods and supplements in balanced combinations with proper amounts of water; rest includes setting aside enough time for recuperation, relaxation, and recreation; elimination includes not only a proper dietary program but also specific applications of high colonics, certain natural laxatives (sufficient daily fiber is an example), steam baths, and other forms of hydrotherapy.

Some of us do not consistently and persistently apply that which we know to do, and thus we can become less than well or even ill. In most cases, when we become ill or suffer from complicated physical conditions of long duration, we look for a quick cure – a cure that is not always beneficial to the entire body. But can we do something “alternatively” that will help? Something less invasive to the body than physical or chemical surgery that will balance the systems of the body?

Often, before we become acutely ill, our bodies tell us something is wrong. We are not carrying on in an efficient manner. We may be overly tired, lack motivation, or even have specific signs of acute illness. My wife, Nikkie, who applies many of the physical practices in the Cayce readings' C.A.R.E. description, also takes her blood pressure regularly. To her dismay last spring she discovered that both the systolic and diastolic pressures were unusually high. (The diastolic numbers were consistently above 100 in the 115 to 120 range, and systolic numbers were about 40 to 50 points higher.) Nikkie felt some dizziness and had an accompanying headache. This went on for a few days. Our daughter, a physician in residence, suggested procedures for monitoring her blood pressure and the need to seek medical assistance locally if symptoms could not be reversed using the Cayce therapies. She said, “This is too serious to mess around with.” We listened, but hoped the Cayce suggestions would work.

We wanted a more permanent cure by treating the underlying causes of hypertension. Believing that balancing the body's system influences the ongoing quality of our life and has a considerable effect on healing long-standing and difficult bodily conditions when applied specifically, Nikkie read about the therapeutic regimen outlined in the Cayce readings for healing hypertension. The readings described hypertension as an improper equilibrium of the circulation. The therapy regimen strongly suggested a balance between the circulatory and nervous systems. These systems that had kept Nikkie healthy were being adversely affected by many factors, including attitudes and emotions.

Nikkie then followed the readings' advice and designed the following plan: (1) develop a right attitude (physical, mental, spiritual); (2) design a specific

treatment protocol for treating the hypertension symptoms; (3) promote equalization of the circulation and stability of the nerve forces by treating the underlying causes of the hypertension; and (4) use preventive measures for the avoidance of future occurrences of high blood pressure.

Provided with choices, knowledge, and great determination, my wife proceeded with patience, persistence, and faith in carrying out the treatments. She put her trust in Cayce's "higher wisdom" and controlled her fears and negative thoughts. The readings about hypertension suggested that she start the day by eating one half a lemon upon arising, taking a long walk, and then finishing with eating the other half of the lemon. (The lemon had the effect of alkalizing the system.) Nikkie then used the Impedance Appliance, assembled by Dewey Transformational Technologies of Virginia Beach, Virginia, by attaching the negative lead to the umbilicus and the positive to the ankle for 30 minutes. The appliance is a battery formed of carbon steel which becomes electronized by ice water and then partakes of the same vibrations which form the human body. The appliance, according to reading 1800-4, "produce[s] that equilibrium in the human body to relieve any tension as is caused in the deficiency or over proficiency of any electronic agent ..." It acts as an equalizer only to the same degree that normal rest generates recuperative powers in the body. The action, then, is preventative rather than curative except insofar as the body assists through its mental forces, appetite, and other rebuilding forces.

Then Nikkie had a massage with special emphasis on the sixth, seventh, eighth, and ninth dorsal areas and coccyx area of the spine. The massage had the effect of relieving disturbances to those areas which have a direct influence on nerve plexuses and ganglia controlling blood pressure and hepatic circulation, according to the readings.

The results were startling. After the first application of this therapeutic regimen, the diastolic number dropped into the 80s and the systolic in the 130s in the sitting position. (Measurements were also taken in the standing and lying positions at least four times a day.) The blood pressure readings increased by the end of the first day. At the beginning of the second day, Nikkie's blood pressure was 144/90 in the lying position and 147/100 in the sitting position. She began the same procedure as the previous day and by mid-morning her blood pressure was 136/88. It elevated slightly on the second day but not as much as the first day. Each day the blood pressure readings became more normal for Nikkie, and now she has a blood pressure systolic reading in the low 120s and a diastolic reading in the low 70s with no dizziness or accompanying headaches.

Amazing! These therapies found in the readings really work! Nikkie chose to use an unconventional therapy that balanced the blood circulation and stabilized the nerve forces. Combinations of diet, right thinking, exercise, nerve stimulation through massage, and vitalization of the entire system were used to achieve these results.

Fred Miller
Ririe, Idaho

Hypertension Project Lowers Blood Pressure

MERIDIAN INSTITUTE NEWS

Vol. 3 No. 5 September, 1999

As many as 1 in 4 American adults has high blood pressure (hypertension), but most are unaware of it. Because high blood pressure has no obvious symptoms or warning signs, it is often called the "silent killer." People may not find out they have it until they have trouble with their heart, brain, or kidneys; it can lead to a heart attack, stroke, or kidney failure. For the past six months, three people with high blood pressure have been following a treatment protocol based on the Cayce readings, with very good results.

Blood pressure is the force of the blood pushing against the walls of the arteries. Each time the heart beats, it pumps out blood into the arteries. Your blood pressure is at its greatest when the heart contracts and is pumping the blood. This is called systolic pressure. When the heart is at rest, in between beats, your blood pressure falls. This is the diastolic pressure. Blood pressure is reported with two numbers: the systolic pressure over the diastolic pressure. Normal blood pressure is less than 130/85. All three participants began the project with blood pressures higher than normal for both numbers.

In conventional medicine, the cause of hypertension is not known. Edgar Cayce attributed high blood pressure in most cases to an "improper equilibrium of the circulation," due to a lack of coordination in the nervous system. He also spoke of osteopathic lesions in the spine, and of problems in the digestive tract. For example, difficulties with elimination and "accumulations" in the colon were cited at times, leading to an "overquantity of blood." In Cayce's treatment recommendations, diet was emphasized repeatedly, as was the need for patience, persistence and faith in carrying out the treatments. Other suggestions included colonic irrigations, the radial appliance for equalizing circulation, and eating a lemon early in the morning.

The three participants spent 10 days in November in Virginia Beach, receiving information and training in the recommended therapies, so that they could return home and successfully follow the treatment regimen. The treatment regimen consisted of a diet high in fresh fruits and vegetables, with low fat, no fried foods, and little starch. It included occasional colonic irrigations, the radial appliance, and some chiropractic adjustments. Of particular importance was a focus on the mental and spiritual aspects of the treatment.

Six months later, in May, they returned, with the following results, based on monthly averages of daily blood pressure measurements:

Person 1: November 142/90, May 128/78

Person 2: November 162/92, May 142/82

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Person 3: November-January 158/88, May 153/83 (November through January were averaged, due to small numbers of measurement)

Persons 1 and 2, neither of whom were using any medications, had major reductions in blood pressure. Person 3 had only a small reduction, but was able to decrease her medication, and felt better from less medication side effects.

Diet seemed to be the most important factor in the blood pressure reduction. According to the daily logs the people kept, all were very faithful in sticking to the Cayce diet. This was an impressive success, since fidelity to the diet had been one of the more difficult aspects of our protocols. They also each received from 6 to 8 colonic irrigations over the six months. Use of the radial appliance to equalize circulation was somewhat sporadic.

Especially encouraging was the success in blood pressure reduction despite stressful life events, without medication. For example, Person 1 experienced a move and a major change of employment. He noted that there was "currently a substantial amount of stress associated with the new job, pressure goes up at work." Yet his morning and evening pressures consistently continued to fall.

There remain more aspects of the treatments to explore. More consistent use of the radial appliance, colonic irrigations on a reliable schedule, and guidance on food preparation might all contribute to even stronger results in the future.

Also see:

http://www.are-cayce.org/members/venture_inward/03042000/column.asp?ID=Holistic_Health

NEWS TO USE FROM AROUND THE WORLD

A Crick in the Neck Can Break Your Heart

Alternatives Newsletter, May 2007

Dr. David Williams



CHICAGO, ILLINOIS - A simple chiropractic adjustment could reduce your blood pressure. In a trial conducted at the Rush University Hypertension Center in Chicago, a group of 50 patients received either an adjustment to the upper cervical vertebra, known as the atlas, or a sham procedure designed to imitate the real thing but produce no benefit.

Those who received the real adjustment had an average decrease of 17 points in their systolic blood pressure (the upper number) and 10 points diastolic (the lower number). These results are similar to what can be achieved by typical two-drug combination therapy for hypertension. The decrease in blood pressure lasted for at least the eight weeks of follow-up in the study. (*J Hum Hypertens* 07, (Mar 2):Epub ahead of print, PMID 17252032)

The researchers said that they didn't know how the adjustment worked, but patients who received an adjustment of the atlas for other reasons had spontaneously reported a decrease in blood pressure. The effect likely is due to the fact that so many parts of the nervous system and cardiovascular system are packed together at that point in the neck. The atlas is the uppermost vertebra, and is held in place by soft tissue such as ligaments and muscles - instead of being interlocked with other vertebrae the way all the others are.

You can check yourself to see if a misaligned atlas could be causing your high blood pressure. Simply lie on your back on a hard surface - the kitchen floor will do fine - in bare feet. Ask a companion to compare the position of your heels. If they're even, then the atlas isn't out of alignment. If they're uneven, then your companion should watch what happens to your heels as you turn your head from side to side. If their relative position changes as your head moves, then the atlas is out of alignment and an adjustment could help.

If you do choose to try a chiropractic adjustment, and you're already taking medication for your blood pressure, make sure your physician knows what you're planning and can adapt your dosage as necessary.

Killing your Cancer Without Killing Yourself
Using Natural Cures That Work
by Allen S. Chips

An excerpt on hypertension:

Late August 2003: Family Psychosomatics Begin

In the meantime, my wife's and my daughter's health were becoming affected through a psychosomatic connection to the events that were happening in our lives. Dee's blood pressure was significantly elevated and my daughter was having irregular menstrual cycles with sharp pains in her ovaries. I began to research natural methods for lowering blood pressure, and we scheduled an appointment for my daughter with a gynecologist in our preferred physician network. We were lucky and got an appointment the following month. Dee's blood pressure measured 176 over 105 one day, and stayed consistently high in subsequent readings. A normal reading is somewhere in the neighborhood of 130 over 80. This put her on the charts between “moderately high” and “severe.”

Upon hearing this news, some members of our extended family were concerned about the potential for stroke and suggested a visit to a traditional medical doctor for drug therapy. I pressured my wife to learn to take care of this hereditary condition, which was exacerbated by my medical condition. We were reluctant to use pharmaceuticals, because the drugs for high blood pressure consisted of diuretics, beta-blockers, calcium channel blockers, or ACE inhibitors, all of which have side effects, and many of which offer only moderate help. She asked about a drugless therapy based on naturopathic research that I would personally conduct, and I agreed.

I researched herbs and supplements, and found the following to be effective: potassium, vitamin B complex, hawthorn berry, omega three fatty acids (fish oil and flax seed oil), coral calcium, ester C, and an antioxidant blend.

In addition, she agreed to change her diet and exercise more; we noticed results immediately. Within a month, her blood pressure was back in the normal range. Not only was the natural remedy effective in reducing the symptoms later tests showed that her cardiovascular system was clear of excess plaque and cholesterol.

Acupuncture For Hypertension

Dr. Julian Whitaker's Health & Healing, August 2007

Good news! An ancient treatment may be as effective as single-drug therapy in controlling blood pressure. German researchers divided 160 people with mild to moderate hypertension into two groups and gave them a series of acupuncture or sham (placebo) treatments. Although there were no significant changes in blood pressure in the placebo group after six weeks, patients who received acupuncture had drops of 5.4 mm/Hg systolic and 3.0 mm/Hg diastolic-changes comparable to what you'd get with drugs such as ACE inhibitors. If you have hypertension, I suggest you look for a licensed acupuncturist by visiting nccaom.org.

I also recommend at-home monitoring – according to a recent study, it's the most effective way of tracking blood pressure. Take three readings (wait 30 seconds between readings and average the three) twice a day, first thing in the morning and at night before turning in. I really like the BPA 300 model by HoMedics. You can order one online from homedics.com.

Managing Hypertension Without Drugs

by Michael Janson, M.D.

Nutrition Science News, November 1997 – Vol. 2, No. 11

www.nutritionsciencenews.com

The word hypertension brings to mind images of stressed-out stockbrokers shouting in the bidding den. In reality, the term doesn't refer to nervous tension, but rather to arterial blood under excessive pressure, hence the common name, high blood pressure.

Arterial blood pressure has two measurements. The first, called systolic pressure, represents the force against the arteries as the heart pumps out blood. The second, called diastolic pressure, represents the pressure in the arteries as the heart relaxes between beats. The systolic pressure is given first, then the diastolic. Most health practitioners consider normal blood pressure to hover around 120/80 (spoken of as 120 over 80).

Although blood pressures under 140 systolic and 85 diastolic are generally acceptable, there is evidence that any elevation over 80 diastolic may increase the risk of cardiovascular diseases. These diseases include the most common killers in Western cultures: stroke, arteriosclerosis and congestive heart failure.

Without the aid of a blood pressure cuff, a person generally can't tell whether hypertension is a problem. Most people aren't aware of their elevated blood pressure until after they've developed heart disease or had a stroke. Because of the dearth of associated symptoms, hypertension has been called the "silent killer." It's a scary term. In the past, radio public service announcements capitalized on this fear factor, saying that patients could never safely stop their blood pressure medications. And who supported these announcements? The manufacturers of blood-pressure-lowering medications.

The truth is that under supervised medical care, hypertensive patients can do many things to reduce or eliminate the need for medication. The first step is identifying the cause. Sometimes problems such as kidney disease, hormone disorders, neurological conditions and certain medications have led to the high blood pressure – a condition called secondary hypertension. Curing the underlying condition can bring blood pressure back to normal.

When no known disease process has caused the high blood pressure, it's called primary or essential hypertension. Primary hypertension accounts for more than 90 percent of all cases of high blood pressure.¹ Lifestyles associated with poor diet, lack of physical activity, stress and obesity all contribute to high blood pressure.^{2,3,4} Managing the condition involves improving lifestyle habits and boosting the diet with nutritional supplements.

Prevention And Treatment

*Diet: Many experts consider the standard American fare our downfall. Eating foods high in fat, sugar, sodium, preservatives and additives and low in many nutrients leads to many health problems, including hypertension.

For example, in one study, hypertensive rats fed sugar, without changing their salt intake, had 10 percent increases in their blood pressure.⁵ Another study in humans

reported that adding sucrose or glucose to the diet elevated blood pressure and increased salt retention.⁶

The healthiest diet for almost any health problem, including hypertension, is the high-fiber, high-complex-carbohydrate, mostly vegetarian fare typically consumed by non-industrialized cultures. When medical researchers studied African populations, they found the people relatively free of cardiovascular disease, bowel cancers and many other health problems. Their dietary staples consisted largely of potatoes, bananas, corn meal and beans.⁷ Clinical studies have shown that a whole foods, plant-based diet can reverse heart disease and diabetes, and reduce the risk of cancer and the symptoms of arthritis.⁸⁹

A solely plant-based diet can also lower blood pressure.¹⁰ Compared to omnivores, ovo-lacto vegetarians (people who consume eggs and dairy, but no flesh) tend to have lower blood pressures. Even a relatively small reduction of systolic blood pressure can significantly reduce the risk of heart disease.¹¹

In one study, more than 30,000 American male health professionals without hypertension were followed for four years. Higher intake of dietary fiber, potassium and magnesium were each significantly associated with lower risk of hypertension. Even those who did not develop diagnosable hypertension still had a greater rise in blood pressure with time if they consumed lower amounts of these dietary substances.¹²

The diet that best maximizes fiber, potassium and magnesium is a plant-based diet. Such a diet emphasizes vegetables, fruits, whole grains, legumes, seeds and nuts. Good examples come from the traditional foods of Asia, the Mideast, Latin America and Africa. All revolve around a core of legumes and grains such as lentils and rice, beans and corn, or soy and millet – topped with local vegetables and fruits. A good general guideline is to select ethnic foods.

* **Exercise:** Epidemiological reviews have shown that exercise lowers many cardiovascular risks, including cholesterol, weight and blood pressure.¹³ A study of nearly 15,000 Harvard male alumni revealed that regular physical exercise was closely linked with a decreased risk of hypertension. Compared to those who routinely engaged in vigorous sports, sedentary men had a 35 percent greater risk of hypertension.¹⁴ Although aerobic exercise has been better studied, any physical activity can help lower high blood pressure.

* **Stress management:** In one study, 132 healthy men and women were put under various stresses. Blood pressures typically went up, depending on the level and type of stress.¹⁵ People can take advantage of a variety of methods for controlling stress. Simple techniques include scheduling adequate time to complete tasks and letting go of unnecessary projects. Other methods, such as biofeedback and meditation, require a modest amount of training. A recent study of 111 African-American people with high blood pressure found that a meditative technique lowered blood pressure on par with antihypertensive drugs.¹⁶

* **Supplements:** In addition to following healthy lifestyles, patients can also incorporate dietary supplements specific for helping control blood pressure. Taking the proper dosage is important. It's also wise to work in partnership with a qualified health practitioner. Patients should not abruptly discontinue antihypertensive medications without appropriate medical guidance.

Magnesium: One of the better studied antihypertensive supplements is magnesium – a mineral important to numerous enzymes and cell membrane permeability to sodium

and calcium. Studies show that supplemental magnesium helps relax the smooth muscle of blood vessels. Most likely, it modulates vessel contractibility that's caused by such naturally occurring chemicals as bradykinin, angiotensin II, serotonin, prostaglandins and catecholamines.¹⁷

A Dutch study of 91 elderly patients with mild to moderate hypertension found that, compared to placebo, magnesium aspartate significantly reduced blood pressure.¹⁸ In a Swedish study, 20 hypertensive patients were given magnesium aspartate supplements for six months. Magnesium levels inside their cells rose, and both systolic and diastolic pressures fell significantly. In addition, the treatment group had increased cellular levels of potassium, which helps control blood pressure.¹⁹

Potassium: Recent studies show the value of supplemental potassium in managing blood pressure.²⁰ Increasing dietary potassium can also offset the tendency of excess dietary sodium chloride (salt) to raise blood pressure. A low to normal potassium intake encourages this salt-induced blood pressure rise.²¹

The American diet typically does not provide adequate potassium, but potassium needs are easily satisfied by a varied, whole foods diet. Sodium needs, on the other hand, are less than 1,000 mg daily. In the United States and many other industrialized countries, the ratio of sodium to potassium intake is typically reversed. Given our current knowledge, people should maximize potassium through diet and supplements and reduce their sodium intakes.

Calcium: This mineral is another supplement associated with blood pressure regulation. Results of clinical trials on calcium supplementation, however, have been mixed. One study suggests that calcium may even contribute to hypertension, possibly because it competes with magnesium.²² Although the combined effect of calcium and magnesium on blood pressure hasn't yet been determined, magnesium appears more important.

Coenzyme Q 10: An antioxidant and an essential component of energy metabolism, Co-Q 10 plays a significant role in treating hypertension and heart failure. A study of 109 heart failure patients who also had hypertension demonstrated a clear benefit for those taking Co-Q 10. At an average of 4.4 months, 51 percent of the patients were able to discontinue their hypertension medications. Those with heart failure improved significantly.²³

An Italian study of 26 patients treated for 10 weeks with 100 mg daily of Co-Q 10 revealed a significant reduction in blood pressure and improved cholesterol profiles. Average systolic blood pressures decreased from 164 to 146, and diastolic blood pressures decreased from 98 to 86. Average total cholesterol decreased from 223 mg/dl to 213 mg/dl and HDL cholesterol (the "good" cholesterol) increased from 41 mg/dl to 43 mg/dl.²⁴

Garlic (Allium sativum): Sallies are confirming the wisdom of garlic's traditional use as a treatment for hypertension. A recent pilot study of nine patients receiving high dosages (2,400 mg daily) of a deodorized garlic preparation showed a significant decline of both systolic and diastolic pressures.²⁵ Although the results were positive, this study was not randomized or placebo-controlled.

Another study suggested a possible explanation for garlic's effect on blood pressure. The endothelial cells, which line the arteries, produce a relaxing factor known as nitric oxide. When these cells are damaged they may produce less nitric oxide, leading

HYPERTENSION CIRCULATING FILE

to blood vessel spasm and higher blood pressure. In vitro, garlic preparations increase the activity of nitric oxide synthase, the essential enzyme for production of nitric oxide.²⁶

Taurine: This amino acid is another nutrient supplement that may help control blood pressure. A study of hypertensive rats showed that taurine supplementation not only normalized the increased nervous system activity often associated with high blood pressure, but also elicited a beta-endorphin (a natural opiate) response that relaxed the blood vessels.²⁷ These findings suggest that taurine may help to reduce blood pressure. Other studies show that taurine helps relieve congestive heart failure by enhancing the contractile ability of heart muscle.²⁸

Other Supplements: Herbs such as hawthorn (*Crataegus oxyacantha*) and essential fatty acids (e.g., gamma-linolenic acid and omega-3 fatty acids) may also help control blood pressure.

In general, it's best to use supplements in the context of a comprehensive health-care approach – one that includes healthy diet, exercise and stress management. Potential benefits go beyond controlling blood pressure to improving overall well-being.

Supplement Dosages for High Blood Pressure

“I typically recommend the following dosages for patients with high blood pressure.”

- Michael Janson, M.D.

NUTRIENT	DOSAGE
Magnesium Aspartate	500-1,000 mg/day
Potassium	200 mg twice a day, plus potassium-rich foods such as bananas, potatoes, citrus, sunflower seeds and leafy greens
Co-Q 10	100-300 mg/day
Garlic	500-1,000 mg twice a day as deodorized capsules
Taurine	1,000-2,000 mg/day
Gamma-Linolenic Acid (GLA)	240 mg/day from 6 capsules of evening primrose oil, 3 capsules black currant oil, or 1 capsule of borage oil
Omega-3 Fatty Acids	1-2 tablets/day of flaxseed oil or 4-6 capsules/day of fish oil

HYPERTENSION CIRCULATING FILE

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Blood Pressure: The #1 Medical Myth

by Dr. Bruce West

Health Alert, July 2007, Volume 24, Issue 7

If what you thought was true turned out not to be true, how soon would you want to know? If you're like me, the answer is *immediately*. Well, hold on to your hat, because this one will take the roof off. High blood pressure (hypertension) is a symptom-not a disease. Most diagnosed “high blood pressure” is not high. Your blood pressure naturally gets higher as you get older (it has to). Medical treatments for high blood pressure are ineffective, fraught with side effects that are so dangerous *they kill thousands of people* every year. And (drum roll please) these expensive, dangerous, and toxic drugs do not prolong life – save for a couple weeks at best!

How Do They Do It?

Treatments for high blood pressure make up the single greatest disease mongering program in history. The concept of treating high blood pressure with drugs is sold to well-meaning physicians through manipulated studies, sordid half-truths, lies, misrepresentations, and fraud that are so well covered up and made complicated that it takes a medical researcher with a specialty in statistics to figure it all out.

Since the average physician is not a medical statistician, since they read only the portions of studies the drug companies want them to, and since their profession has made drug treatment of “high blood pressure” the *gold standard* – you pay the price with both your pocketbook and your health. The price for this scam is in the *tens of billions* of dollars and who knows how many lives. It is growing exponentially as thousands of free blood pressure screenings keep magically popping up-the perfect way to keep the public dumb, duped, and in line for more drugs.

This shift toward pathologizing blood pressure was a result of the Framingham study, which made a radical change in medical philosophy. The study experts reported to the medical community that the higher the systolic blood pressure (the first number), the higher the death rate. Graphs were skewed, statistics were altered, data points were fictionalized, age-adjusted death rates (which radically change the Framingham results) were simply ignored, and *relative* end results were reported, rather than *absolute* results and statistics.

The Real Truth is So, So Different

For those who are skilled enough and take the time to really decipher *all* the medical statistics, the truth is very different. In a realistic interpretation of the results of the Meta-analysis (looking at everything) of blood pressure drug trials and studies, *no measurable difference* could be found for protection from stroke, cardiovascular disease, congestive heart failure (CHF), or mortality. In fact, in several categories, patients did *slightly worse* on drugs vs. placebo.

The only positive results were very modest. They were confined to those with the most extreme high blood pressure (at least over 200/100). And those results came at a high price. What the medical community was not told after Framingham was that

collateral damage from the drugs was so extreme that up to 50% of people quit the drugs after 3 years.

The astounding truth is that increased lifespan could not be achieved beyond a couple weeks, even after 30 years on drugs! When you understand high blood pressure, you can understand why. High blood pressure is a symptom. When your body raises its blood pressure, there is a good reason. That reason is almost always to maintain a good supply of oxygen and nutrients to all organs.

The sledge-hammer approach of using drugs to weaken the heart, dilate arteries or veins, or increase urination (the only things that drugs do) *rarely does anything of overall value!* But big money is calling the shots. When lowering blood pressure by 5 points can bring in billions of dollars, by all means do it – even if benefits are absent, people are hurt, and the drugs transform you into an invalid eunuch!

Causes of High Blood Pressure

Cause is the one thing medicine simply does not consider. By their own admission, they consider 95% of high blood pressure to be of *unknown cause*. But what the heck, it is just too easy and lucrative to treat the symptoms.

Yet there are real reasons for high blood pressure.

1) The first is the natural rise in blood pressure as you age. Remember when Grandma died at age 95 from cancer after having a blood pressure of 300/150 for 40 years?

2) Surely, a high percentage of the 95% of high blood pressure cases with “unknown cause” is caused by *other prescription drugs*.

All kinds of drugs cause high blood pressure: Pain and arthritis drugs like Vioxx and Arava, migraine drugs like Axert, incontinence drugs like Ditropan and Detrol, and MAIDS like Motrin and Aleve. The list goes on and on – even if doctors never discuss these as a cause of high blood pressure.

3) Remember the *no-salt diet*? Called *DASH* (Dietary Approaches to Stop Hypertension), it was designed to treat another “cause” of high blood pressure – salt. It was a typical low-fat, low-cholesterol, low-salt diet. Its results were *nonexistent*. Or to be fair, DASH trial people lowered their blood pressure by an average of 2.8/1.1. The systolic (high number) dropped 2.8 and the diastolic (low number) dropped 1.1. These are laughable trial results – except for the fact that they are still taken seriously, and the DASH diet is still extolled and prescribed by many, many physicians.

4) The newest “cause of high blood pressure” coincidentally comes hot on the heels of medicine's and the public's love affair with coronary angioplasties and bypasses. It is *stenosis of the blood vessels to the kidneys*. This causes the kidneys to secrete certain chemicals that cause high blood pressure. Of course, the cure is an angioplasty or bypass of the arteries to the kidneys! This rarely works long-term, and will probably go the same route as the band-aid angioplasty and bypass coronary surgeries – it will disappear after it runs its course.

5) Overweight is a cause of high blood pressure. By definition, the heart must pump harder to get blood, oxygen, and nutrients to more body area. And your blood vessels do not like high blood levels of insulin (as in Type-2 diabetes). So *overweight and high insulin levels* are directly related to high blood pressure. Indeed a 20-pound weight

loss will lower blood pressure by from 10/8 to 16/13. These results alone are better than DASH and most drug therapies.

Blood pressure-lowering results with weight loss are better with a low carbohydrate diet with no wheat. This lowers circulating insulin levels. When you add weight bearing exercise (weight lifting), the results are even better as the cells become more sensitive to insulin, allowing for an even further drop in elevated blood insulin.

6) Stress is a cause of high blood pressure (*emotional hypertension*). Addressing anxiety and stress with meditation, deep breathing, and/or anti-anxiety training will lower blood pressure. In fact, deep breathing alone has been shown to be as effective as drugs for this type of high blood pressure. We have a free flyer on this. Just send a self-addressed envelope with two stamps and say DEEP BREATHING. There is now a medical device called the Resp-A-Rate that can be purchased to help with proper breathing. This has been tested to show that it is as effective as drugs in these cases.

7) Liver and kidney problems and overload can cause high blood pressure (*hepatic, portal, or renal hypertension*). These cases usually have a high diastolic (second) number. Two 3-week liver/ kidney detoxification schedules can ease the load and strengthen the kidneys and liver. This will help normalize blood pressure as effectively as drugs in these cases. If you need information on this, send us a self-addressed envelope with two stamps and say LIVER DETOXIFICATION.

8) If just your systolic (first number) is high, you usually have clogged arteries and possibly liver problems (*atherosclerotic hypertension*). Two 3-week liver/kidney detoxification schedules are in order in these cases. If you also have gallbladder problems, or you've had your gallbladder removed, you may also need to perform 2 liver/gallbladder flushes a month apart. Thereafter you may need to take 2-3 *A-F Betafood* tablets from Standard Process per meal to help maintain normal fat metabolism and help control and reverse clogged arteries. If you need information on the liver/gallbladder flush, send us a self-addressed envelope with two stamps and say LIVER FLUSH.

9) If both your systolic and diastolic numbers are high, you will generally be diagnosed with *benign hypertension*. This can be caused by hardening of the arteries of older age, or by a combination of any or all of the other causes. These cases are the most common when your body is simply trying to get more blood, oxygen, and nutrients to your cells through less elastic arteries.

A Really Simple, Common-Sense Solution

In all these cases, you need to maintain proper weight, stop smoking and drinking alcohol, cut back on carbohydrates and wheat, drink plenty of pure water, and exercise regularly. You'll also need to feed your blood vessels, glands, and heart what they need to heal and maintain proper strength, force, and elasticity. Besides diet, certain supplements may be needed to accomplish these goals.

The basics include the following products from Standard Process: *Cardio-Plus* to maintain a healthy heart (6/day). *Min-Tran* to supply organic minerals that soothe the nervous system (6-9/day). *Diaplex* and *Cataplex GTF* (3-6/day) to help maintain proper blood sugar and insulin levels. *Livaplex* if the cause of your high blood pressure is a congested liver (6/day). And *Renafood* if the cause of your high blood pressure is a kidney problem (6/day).

What Blood Pressure Drugs Do and Why They Are Bad

Drugs work by chemically inducing three changes: 1) reducing the amount of fluid in your body, 2) relaxing the arteries, or 3) making the heart pump slower or with less force.

Diuretics like Spironolactone work by reducing fluid. To this day no one really knows how these drugs work. Their major problems are interfering with minerals which can cause heart arrhythmias, diabetes, ringing in the ears, headaches, muscle cramps, and even higher blood pressure.

Vasodilators like Apresoline cause the arteries to relax. These are generally used with other drugs because of their side effects. These drugs stimulate the nervous system which increases heart rate, affects the kidneys, and causes fluid build-up and edema (for which diuretics will be prescribed).

Beta-blockers like Inderal and Coreg affect receptors in your heart. But they also affect other receptors in other parts of the body, causing postural hypertension (dizziness and falling when getting up).

Calcium Channel blockers like Cardizem, Norvasc and Procardia block calcium from doing its job – in an effort to relax stiff blood vessels. Long-term use of these drugs is a dead end because they weaken the left side of your heart. They also have the most undesired inter-reactions with other drugs.

ACE Inhibitors like Capoten actually inhibit enzymes to lower the resistance in your blood vessels. But these drugs produce a dry, hacking cough in a large percentage of people. Newer drugs of this type like Cozaar, Avapro, and Diovan also act as a diuretic and do not have the cough side effect. They do however have many other side effects, the most serious of which is debilitating dizziness.

All blood pressure drugs perform other actions besides lowering blood pressure. And they all cause exhaustion. Many doctors mix and match these drugs routinely. As stated, none of these or their combinations are particularly effective for the long-term, and perhaps the best and safest is the least high-tech – the lowly, low-dose diuretics.

Don't Be Fooled by Disease Mongering

Studies show that for most people blood pressure drugs are a dead-end for the long-term. Most folks simply can't stay on them. And their results are modest at best. They do not perform as reported. And they do not stop heart attacks, strokes, or increase longevity but for the most-severely high blood pressure cases. The ratcheting down of normal blood pressure numbers from 140/90 to 110/70 is simply disease mongering (telling healthy people they are permanently ill). This is accomplished via screenings and reporting of skewed, partial, slanted, and biased data by various medical, media, and even governmental agencies. Everyone would do well to use blood pressure drugs? This is *the #1 medical myth*. It is all enough to raise your blood pressure!

NEW DEVICE APPROVAL

Breathing Device Approved for Blood Pressure Reduction

The Johns Hopkins White Papers, Hypertension and Stroke, 2003

The U.S. Food and Drug Administration (FDA) has approved Resperate, a device that helps lower blood pressure through breathing exercises. The device was previously approved for stress reduction and required a prescription, but it is now available over the counter.

To use Resperate, the person puts on earphones and attaches to the torso an elastic belt that contains a respiration sensor. The device analyzes the user's breathing rate and pattern and emits two musical tones that signal when to inhale and exhale. The pace of the tones is gradually slowed until a target rate of 10 breaths per minute is reached. Slower breathing is thought to relax the muscles within the blood vessels and thus allow easier blood flow.

In a clinical trial, the device reduced blood pressure by an average of 14/9 mm Hg after eight weeks (three to four 15-minute sessions per week). The average user was 55 years old and had poorly controlled high blood pressure despite taking more than one antihypertensive medication.

No side effects were reported from using Resperate. Breathing returns to normal after each session, but the benefits of the slowed breathing may accumulate over time. Users of Resperate should not reduce their blood pressure medications without consulting their doctor.

Approved by the FDA, July 2, 2002

NEW RESEARCH

Oats Help Lower Blood Pressure

The Johns Hopkins White Papers, Hypertension and Stroke, 2003

Researchers know that adding oats to the diet can help reduce elevated blood cholesterol levels. Now two reports suggest that oats may also help lower blood pressure and reduce the need for blood pressure medication.

In the first study, researchers asked 88 adults (age 33 to 67) receiving treatment for hypertension to eat a daily serving of a breakfast cereal containing whole-grain oats or refined-grain wheat. After four weeks, 73% of the oats group was able to stop or cut in half the dose of their medication compared with 42% of the wheat group. After four weeks, blood pressure decreased by 6/3 mm Hg in the oats group but by only 2/1 mm Hg in the wheat group. However, blood pressure began to rise when cereal consumption was discontinued after 12 weeks.

In the second study, investigators randomized 18 patients (age 27 to 59) who had untreated hypertension to an oat-cereal group or a low-fiber cereal group. After six weeks, the oats group experienced an 8/6 mm Hg reduction in blood pressure, while those in the low-fiber group had almost no blood pressure reduction.

Because oats appear to lower blood pressure in addition to their proven ability to lower elevated cholesterol levels, the authors of the first study suggest that oats may help reduce the overall risk of cardiovascular disease.

The Journal of Family Practice, Volume 51, pages 353 and 369, April 2002

NEW RESEARCH

Treatment of Sleep Apnea Lowers Blood Pressure

The Johns Hopkins White Papers, Hypertension and Stroke, 2003

People with sleep apnea – a disorder in which breathing stops periodically throughout the night – tend to have hypertension and therefore an elevated risk of cardiovascular disease. Now a study shows that effective treatment for sleep apnea can lower elevated blood pressure.

Researchers randomly assigned 118 men with sleep apnea either to a control group or to therapeutic treatment with nasal continuous positive airway pressure (CPAP) at night. CPAP involves wearing a mask hooked up to a machine that pumps air through the nose to keep the airways open. Patients in the control group used the same CPAP equipment, but the air pressure was insufficient to keep the airways open. Blood pressure was monitored throughout the study.

After one month of nightly CPAP treatment, blood pressure decreased by 2.3/2.4 mm Hg in the therapeutic CPAP group and increased 1.0/0.8 mm Hg in the control group. The improvements in blood pressure with CPAP occurred regardless of the patients' blood pressure at the beginning of the study; those with the most severe sleep apnea had the greatest reduction in blood pressure.

The lowered blood pressure observed with CPAP might reduce the risk of heart attack and stroke by about 15% and 20%, respectively, the authors write.

The Lancet
Volume 359, page 204
January 19, 2002

Works for me...

Dr. Julian Whitaker's Health & Healing Newsletter

I just wanted to advise you that the adjustment that your chiropractor gave me resulted in my blood pressure dropping from a high of 160/90 to 108/68. This is the lowest reading I have had since I was in the Air Force over 50 years ago. The overall treatment at the clinic has increased my energy level from a 4 to a 9 on a scale of 1-10.

– J. B., Osprey, FL

A couple of years ago, I wrote about a study demonstrating the blood pressure-lowering effects of chiropractic realignment of the top cervical vertebra (the atlas). Since then, I've had a handful of letters similar to J.B.'s. If you have hypertension, it's certainly worth talking to your chiropractor about this adjustment. Let me know if it works for you.

– Julian Whitaker, M.D.

Hypertension: The Hype and the Hope

Julian Whitaker, MD

Dr. Julian Whitaker's Health & Healing, August 2008

According to the Centers for Disease Control, approximately 90 percent of middle-aged people will develop high blood pressure at some point in their lives. And when their time rolls around, the prescriptions start flying. But using drugs to treat hypertension is not the answer. In the first place, they don't work all that well, and second, they have a host of dangerous and unpleasant side effects.

In addition to increasing the risk of diabetes, cardiovascular complications, and even death, these meds also cause fatigue, lethargy, dizziness, and sexual dysfunction. As a result, many patients stop taking them. So what do their doctors do? Prescribe another drug – then another and another – in order to achieve "normal" blood pressure.

If you've found yourself on this merry-go-round, I suggest you get off. Don't quit your medications cold turkey, but do take a serious look at drug-free alternatives. The ultimate goal isn't to hit the jackpot of 120/80. It's to prevent stroke and heart attack, and that requires addressing the underlying causes of cardiovascular disease, not fixating on numbers. Let's take a look at some safe and proven therapies which do just that.

Squeeze Out Hypertension

Thirty years ago, Ronald Wiley, PhD, a cardiopulmonary physiologist, was working with the Air Force to find a solution for "G-force blackout." When pilots pull out of a dive or otherwise sharply accelerate, the increase in gravitational force interferes with blood circulation and can cause them to temporarily lose vision or even black out – a big problem when you're in a fighter jet at 30,000 feet.

Dr. Wiley came up with a handgrip that, when squeezed, increases blood pressure and forces more blood to the brain. As he tested it with pilots, he noticed that in addition to increasing G-force tolerance, it also *lowered* resting blood pressure. He knew he was on to something, and he spent the next 20 years studying "isometric handgrip training" and refining and testing his device, which is now marketed under the name of Zona Plus.

All you do is hold Zona Plus, which looks like a joystick, in your hand and squeeze for two minutes, rest for a minute, squeeze, rest. A digital readout will tell you exactly how hard to squeeze and when to relax. It's difficult to believe that doing this for just 12 minutes five days a week could lower blood pressure, but it does – and in a major way.

Address Underlying Causes

Studies reveal that over six to eight weeks, isometric handgrip training reduces blood pressure by an average of 14 mmHg. This means it's more effective than most antihypertensive medications, and indeed, it has helped thousands of people discontinue their drugs.

I am enthusiastic about this therapy because it addresses a primary underlying cause of hypertension: endothelial dysfunction. When the endothelial cells lining the arteries are unresponsive and the arterial walls are unable to relax and dilate, blood pressure rises. Zona Plus has been shown to improve endothelial function by boosting

production of nitric oxide, nature's most powerful vasodilator. The device also tones down the sympathetic nervous system, and this, too, reduces blood pressure.

In essence, Zona Plus taps into the healing power of your own body, a feat no drug on earth can achieve.

Stop Snoring, Lower Blood Pressure

Another way to boost your body's innate healing ability and lower your blood pressure is to make sure you're getting adequate sleep. And if you're a snorer, that's next to impossible.

Heavy snoring is a sign of obstructive sleep apnea, and it can destroy your health. When people with this condition sleep, the soft tissues in the back of their throats relax and close off the airway – they simply stop breathing. As oxygen levels plummet, they awake just enough to take a breath. If this cycle repeats throughout the night, normal sleep patterns are disrupted, and the deepest and most regenerative stages of sleep are never reached.

Over time, people with this condition end up with much more than daytime sleepiness. That's because sleep apnea drives risk of hypertension, stroke, arrhythmia, obesity, and diabetes through the roof. We screen all of our patients who have these disorders with an inexpensive, overnight test, and you'd be surprised by how many have sleep apnea. However, once treatment begins, things start looking up – and blood pressure starts going down.

One of our patients, R.H., had extremely high blood pressure, along with heart failure and other cardiovascular problems. After we discovered he had severe sleep apnea, he borrowed a CPAP machine (continuous positive airway pressure, the gold standard in sleep apnea treatment) and used it while he was at the clinic. The very first night, R.H. slept more soundly than he had in 20 years. After three weeks of treatment with CPAP and other therapies, R.H.'s energy rebounded, his exercise tolerance improved, and his blood pressure fell into the normal range.

Eat, Drink, and Be Healthy

Smoking, lack of exercise, excess alcohol, dehydration, a bad diet, and stress all conspire to drive up blood pressure. Making changes in your daily routines and habits is a profoundly effective way to improve your cardiovascular health.

When it comes to diet, most physicians tell their patients to eat less salt. That's it. My advice? Eat a "metabolic syndrome diet." Metabolic syndrome is characterized by hypertension, abdominal obesity, and insulin resistance. Guess how many Americans are afflicted with this condition? About 32 percent – the same as hypertension.

Researchers recently found the typical Western diet significantly increases risk of metabolic syndrome. So, I suggest you avoid "All-American" fried and processed foods, excess meat, starches, and sugars. Instead, eat plenty of vegetables. They're rich in potassium, which helps control blood pressure by balancing out sodium. To beef up your potassium intake, drink a glass or two of Low-Sodium V8 juice daily and fill your salt shaker with a combination of three parts potassium salt (Nu-Salt or Morton's Salt Substitute) and one part regular table salt.

Take These Supplements

Finally, take targeted nutritional supplements. Start with a good multivitamin and mineral with high doses of magnesium, which relaxes the arteries; vitamin C and other antioxidants, which protect against free radical damage; vitamin D, which modulates hormones involved in blood pressure regulation; and B-complex vitamins, which lower levels of homocysteine, a toxin that damages the endothelium. Add to your multivitamin L-arginine, an amino acid that boosts levels of nitric oxide, and coenzyme Q10, an antioxidant that also increases cellular energy. Additionally, garlic, reishi mushrooms, and fish peptides have been shown to help lower blood pressure.

However, the single most potent supplement, in my experience, is Balance3. We've been using this mixture of Chinese herbs at the clinic for about five years now, and for most patients, it works well. Subscriber Marjorie A. was taking three drugs, but her blood pressure still ran as high as 200/100. After she started taking three tablets of Balance3 at bedtime (and eating a lot of celery, which also helps), her blood pressure fell into the normal range and she was able to cut back on her medications.

In summary, hypertension is a serious issue, and we all need to keep tabs on our blood pressure. However, it is not an inevitable part of aging. To avoid becoming a statistic, implement the necessary lifestyle changes, and if your blood pressure is high, remember that drugs are not the answer.

Recommendations:

- If you snore, get tested for sleep apnea. For more information on the screening process, call Sleep Apnea Screening Services at (866) 364-7378 or visit their Web site at sleepapneas.com.
- To order Zona Plus, call (800) 705-5559. It may seem a little pricey (\$399) until you consider that antihypertensive drugs cost more than \$1,000 a year. Zona Plus comes with an eight-week money-back guarantee, which should be ample time to see if it's going to work for you.
- For more information on lifestyle interventions, visit the Subscriber Center at drwhitaker.com. And check out the story on page 6 to learn how drinking enough water helps lower blood pressure.
- The nutritional supplements discussed above are available in health food stores or by calling (800) 810-6655. Use as directed.
- If you're still having troubling lowering your blood pressure, consider coming to the Whitaker Wellness Institute for a course of EECp, chelation, and more therapies that treat hypertension and other cardiovascular diseases. Call (800) 488-1500 for details.

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Revelations: A Revolutionary Way to Lower Your Blood Pressure

Richard M. Foxx, M.D.

The Healing Doctor, August 2005

Sometimes research scientists come up with the coolest things. This is one of them, straight out of the Oregon Research Institute. They have just uncovered something pretty exciting for people over the age of 60. They found that people who walk on cobblestone surfaces could get huge reductions in blood pressure as well as overall improvement in balance and physical performance. Wait a second! It's true, *blood pressure*.

So let's back up for a minute. Once again, the root of this revolutionary idea comes from China, the birthplace of so many different sources of alternative medicine. Paths and sidewalks made of cobblestone are common throughout China. Traditional Chinese doctors actually instruct patients with a variety of health issues to go and walk upon the cobblestone surfaces. This is rooted in the ancient belief of reflexology. The uneven surface of the cobblestones stimulates the soles of the feet, and in particular triggers what are known as "acupoints" in the feet. It is believed that all tissues and organs inside the body are linked by specific acupoints on the soles of our feet.

Before this new study arrived, there was no firm proof that cobblestones could benefit your body in specific ways. Although, there have been lots of theories stating that it works-particularly for pain relief, insomnia, cognitive performance, and improved physical well being. The U.S. researchers became interested in this when they visited China and saw that adults were spending a half-hour every day on the cobblestone paths in parks, gardens, and beside riverbanks. The Chinese citizens were walking, standing, and even dancing on these beautiful paths. They were doing it for their health.

So, they went home and looked into the idea. The government took an interest in their study, as it received funding from the National Institute on Aging. The participants, all over 60 years of age, were divided into one group that walked on specialty cobblestone mats and another group that did normal walking. Everyone walked for 60 minutes, three times a week. The study lasted for four months.

Now, even though walking is beneficial for every person, the individuals using the cobblestone mats had incredible results. They had dramatic improvements in balance, physical function, and blood pressure. The conventional walkers did not experience such improvements. The mats were created specially by the researchers, and were made to resemble the Chinese cobblestone paths.

"Compared to conventional walking, the experience of walking on the river rock-like surface of these manufactured cobblestone mats improved participants' balance, measures of mobility, as well as reducing their blood pressure," the researchers said in a press release. "These issues are highly important for preventing and delaying the onset of frailty among older adults, as well as helping them maintain their current health status."

There was no indication as to why the walking reduced blood pressure. The best guess is that the effect was caused by reflexology. In any event, cobblestone walking is now a therapeutic and health-boosting activity that can easily be done in the comfort of your home. You can get the mats from the Oregon Research Institute by phoning (541) 484-2123.

Revealed! - The Hidden Cause of Hypertension

And, how you can beat it without drugs

Dr. Robert Jay Rowen's Second Opinion, October 2009

Do you know what "essential" hypertension is? It's the term medical doctors use for hypertension when they don't have the slightest clue what causes it. And the overwhelming majority of cases are dubbed "essential."

That's right! Most doctors don't know what causes most cases of high blood pressure.

For most doctors, it just comes out of the blue. They pay no attention to a deficiency of minerals, such as magnesium and potassium. They ignore toxins like lead and mercury, which most Americans have in their body. Until recently, they even ignored the role of diet and lifestyle.

Most just chalk it up to stress and age. You can't do anything about it except relax.

I've shown you time and time again that there's plenty you can do to lower your blood pressure. And it's a good thing there's something you can do about it. One in three Americans have the problem, which is also dubbed the silent killer. It can lead to sudden death from a heart attack or stroke with no warning signs!

While most doctors have ignored these causes, and even my solutions, scientists recently discovered another cause of hypertension that doctors won't be able to ignore. This newly found cause is a virus called cytomegalovirus or CMV

Why will they pay attention? Because Big Pharma will spend bazillions to find chemicals to treat the virus. Doctors and you will be bombarded with Pharma propaganda. Problem is there's no safe drug treatment for viruses. And, in my opinion, there never will be a safe synthetic chemical treatment for viruses. Fortunately, there is something you can do about it. But first, let's look at the virus and why it can cause your blood pressure to go up.

CMV affects between 60-99% percent of adults worldwide. Beth Israel Deaconess Medical Center researchers have found that CMV infection is a cause of hypertension. And, when coupled with other risk factors for heart disease, the virus can lead to the development of atherosclerosis.

Past studies had already determined that the CMV virus was a cause of re-stenosis (re-blocking of vessels) in angioplasty patients. They also linked CAW to the development of atherosclerosis. But no one knew the mechanism.

This new study brought together a unique investigative team of researchers. It included infectious disease, cardiology, allergy, and pathology specialists. They found a very simple cause. It's one that I've talked about repeatedly here, that scientists had overlooked – inflammation (in this case, it's viral-induced).

The scientists used four groups of laboratory rodents. They fed two groups a standard diet. And they fed two other groups a high cholesterol diet. They ate these diets for four weeks. Then, the researchers infected one standard diet mouse group and one high-cholesterol diet group with the CMV virus. The other group of each diet served as controls.

Six weeks later, the scientists inserted a small catheter into the animals' carotid artery to measure their blood pressure. In the standard diet groups, the CMV infected mice had increased blood pressure compared with the uninfected group. But there was more drama in the high-cholesterol groups. In addition to hypertension, 30% of the CMV- infected mice that were fed a high-cholesterol diet also showed signs of developing atherosclerosis.

The researchers then turned to causes. They discovered that CMV infection stimulated the production of three different inflammatory cytokines (proteins) -IL6, TNF, and MCP1. This strongly suggested that the virus was causing inflammation in vascular cells and other tissues.

But this story gets even better. Have you heard of ACE inhibitors? ACE is angiotensin converting enzyme. You might even be on a chemical drug to reduce ACE activity! ACE is an enzyme stimulated by kidneys that increases blood pressure. Your kidney is responsible for eliminating waste by blood filtration. If they're not getting sufficient blood, they call for more by making an enzyme called renin, which, in turn, increases ACE. Then your blood pressure goes up, getting more blood to your kidneys. It's easy to understand why ACE would be high if your kidneys are compromised. But doctors haven't been able to explain why ACE would be high if you have normal kidney function.

Now, scientists have discovered that an infection can also increase ACE. The researchers in a second study infected mouse kidney cells with CMV. The infection led to an increase in the renin enzyme, which directly raises ACE. Human isolates of CMV infected cultured blood vessel cells also showed increased renin activity.

The researchers noted that "viruses have the ability to turn on human genes." CMV was found to turn on the gene that makes renin. And renin is an enzyme directly linked to hypertension.

But here's the real kicker. When the scientists inactivated the virus through the use of ultraviolet light (yes, ultraviolet light!), renin activity did not increase. The viruses had to actively replicate to cause the renin to increase. And, in a final experiment, the researchers found that CMV infection increased the hypertension-causing protein angiotensin II.

These findings are very important factors in hypertension in humans. The co-author of the study said, "A persistent viral infection in the vessels' endothelial cells is leading to increased expression of inflammatory cytokines, renin, and angiotensin II, which are leading to increased blood pressure."

I've been telling you about inflammation as a cause of vascular disease for many years. C-reactive protein (CRP) is one such measure. It's relatively cheap to measure. Unfortunately, inflammatory cytokines are more expensive to measure. You can measure CMV antibodies fairly inexpensively. Problem is, since most of the population is infected with it, antibodies alone won't tell us if the infection is active in your blood vessels. But if you have hypertension and high CMV immune activity, it's well worth considering CMV as a cause of hypertension.

So how do you treat CMV and lower your blood pressure? Take my word on this. There will never be a safe and effective synthetic chemical treatment for any virus. Most are designed to screw up viral DNA. However, viral DNA raw materials are the same as yours. There's just no way to assure that chemical alterations to the raw materials won't harm your own DNA function.

But what about alternative methods?

The researchers actually gave us the answer when they used ultraviolet light to inactivate the virus. That should ring a bell! One of my favorite therapies, ultraviolet blood irradiation or UBI, is one of the oxidation therapies I've repeatedly mentioned in these pages.

Oxidation therapies can work wonders on viral infections. Researchers discovered decades ago that UBI knocks out polio and viral pneumonias. Intravenous hydrogen peroxide induces a major immune response to viruses. And world-class researcher Velio Bocci, MD dubbed ozone as the ideal immune-system modulator.

The Europeans have used UBI and ozone extensively to completely reverse vascular disease, and quickly. In this country, Baylor University researchers reported that intra-arterial hydrogen peroxide literally melted away arterial plaque downstream from the catheter tip.

These aren't just coincidences. Oxidation therapies can directly kill foreign invaders without harming you. The therapies activate the immune system. Your white cells go out to

destroy any foreign invader. And, best of all, they stimulate your own body to do the majority of the job. Furthermore, they reduce the very inflammatory cytokines induced by the infection. And, simultaneously, they raise anti-inflammatory cytokines.

I've got 23 years of oxidation practice under my belt. That's more, to the best of my knowledge, than anyone else outside of Europe. My very best results with hyper tension and/or vascular disease did not come from intravenous chelation therapy alone. They came from combining oxidation therapy with chelation. And where chelation therapy failed, I've seen oxidation therapy help!

Action to take: If you're taking ACE inhibitors and they're controlling your hypertension, it's quite possible you have CMV- induced hypertension. Ask your doctor for a test for CMV activity. If positive, find a doctor who performs oxidation medicine. In addition to the resources I list on page 7* [see below], check out www.oxygenhealingtherapies.com. One of these organizations should be able to help you find a doctor near you.

Please remember that controlling hypertension does little to prevent heart attacks. It does prevent a hemorrhagic stroke. Now you might see why. The drugs that you're taking might offset the higher blood pressure. But they are doing nothing to mitigate the real cause of the problem – inflammation. It continues, and though your pressure is controlled, the inflammation continues its arterial-damaging effects.

As for oral supplements, any or a combination of the incredible plant-derived bioflavonoids would be a fine addition to your daily routine. I've covered these extensively in these pages. These include, but are not limited to resveratrol, AlginoI [TM] (Seanol), curcumin, cherry extract, green tea extract, dark chocolate, and many more. Several of these are available from Advanced Bionutritionals, and you can find the others at most health food stores.

One final warning: Now that we know CMV infection is the root of many high blood pressure cases, you can be sure the drug companies are looking for synthetic chemical solutions. They may even throw antibiotics at it, which won't help at all (antibiotics don't kill viruses). So, if you have your doctor test for CMV and the result is positive, don't take anything he prescribes for you. It won't work. Instead, focus on oxidative therapies and the nutrients I listed above. I'd sure rather rely on these than anything Pharma can come up with.

Ref: PLoS Pathogens, May 15, 2009.

- * Looking for an integrative physician near you? These organizations can help;
- American Board of Clinical Metal Toxicology - For a free list, www.abcmmt.org.
 - International College of Integrative Medicine – www.icimed.com
 - American College for Advancement in Medicine – 800-532-3688 or www.acam.org