

Circulating File

INCONTINENCE

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

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INCONTINENCE CIRCULATING FILE

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

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

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

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

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

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

Blessings, A.R.E. Member Services Team

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

This Circulating File consists of an overview and the Edgar Cayce psychic readings on urinary incontinence, mostly for adults [see the Circulating File on bedwetting for children]. 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.

Incontinence

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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 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. Often, if we 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. Cayce stresses the healing ability of the body:

Remember, the body does gradually renew itself constantly. Do not look upon the conditions which have existed as not being able to be eradicated from the system. . . Hold to that KNOWLEDGE - and don't think of it as just theory - that the body CAN, the body DOES renew itself! 1548-3

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 bringing the vibrations into harmony 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.

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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. 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 (that is, engaging one's desires, purposes, and will) - something that pills all too easily allow us to skip.

These have been long-standing. Do not take the treatments just a few days, or even a few weeks, and expect to be well - and then revert to old conditions. But be consistent and persistent! Have periods when these will be taken (that is, ALL of those things indicated) for two, three to four weeks. Then rest by leaving them off a week. And then be just as patient and just as persistent as though you were beginning all over again.

976-1

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

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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.
- 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?

What would the body be healed for? That it might gratify its own physical appetites? That it might add to its own selfishness? Then (if so) it had better remain as it is. . . . But first the change of heart, the change of mind, the change of purpose, the change of intent.

3124-2

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.

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It is also important to remember that each reading was given for an individual. It must be emphasized that no suggested treatments for any particular ailments should be “lifted “ from any individual reading and tried by another individual except under the supervision of and with the cooperation of a physician or licensed health care professional. However, there were many suggestions that were given over and over, and these can be studied to find how they apply to ourselves. These healing principles can be grouped in four categories that referred to as CARE.

Circulation – moving the blood around the body through therapies such as massage or spinal manipulation

Assimilation – encouraging the body to pull the proper nutrients from the food by eating the proper foods and in the proper combinations

Relaxation – taking time to rest and let the body recuperate and counterbalance the daily activities

Elimination – removing the waste products from the body through therapies such as sweats, colonics, and fume baths

For more information about CARE and recommendations on the lifestyle described in the readings, please see Dr. Harold J. Reilly's *Handbook for Health*. There are also many verbatim collections of the readings in other Circulating Files, Research Bulletins, and Treatment Plans for individual diseases which may be purchased through Customer Service at 800-333-4499.

The A.R.E. is interested in having all the material in the health readings reviewed by physicians and health care professionals who also provide summaries of their findings in the hope that the information may prove beneficial to others. When time and finances permit it is planned to have all the information in the health readings read by one or more physicians and the subject matter summarized. Please send any feedback to

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To obtain health items mentioned in the readings, contact our official worldwide distributor, Baar Products at 800-269-2502 or Baar.com.

We do not advocate a do-it-yourself process. Please seek out the advice of a health professional before implementing any recommendation.

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. “Those that expect little of the Lord receive little; those that expect much receive much - if they live it! “ 1424-1

Blessings,

A.R.E. Member Services Team

Urinary Incontinence

by Dr. Dana Myatt

<http://www.drmyattswellnessclub.com/urinaryincontinence.htm>

Natural Support for this Embarrassing Problem

Inability to completely control the flow of urine is a common complaint, effecting up to twenty million Americans. Symptoms may range from a mild inability to hold urine when coughing or laughing to inability to hold urine at any time. The condition occurs in both men and women, although women and elderly people are more commonly afflicted.

Causes of urinary incontinence include weak pelvic floor muscle tone, weak urethral (bladder) muscle tone, medication side-effects, nerve damage, food allergy, urinary tract irritation (from drugs, foods, bacteria, viruses, fungi), imbalanced pH, and increased intestinal permeability. Some of the drugs used to treat incontinence have dangerous side-effects and should be avoided if at all possible. Self-help measures prove highly valuable.

Diet and Lifestyle Recommendations

- Finish daily water intake by 5 p.m. (This helps decrease nighttime urination). DO NOT, however, decrease daily water intake. Drink 64 ounces of pure water daily. Dehydration predisposes to urinary tract infections.

- Eliminate known food allergens (which can irritate the urinary tract and cause increased frequency).

- Check with your physician or pharmacist about any medications you are taking. Some can cause incontinence.

- Achieve and maintain a normal weight. Excess weight pushes down on the bladder and compromises muscular ability.

- Avoid caffeine, nicotine, and alcohol, all of which increase urination.

- Practice KEGEL exercises: tighten muscles to stop the flow while urinating. Feel the muscles at work? Tense these muscles during the day, hold as tightly as possible for a count of 10, relax. Repeat up to 20 times per day. (Do these when you are NOT urinating. The first time is done just to "feel" which muscles are at work). You can do this in a car, in line at the grocery store, etc. You will notice improvement beginning in 3 weeks.

Primary Support

- Max Multi: 3 caps, 3 times per day with meals. Optimal (not minimal) doses of antioxidants (A, C, E, beta carotene, selenium), are particularly important in treating urinary incontinence.

- Saw Palmetto: 1 cap, 2 times per day between meals. [Target dose: 240 mg per day]. Although best known for male prostate gland enlargement, this herb is useful in both men and women to tone the urinary bladder sphincter muscle. It also has a positive effect on male and female libido.

Tests

- Consider having a male or female hormone profile performed. Decreased sex hormones are associated with a laxity of the bladder sphincter muscles. Natural hormone replacement therapy can be very helpful in this condition.

Dr. Myatt's Comment

The above-listed measures, especially weight loss (if overweight), Kegel exercises, saw palmetto and hormone balancing really do work to correct urinary incontinence, even in very old people....

Incontinence - Urinary

<http://www.umm.edu/altmed/articles/urinary-continance-000168.htm>

Urinary incontinence is the inability to control urination. It affects more than 13 million people of all ages in the United States. It is more common in the elderly and women.

Incontinence is classified as either stress incontinence (caused by coughing, laughing, sneezing), urge incontinence (losing urine when suddenly feeling the urge to urinate), overflow incontinence (continually leaking urine), functional incontinence (in people with a brain injury), or transient incontinence (temporary incontinence). Treatment is highly effective in more than 80% of patients. Exercise and behavioral therapies are most successful.

Signs and Symptoms

- Not being able to hold your urine until you get to a bathroom
- Frequent and unusual urges to urinate

What Causes It?

- Stretched pelvic muscles from pregnancy and childbirth
- Low estrogen levels in women
- Enlarged prostate in men
- Side effects of certain medications
- Urinary tract infections (UTIs)
- Frequent constipation
- Damage to or diseases of the brain or spinal cord (for example, dementia, spinal cord injury, multiple sclerosis, stroke)
- Weakened muscles that control urination (urethral sphincter and pelvic-floor muscles)

What to Expect at Your Provider's Office

Your health care provider will give you a physical examination. Your health care provider may also ask you questions about your past prostate problems, pregnancy, hysterectomy, your pattern of urinating, when your urine leakage occurs, and whether you strain or experience discomfort when you urinate. You may be asked to cough vigorously to see if it causes urine loss, a sign of stress incontinence.

Your provider may suggest urine tests to detect infection, urinary stones, diabetes, and other underlying causes. A pelvic ultrasound may be performed to examine your bladder, kidneys, and urethra.

Treatment Options

- Exercises: Kegel exercises strengthen muscles that control urination. While increased muscle tone requires long-term exercise, squeezing the muscles just before coughing or sneezing provides initial relief.
- Biofeedback: Electronic devices inserted into the vagina or rectum aid in muscle identification for exercise therapy.
- Relaxation techniques may help you go longer without urinating.
- Habit training helps establish regularity of urination.

Several types of drugs are available to help muscle control. Surgery is also helpful, particularly in women with stress incontinence and for men with an enlarged prostate.

Various other options exist as well, such as catheters, urethral plugs, condom catheters, and absorbent pads or underwear.

Complementary and Alternative Therapies

Alternative therapies mainly involve Kegel exercises, biofeedback, and preventing any conditions that worsen incontinence. Yoga may help as well. Always tell your health care provider about the herbs and supplements you are using.

Nutrition and Supplements

- Cranberries and blueberries contain substances that keep bacteria from adhering to the bladder. This may help prevent infections that can make incontinence worse, while also deodorizing urine.
- Eat antioxidant foods, including fruits (such as blueberries, cherries, and tomatoes), and vegetables (such as squash and bell peppers).
- Eat more high fiber foods, including beans, oats, root vegetables (such as potatoes and yams), and psyllium seed.
- Avoid refined foods such as white breads, pastas, and sugar.
- Eat fewer red meats and more lean meats, cold-water fish, tofu (soy, if no allergy) or beans for protein.
- Cut down on oxalate-containing foods, such as spinach, rhubarb, beets, nuts, chocolate, black tea, wheat bran, strawberries, and beans.
- Include foods rich in magnesium and low in calcium, such as barley, bran, corn, rye, oats, soy, brown rice, avocado, banana, and potato.
- Use healthy cooking oils, such as olive oil or vegetable oil.
- Reduce or eliminate trans-fatty acids, found in commercially baked goods such as cookies, crackers, cakes, French fries, onion rings, donuts, processed foods, and margarine.
- Avoid coffee and other stimulants, alcohol, and tobacco.
- Drink 6 - 8 glasses of filtered water daily.
- Exercise moderately, if tolerated, for at least 30 minutes daily, 5 days a week.

You can address nutritional deficiencies with the following supplements:

- A multivitamin daily, containing the antioxidant vitamins A, C, D, E, the B-vitamins and trace minerals, such as magnesium, calcium, zinc, and selenium.
- Calcium citrate, 500 - 1000 mg daily, for bone and muscle support.
- Vitamin D, 400 IU daily, for bone and muscle support.
- Magnesium citrate, 200 - 400 mg daily, for muscle support.
- Probiotic supplement (containing *Lactobacillus acidophilus*), 5 - 10 billion CFUs (colony forming units) a day, for maintenance of gastrointestinal and immune health. You should refrigerate your probiotic supplements for best results.
- Omega-3 fatty acids, such as fish oil, 1 - 2 capsules or 1 tbs. of oil one to two times daily, to help decrease inflammation and improve immunity. Cold-water fish, such as salmon or halibut, are good sources.
- L-theanine, 200 mg one to three times daily, for nervous system support.
- Acetyl-L-carnitine, 500 mg daily, for antioxidant and muscle protective activity.

Herbs

Herbs are generally a safe way to strengthen and tone the body's systems. As with any therapy, you should work with your health care provider to get your problem diagnosed

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before starting any treatment. You may use herbs as dried extracts (capsules, powders, teas), glycerites (glycerine extracts), or tinctures (alcohol extracts). Unless otherwise indicated, you should make teas with 1 tsp. herb per cup of hot water. Steep covered 5 - 10 minutes for leaf or flowers, and 10 - 20 minutes for roots. Drink 2 - 4 cups per day. You may use tinctures alone or in combination as noted.

The following herbal remedies may provide relief from symptoms:

- Cranberry (*Vaccinium macrocarpon*) standardized extract, 300 - 400 mg daily, for kidney health. You may also drink 8 - 16 ounces of unsweetened cranberry juice daily.
- Green tea (*Camellia sinensis*) standardized extract, 250 - 500 mg daily, for antioxidant and immune effects. Use caffeine-free products. You may also prepare teas from the leaf of this herb.
- St. John's wort (*Hypericum perforatum*) standardized extract, 300 mg two to three times per day, for symptoms of urinary incontinence. Check with your health care provider if you are taking prescription medications.
- Saw palmetto (*Serenoa repens*) standardized extract, 160 mg twice daily, for men with symptoms of prostate-related urinary incontinence.

Homeopathy

Some of the most common remedies used for urinary incontinence are listed below. Usually, the dose is three to five pellets of a 12X to 30C remedy every 1 - 4 hours until your symptoms get better.

- Causticum for stress incontinence, especially with retention from holding the urine and frequent urges to urinate
- Natrum muriaticum for stress incontinence, vaginal dryness, and pain during sex, especially with a history of grief
- Pareira for retention of urine from an enlarged prostate
- Sepia for stress incontinence with sudden urge to urinate, especially with prolapsed uterus and vaginitis
- Zincum for stress incontinence, urinary retention from prostate problems, and the inability to urinate while standing

Acupuncture

May help, depending on the cause of the incontinence. Acupuncture may also strengthen the urogenital system.

Following Up

Exercise and behavioral therapy can be highly successful. You may need close monitoring by your health care provider and support from someone close to you to stay committed to these lifestyle changes.

Special Considerations

If you are pregnant, consult with your health care provider before taking any medication. For men, regular prostate examinations can detect problems early....

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BACKGROUND OF READING 550-5 M 63

B1. See 550-3 on 6/2/27.

B2. 5/3/34 Wife [639]'s ltr.: "The past few wks. he has been in a bad condition. A Dr. here is making urinal tests and so far has not decided where the trouble is, whether urinary or diabetic. Also for the past yr. and a half he has had what they term hay fever and sneezes a great deal and very severely. Also he suffers with cramps in his legs and feet at night."

B3. 5/10/34 "He has considerable trouble in retaining the urine as he should."

TEXT OF READING 550-5 M 63

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 15th day of May, 1934, in accordance with request made by the self, through his wife, Mrs. [639], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 11: 30 to 11: 55 A.M. Eastern Standard Time. ..., Fla.
(Physical Suggestion)

1. EC: Yes, we have the body here, [550], this body we have had before.
2. There are many changes in the general physical forces of the body from that as we have had before. There are changes that are natural in the order of the activities of a physical body in materiality. There are changes that have been brought about by the weakening of organs and the functioning of organs through this general deterioration that sets in, in such an activity and environ.
3. As we find, many of these are somewhat of a constitutional nature. But there may be brought temporary relief, and changes that will be helpful and give many more years of an activity comparatively free from distress or incapacitation; making for capacities for the body to carry on and adjust itself to the changing conditions and make those necessary arrangements for the changes that must eventually come to every physical body.
4. There is, as is seen, a weakening of the abilities of the organs to re-inhibit or re-capacitate themselves, which is indicated by the activity in varied portions of the system.
5. There is the tendency for the slowing up of the blood supply. There is the changing in the pressure in the heart's activity, or pressure in the blood supply. This causes those periods when there are the effects of these both in the nerve system and the organs that are thus affected by these repressions as produced.
6. There is the tendency for a slowing of the circulation through the hepatics. Hence the inability of the body to have the normal functioning of the hepatic circulation. The liver is torpid, the spleen engorged, and the activity of the pancreas is increased by the pressure that is made not only in the general circulation but by the toxic forces that are maintained in system by the poor eliminations; and the incapacity of the bladder to retain the urine is produced from that tendency for the accumulations of sugar, for the engorgement of those tubes that make an outlet from the bladder itself. And the inflammation that is caused there, more than that of

the diabetic nature, is the excess of the repressions in the system; though with a diabetic reaction to same.

7. This makes for a slowing circulation, a tendency for the swelling at times in the lower extremities, a heaviness at the back of the neck and a dizziness at times when attempting to rise quickly; or with an excitement to the mental activities of the body we find the recurrent conditions or the effects of same are depressing to the whole general system.

8. Poor assimilations through many portions of the digestive area, making for indigestion in one portion of the system and an overacidity in another portion - or regurgitation - that makes for distresses.

9. As we would find, a compound put together in this way and manner, added to the body in this form, would be materially helpful to the body:

10. To 6 ounces of dried sage, add 32 ounces of distilled water. Reduce by slow boiling until 16 ounces would be left. Strain while warm and to this add:

Gin (preferably Gordon's Gin).....6 ounces,
Compound Simple Syrup (but the syrup made of BEET sugar, not cane sugar)...2 ounces.

Dissolve 15 grains Ambergris in 1 ounce pure grain alcohol.

Add to same 3 drams Cinnamon in the stick.

Shake the solution together before the dose is taken; a teaspoonful four times each day, fifteen to twenty minutes before the meals and upon retiring.

11. We would also have the general massage as may be neuropathically given, beginning in the central portion of the body, following same along the nerves from the 9th dorsal to the upper portion of the body - even to the tips of the fingers; then from the 9th dorsal DOWNWARD to the very tips of toes; rubbing AWAY FROM the body rather than to same.

12. In the matter of diet, be mindful that sugars are kept from the general activities in the food values; and not any white bread. Preferably the whole wheat, browned at most times, or Graham or rye, but preferably at all times toasted. Citrus fruits are well.

13. Keep the eliminations through the alimentary canal well in hand.

14. Use high enemas when necessary to evacuate the whole of the colon and to remove the pressure that is ordinarily maintained on the kidneys, and on the bladder particularly.

15. The activities should be as much in the open as possible for the body.

16. Ready for questions.

17. (Q) What causes apparent hay fever, and sneezing?

(A) With the corrections that we find will be gained by the manipulative measures over the body; that is, from the 9th dorsal upward, we will relieve those pressures that tend to make for an irritation in the muco-membrane of the nasal passages, by the removal of those pressures in the upper dorsal and cervical area that tend to make for this irritation to the bronchi and to the nose.

This is an attempt rather of the circulation to adjust itself under the general strain that has existed and does exist in the system.

With the use of antiseptics that may be taken in the form of the inhalant that would be prepared in this way and manner, we will find the irritation will be allayed:

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To 4 ounces of pure grain alcohol in an 8 ounce container, preferably with a glass cork, add in this order:

Eucalyptol.....20 minims,
Rectified Oil of Turp.....5 minims,
Benzosol in solution.....15 minims,
Rectified Creosote.....2 minims,
Tincture of Benzoin.....10 minims,
Tolu in solution.....30 minims.

Keep this well corked, but when there is the tendency for sneezing or for running of the nose, inhale DEEP through the nostrils, after shaking together, FROM this container, see? This may be done about two, three, four times each day, or whenever there is the tendency. This acts as an antiseptic to the mucous membranes of the nasal cavity. It may also be breathed once or twice into the mouth or throat, to relieve irritation there.

And with the manipulation, and with the change made by the properties that will act upon the liver, spleen and pancreas and the eliminations of the alimentary canal, the distress should be relieved.

18. (Q) What causes cramps in legs and feet at night, and what should be done to relieve or correct the condition?

(A) This, as indicated, is from the poor circulation; but the massage will relieve same.

19. (Q) Any other advice for the better welfare of the body?

(A) We would do these, as we find; and, as has been given, the disorders in the system will be relieved.

20. We are through with this reading.

(Letter was enclosed for druggist and neuropath. It may be that Mrs. [639] can give the neuropathic massage, but it would be well for her to watch a neuropath give the massage once or twice - as per reading suggestions - to get the drift of it. Mr. [550]'s diet is not outlined in detail, but since an overacid condition is mentioned, I would suggest that you follow a strictly ALKALIN reacting diet; as per enclosed list, [See under 843-1 Reports] with the type of breads recommended in reading. GD.)

REPORTS OF READING 550-5 M 63

R1. 5/21/34 Wife [639]'s ltr.: "We appreciate the rdg. so very much. We are very interested in the causes as given for Mr. [550]'s condition, and his feelings are very well described, we should say... We do not have a neuropath in our town, but we do have a naturopath and he may be able to give the massage as directed."

R2. 6/1/34 Mr. [550] wired for emergency Physical Rdg. for his brother [4845]'s son, then 6/2/34 wired that the boy had died last night.

R3. 6/2/34 EC's ltr. to Mr. [550]: "I received your wires of the 1st and 2nd. I'm indeed sorry to hear of your relative's passing.

There were some unusual circumstances, we might say, surrounding us at the time we received this request. We left yesterday afternoon open, feeling that there might be an emergency call. A man drove in here from ..., Ill., bringing his son [567] for a reading, and asked if we could not get it that afternoon. We gave him the time, and had just finished with the reading when your first wire came. So it was impossible to do anything about it until this morning, and then we had your other wire that it was too late. I had felt inwardly that this was so. This sort of thing doesn't happen very often, and I'm sorry indeed it was not possible for us to at least have tried. We don't always understand these things; we don't

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know just why that some people are called in one portion of their experience and others in another. It's hard to know just what it is, and in the midst of life we are in the midst of death, and in the midst of death we are in the midst of life. I suppose, after all, it is what we do about that we know that is important, rather than how much we know.

"I'm hoping this finds you on the improve. I appreciate your interest, and am indeed sorry not to have been of some service in regard to your request."

R4. 6/3/34 Wife [639]'s ltr.: "We have not been able to start the treatment as we have had trouble in getting the pure Gordon's Gin and the Ambergris. Both had to be ordered away from here and the druggist who is filling prescription thinks he will have them sure this week. Have been waiting to start all the tr. at the same time. We will keep you advised and will get started at earliest possible moment. Mr. [550] has been on a no sugar, no white flour diet for most six weeks and there is a great improvement."

R5. 6/15/34 Wife [639]'s ltr.: "One of the prescriptions given for Mr. [550] calls for 15 grains Ambergris. Druggist here unable to get it from any wholesale drug house in Fla. and has had it ordered from N.Y. but nothing has been heard from the order. Can you advise us where it can be purchased as we are quite anxious to get started on the treatment. The other prescription we have filled and Mr. [550] is now using it, also he has had one treatment by our naturopath [Franklin C. Rasmussen, M.D.] who is giving the neuropathic massage as directed in reading. He will take one treatment each week. We are very sorry the tr. has had to be delayed. Have the Gin now and the Ambergris is the only thing lacking. We are hoping you can give us some information regarding it."

R6. 6/18/34 ltr. from EC to Mr. [550] and Mrs. [639]: "Yours of the 15th I have just received. The druggist here does not have the Ambergris either, but I find that I have on hand exactly the amount needed. This is rather expensive, as you will see, but we are sending it to you at the wholesale cost price. It is what we had left from the drug room at the hospital, and this is an ingredient that is rarely used in drugs; it is more often used in perfumes. But as we had several calls for it in reading prescriptions, the drug department at the hospital stocked it. I am glad that I had enough left to fill Mr. [550]'s prescription. We are sending the fifteen grains in solution, under separate cover C.O.D. \$2.00, as per your instructions. As you will see, this was obtained from Eimer & Amend in New York City, and should you need more of it your druggist would probably be able to obtain it there.

"Hoping this will be satisfactory, and that Mr. [550] will soon be feeling a great deal better, I am..."

R7. 6/22/34 EC's letter: "About the beet sugar, I don't know just where to tell you; though, of course, as you no doubt know, most of the sugar used in the West is beet sugar. It is especially found or used in Colorado, Wyoming, and those territories around there. You could no doubt obtain it very easily from any wholesale grocery company in St. Louis, or the like. Or you may have already gotten it."

R8. 6/28/34 Wife [639]'s ltr.: "Mr. [550] kept the Ambergris you sent and used it in his first prescription. He now has enough for two and a half prescriptions that came from N.Y. We have just rec'd the beet sugar from both Denver and Michigan. The druggist completed the prescription yesterday and Mr. [550] started with it last evening. He now has and is doing all stated in the rdg., and we are hopeful of results. He is taking the neuropathically given massage as indicated twice a wk. - Monday and Friday. I will let you hear from us in a couple of weeks or so as to progress."

R9. 7/17/34 "Mr. [550] has now been taking all the tr. as prescribed in rdg. just about 3 wks. No marked improvement as yet, but on the whole he is much better than when I wrote you for his rdg."

R10. 8/8/34 "We feel we can see improvement in Mr. [550]'s condition in many ways. His sneezing and head condition seems better, though he is having quite a lot of trouble with his eyes. We presume that also is just a result of the general condition. We are not at all

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discouraged for we know he was in a very bad condition and it will take time. Some way we have great faith in the reading given through you, which we are endeavoring to carry out exactly as given, and we will keep you advised." [She requested a Ck. Physical for herself See 639-2.]

R11. 8/29/34 Wife [639]'s ltr.: "I am sure I can report to you that Mr. [550] is greatly improved. He seems stronger and more like himself most of the time, though at times he still feels bad. It has only been two months so we feel he is coming along fine and feel very encouraged."

R12. 9/10/34 "About a wk. ago Mr. [550]'s urinal test showed no sugar but that he was in a very acid condition and he developed a dull, sick, heavy pain in his right hip which has been constant but much worse at night, so that for 3-4 nights he sat up most of the time. It lasted so long that Sat. he went to a local physician to see if something could be done to stop the pain. The Dr. had him take 'Alycin' put up by The Wm. S. Merrell Co., Cincinnati, and 'Upjohn's Citrocarbonate.' He stopped taking the medicine prescribed in your rdg. while he took the above from Sat. noon until this a.m. He slept much better Sat. & Sun. nights, but he still has the pains. He was only up once last night and then he had pains in his testicles. The last 2 days the hip has had a very decided numbness.

"He does not want to do anything that would interfere with, or take anything that would interfere with the things given in your rdg. still he had the pain so long and lost so much sleep he felt he had to do something.

"He still has the pain and numbness this morning so I decided I would write you about it. We are wondering if the Citrocarbonate would interfere with anything in the prescription given by you, also the Alycin. We cannot understand what happened to bring this condition on, as we were beginning to see quite an improvement we thought. He has had no sugar at all, using Saccharin in coffee and what sweetening he has had. Has had no white bread - using a special bread manufactured in Tampa, Fla. by a food specialist especially for such cases, of whole wheat and containing mineral oil. He has had very little other starch. His diet has been meats, vegetables and fruits, milk, cheese, etc.

"He takes 2 tr. a wk. from the naturopath, giving the neuropathical treatments as directed in rdg., and he takes the urinal tests. He also had him give him some electrical treatments on the hip. Also took a high enema one afternoon and then the next morning drank one qt. of warm water with 2 level teaspoons of salt dissolved in it half hr. before breakfast. The two together gave him a good inner cleaning.

"If the condition continues, we don't know what to do. We want to adhere strictly to the tr. given in rdg. for we have faith in it, and we would like you to write us at once what you think about it and what we should do for the pains and numbness.

"He is to have a neuropathical tr. and urinal test this p.m. and we are hoping this test will show better. We don't want to go to a doctor [medical?] as we haven't much faith in them and it is hard to know who to go to when necessary."

R13. 9/14/34 EC's ltr.: "I think you have done exactly right in going to the doctor, and I'm sure the Alycin and Upjohn's Citrocarbonate would not interfere with any of those treatments Mr. [550] has been taking according to the rdg. We are setting a check-up appointment..."

R14. 9/19/34 Ltr. verifying the date: "He still has the pain in the back at the right hip but not nearly so severe. We will be glad to have the check-up rdg." [See 550-6 for toxemia and sciatica.]

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BACKGROUND OF READING 576-3 M ADULT

- B1. See 576-2 on 9/14/34 and subsequent Reports.
- B2. 6/6/35 He submitted questions.

TEXT OF READING 576-3 M ADULT

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 15th day of June, 1935, in accordance with request made by the self - Mr. [576], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

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

1. EC: Yes, we have the body here, [576].
2. As we find, there is considerable change in the physical forces of the body from that as we have had here before. Some show considerable improvement; others not so good, or showing for a tendency for deterioration in their abilities for the functionings.
3. These, then, are the conditions as we find them in the present, [576].
4. The BLOOD SUPPLY is somewhat improved by those applications that have aided in producing a greater power of eliminations through the activities of the increased vibratory forces set in dis-eased portions by the use of the high vibratory forces of the radium. This is very well to be continued. For, as we find, it would be most helpful in clarifying the conditions.
5. However, we find that it would be well to add with same a massage over the lumbar, the sacral area; or over the sacrum, the lower lumbar, and to at least the 9th and 10th dorsal. For such a massage we would use equal parts of Mutton Suet (or Mutton Tallow), Turpentine and Spirits of Camphor, and Compound of Tincture of Benzoin. Mix these thoroughly together, and massage each evening just sufficient for the body to absorb, as the body is ready for rest. These would assist in clarifying, through their absorption that -to be sure - becomes increased by the vibrations set up by the radial activity in the system itself. This will prevent irritation in the kidney and bladder, by the over amount of the secretions thrown from the system through the increased activity of these organs to create a balance in the disturbed organs or through those glands in the areas as indicated that show for the greater disturbance.
6. As to the conditions in the sympathetics as related to the sensory forces, or the ear, we find that while these make for a great deal of disturbance they may be materially aided by the application of the Elliot activity - or machine - through the ANTRUM. This will make for the relaxation of those tendencies for the system to slow the circulation through the soft tissue to the Eustachian tubes. Such a treatment we would give every other day, the Elliot tubes in or through the nostril. And we would have a massage following same, which would be very helpful. These would be the better applications in this direction.
7. In regard to the diet and the activities of the body, these we would keep near those that are capable of being taken by the body under the existent conditions.

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8. While we do not find the body would be entirely RID of the disorders, greater improvements may come to the body. But keep the mental attitude as this:
9. Be HELPFUL in thine helpfulness for self towards others, thus creating in self a proper mental balance. Make, then, thine experience worth while in that which may create or bring about in the experience of OTHERS helpful helpfulness in their experience; not as to material benefits, but that which arouses the spirit within each and every soul - the desire to do SOMETHING for the other fellow.
10. Ready for questions.
11. (Q) Should the strychnine and iron tablets be continued?
(A) These would be well. They are necessary to make for the increased circulation.
12. (Q) Can anything be done to produce normal, restful sleep?
(A) The Radio-Active Appliance would be most helpful in this direction. This would be taken for an hour, an hour and a half to two hours each night.
13. (Q) What can I do to gain in strength and endurance?
(A) As indicated, the purifying of the blood stream, so that that assimilated gives greater strength. Through the massage and the general applications; these would be the more helpful.
14. (Q) Can anything be done to facilitate the urine condition?
(A) As indicated; the massages of the compound will aid in this direction.
15. (Q) Should I continue the light calisthenics in the mornings?
(A) This is helpful.
16. We are through with this reading.

(6/15/35 GD's note: Enclosed was Dr. Shorell's booklet [filed under 1052-1 Reports] explaining the Elliot treatment for deafness.)

REPORTS OF READING 576-3 M ADULT

R1. 9/20/36 Letter from Mr. [576]:

Dear friend:

At last, after along, long delay, I am sending the books that I promised to send. They will go, via parcel post, tomorrow.

You will find a varied selection, but there isn't one that is not worthwhile. I hope they may be as helpful and as enlightening as they have been to me.

A year ago now I was near the end of the journey, from malnutrition, for lack of money to buy the necessary food. Appealing to a friend in the East who was under obligations to me I have received a small remittance every week since which has resulted in renewed strength, so that I have been enabled to do more work and eke out an existence.

I'm still taking the radium treatments and a drug to assist urination, but the cause is still dominant, so that it is a continual fight for life.

My surgeon, who is giving the radium treatment, "got cold feet" and disregarded your last instructions. As he is taking his pay in books I cannot insist on cooperation with you. So, I'm just doing the best I can. If you should ever come to Dayton and meet him it might make a difference. But I don't suppose your plans will bring you this way. With kind regards and best wishes, [576].

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BACKGROUND OF READING 674-1 M 11

B1. Comments subsequent to the reading indicated he had asthma and diabetes.

TEXT OF READING 674-1 M 11

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 29th day of September, 1934, in accordance with request by the aunt, Mrs. [540], through Study Group #2 of the Association for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. [674], Aunt [540], Cousin [665], Helen Ellington, Mildred Davis and L. B. Cayce.

R E A D I N G

Time of Reading 10:40 to 11:00 A.M. Eastern Standard Time. ..., Virginia.
(Physical Suggestion)

1. EC: Yes, we have the body, [674], present in this room.
2. Now, as we find, there are disturbing conditions in the better physical functioning of this body. These, as we find, are of the specific nature, and the effects from these disturb the functioning of glands; and through same there is a disorder in the organic functioning of organs.
3. These, then, are the conditions as we find them with this body, [674].
4. As we find, in times back there was a subluxation produced in the 7th and 8th dorsal center, which has made for a pressure in the amount of the impulses that are carried through the nerve system to the functioning of the liver and the spleen, and has made for a COLD circulation.
5. These, impulses have produced an excess activity in the pancreas; hence there has been created through the glands the tendency for turning much into sugar that should not be, so that starches and sugars add to the avoirdupois of the body excessively and prevent the functioning in the liver, and an excess functioning in the kidneys and THEIR activity upon the body; producing in the blood supply a heaviness and an excess in the number of red blood cells, a deficiency in the white as to the formation of that plasm necessary for keeping the astringent activity in the coagulations through the system. And this will, unless altered or changed, gradually grow excessive, affecting all portions of the system. This we see has been a growth, NOW, for at least twenty-eight months, and the injury and the effect has been for almost a like period.
6. Then, in meeting the needs of the conditions for this body, we find these combinations will be as the necessary precautions AND corrections to be made in this body:
7. First, the very nature of the disorders is such that the effects and that condition already produced in the functioning of organs must be taken into consideration, as well as the correction of the conditions that cause the trouble primarily. For to prevent the activity of the pancreas or the kidneys or the bladder or a portion of the spleen in its activity (as has been done), through astringents, will only relieve temporarily. While the cause still remains the condition will continue to be produced in the system, and whenever there is a reversal to a normal desire created - as physical desire in appetite appeased - the conditions return and are more violent of

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than before; hence there has been created or produced in the pancreas, in the liver, the lacteal ducts, the kidney and this hepatic circulation, such conditions that the system - attempting to adjust itself - has brought about specific disorders. This is manifested in the languidness of the body at times, the inability to discern the conditions that should be separated in their activity, the tendency to have things and ideas and plans to run together, and at other times the inability to separate things entirely as to their associations and their activities; a dullness, a lack of alert activity - that arises from depreciation of activities in a normal hepatic circulation.

8. First we would begin, then, with making two characters of preparations; the first as follows:

9. To 32 ounces of distilled water we would add 6 ounces of Dried Garden Sage. Reduce by slow boiling (preferably in an enamel container with an enamel top; not a tin) to 16 ounces. Strain, and while warm add:

Ambergris (cut in 1 ounce grain alcohol).....15 grains,
Strained Honey (in 2 ounces distilled water)....1 ounce.

Let the Strained Honey in the distilled water come to a boil; not BOIL, but just come to a boil, before adding to the solution. Also add:

Gin (active principle of same being Juniper; such as Gordon's Gin or Lachmer's [?]).....4 ounces,
Cinnamon, preferably in the stick.....3 drams.

Shake the solution together before the dose is taken, which should be half a teaspoonful before the meals and at bedtime.

10. The second solution would be prepared in this manner:

11. To 16 ounces distilled water we would add 6 ounces of green or dry Ambrosia Weed. Reduce by slow boiling to 8 ounces. Strain and add:

Strained Honey.....1/2 ounce,
Grain Alcohol.....1 1/2 ounces,
Tincture of Stillingia.....1/4 ounce,
Essence of Burdock Root.....1/4 ounce.

Shake this together before the dose is taken, which would be teaspoonful at bedtime for periods of two or three days; then leave off for the same period and begin again.

12. This is to keep the eliminations, and is as an active force producing with the liver and the hepatic circulation an increasing of the lymph without disturbing the activities of the spleen and pancreas secretions.

13. OSTEOPATHICALLY have those adjustments made in the dorsal area as indicated, that show sublaxations. We would also at such treatments COORDINATE the rest of the system. As we find, preferably, these would be applied - the applications for the adjustments - about twice each week for three or four weeks. Then rest a period of a week. Then have the treatments two or three weeks. Then rest a period of a week; then treat AGAIN for a couple of weeks.

14. And by then, with the other properties, the corrections should be made for the body.

15. Be mindful that the diet is kept without those things that carry quantities of sugar or starches, that make for an excess activity; or a diet of this kind during the period of these adjustments:

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16. No candies of any kind. No pastries of any kind.
17. Mornings - cereals with fruit, raw or fresh fruit or with stewed fruit. Citrus fruits, but do not take these at the same meal. Coddled egg; the whole egg may be taken - this, while carrying an acid in same, if CODDLED - that is, put on with the water boiling and take it off and let it set for four and a half minutes - it will be alright. Only whole wheat browned bread.
18. One meal each day should be, at least, of leafy or raw fresh vegetables. Any of these may be included; such as spinach, celery, lettuce, turnips, mustard, peppers, tomatoes, with an oil dressing.
19. Evenings - well-cooked vegetables, with not too large a quantity of meats. Fish, lamb, fowl may be taken; not beef nor hog meat nor of that nature.
20. Do these and, as we find, we will bring the better and normal conditions for this body.
21. Ready for questions.
22. (Q) What causes the difficult breathing and smothering spells at night?
(A) The heavy circulation. Asthmatic condition, produced by the pressures in the dorsal areas as we have indicated.
23. (Q) Where may Ambrosia Weed be found?
(A) In most any place where weeds are allowed to grow! It's Ragweed!
24. (Q) Is there an obstruction in the nose?
(A) With the change in the circulation, the absorption through the head should relieve this. This is a growth more in the nature of the lymphoid, and not bony.
25. (Q) Is riding bicycle harmful, as this causes shortness of breath?
(A) In moderation, no.
26. (Q) Was the fall on face some years ago the injury referred to?
(A) It aided. The first was in the spinal system; fall on the face only increased that in the upper dorsal area as indicated.
Do these, and we will bring normal conditions for this body. We are through for the present. [See 674-1, Par. R1, R2.]

(Druggist later told GD he was not familiar with any gin that sounded like Lachmer's [?] but Gordon's Gin was considered the best.)

REPORTS OF READING 674-1 M 11

- R1. 9/29/34 GD's note: Letters were enclosed to Snyder Pharmacy and Dr. M. L. Richardson.
- R2. 9/29/34 Mrs. [540]'s comments at end of reading indicated that they were all very impressed with the reading, and that the doctor had diagnosed the case as asthma.
- R3. 10/26/34 Aunt's letter: "I would like to say that my nephew, [674], is showing a marked improvement. While it was some time before we could get the medicine mixed, as Mr. Snyder had to send to N.Y. for part of it, we finally did and the results have been very gratifying. They (the family) are very happy and are trying to the best of their ability to carry out the reading."
- R4. 1/10/35 A second physical was obtained. See 674-2.
- R5. 10/52 Dr. D. H. Fogel told GD he would index this under DIABETES also.

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BACKGROUND OF READING 674-2 M 12

B1. See 674-1 on 9/29/34.

TEXT OF READING 674-2 M 12

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 10th day of January, 1935, in accordance with request made by the aunt - Mrs. [540], and sponsored by Study Group #2 of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. [674], aunt [540], Helen Ellington, Ruth LeNoir, Mildred Davis and L. B. Cayce.

R E A D I N G

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

(Physical Suggestion)

1. EC: Yes, we have the body here.
2. Now, as we find, while in some respects the conditions have made some improvements, in others there is not a great deal of change. There has not been as much consistence in the diet or in the activities of the body, in relation to the general conditions, as has been indicated. If these would be adhered to, in a manner more in keeping with that which is to be met, we would find bettered conditions.
3. To be sure, we will find that the corrections in the 9th and 10th dorsal area would relieve a great deal of the pressure from the kidney - or the activity to the pancreatic reaction; as well as the general conditions in the relationships between the sympathetic and cerebrospinal responses in the body. These we would do.
4. And follow those that have been given.
5. Ready for questions.
6. (Q) What causes bed wetting?
(A) This pressure, that makes for the over activity of the kidneys.
7. (Q) Is it harmful for him to go out in cold bareheaded?
(A) Of course, the body can be trained in this respect. And it is the way everyone should train self to be! It isn't natural for people to wear hats!
8. (Q) What can he have in his diet?
(A) Those things that will make for the correct body- building without making for an increase in the avoirdupois. Keep away from sweets and too much starch.
9. (Q) Should he continue osteopathic treatments?
(A) We would continue to have the osteopath, but we would have the osteopath to make those corrections - and not just give treatments!
10. (Q) Is it good for him to take gym at school?
(A) Very good.
11. (Q) How should the osteopathic treatments be given?
(A) Make those corrections that are necessary here in the area indicated, and not just a general treatment without respect to the balance of the body on both the axes of the body. Make the proper balance between the pelvis axis and the atlas axis.
12. (Q) How often should they be given?

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(A) Once or twice a week would be sufficient, if properly given; especially if there are the activities in the gym.

13. (Q) Should the medicine he has been taking be continued?

(A) This should not be necessary if there is the correct diet adhered to, and the proper adjustments in the present. These elements are not necessary in the system in the present.

14. (Q) Any further advice for this body?

(A) These we would follow for the better physical conditions of this body.

15. We are through with this reading.

REPORTS OF READING 674-2 M 12

R1. 9/9/39 [674] obtained his Life Rdg. See 674-3.

R2. 9/1/40 [674]'s answer to questionnaire: "Excess functioning of the kidneys and difficult breathing were some of the symptoms described correctly by the reading. I had no physician after the reading was given, except the osteopath. I carried out the treatments as near as possible for four months. There has been much improvement, but there are still some reoccurrences of the condition in the nose. I think these readings are very worth while and helpful."

R3. 9/1/40 Dr. M. L. Richardson's answer to questionnaire: "The reading did describe the condition of the patient. My technical diagnosis would be bronchial asthma and enuresis [bedwetting]. The suggestions for treatment in my opinion were good. The patient followed directions in the reading under my care from 10/24/34 to 6/27/35. I observed some genuine relief. Environment and circumstances (domestic) counter best results.

R4. 10/52 Dr. D. H. Fogel told GD that he would index this case under diabetes as well as asthma.

INDEX OF READING 951-3 F 23

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: Taylor, Robert L.: D.O.	Par. R1, R2
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: Salt & Soda	Par. 19-A
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: OVERACTIVE	
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: Mutton Tallow:	Par. 12
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SPINE: SUBLUXATIONS

BACKGROUND OF READING 951-3 F 23

B1. See 951-1 on 10/21/32, 951-2 on 1/20/33, for her arthritis condition of which she was subsequently cured by following the rdgs.

B2. 11/5/38 Mother requested 951-3: "She does not have proper control of her kidneys, day or night. She also has a throat condition, very annoying, perhaps catarrh. She is going to Business College now, every day from 8 a.m. until 3:30 p.m., except Sat. She is at home on Sat. & of course Sun."

B3. 11/11/38 She submitted questions: "Should [951] permit the M.D.'s to look into the bladder & kidneys as they suggest?"

TEXT OF READING 951-3 F 23

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 16th day of November, 1938, in accordance with request made by the self through mother - Mrs. [623], 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 4:00 to 4:15 P.M. Eastern Standard Time. ..., Ohio.

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

2. EC: Yes, we have the body, [951]; this we have had before.

3. As we find, conditions are quite different in the body in the present from that as we have had at times here before.

4. Disturbing conditions in the present are rather of an acute nature, arising from some EFFECT of impingements in the nerve forces of the body, - as combined with an unbalanced condition in the chemical reactions in the system.

5. And the effect is in the tendency towards an over activity of kidneys as to eliminations, and the activity through the bladder.

6. These of course, with the general strain, produce some inflammation; and a tendency towards a pus formation. However, as we find, there is only a very LITTLE of the pus formation - in the present.

7. And if there are the proper precautions and methods used in the present, this may be eliminated from the system.

8. DO NOT have any cauterizing or internal treatments to the parts themselves, unless greater disturbance than at present should arise, - through neglect or through other conditions.

9. AS WE FIND, THEN:

10. We would have the general application of corrective forces osteopathically, especially through the lower dorsal, lumbar and lumbar area, and a COORDINATING of the areas in the upper dorsal and cervical; but those areas especially in the 9th dorsal and downward.

11. We would have these twice a week for the first two weeks - the general osteopathic massage. Then once a week for about four or five weeks; a gentle, THOROUGH massage with the correcting of those subluxations in the lower dorsal AND the lumbar areas, you see; coordinating the rest of the body with same.
12. Also each evening at home we would have a thorough massage with an equal combination of Mutton Suet, Spirits of Turpentine and Spirits of Camphor; gently but thoroughly massaging this into the system across the kidney area, as well as across the abdominal area, just above the pubic bone. To have the solution warm is preferable, but precautions should be taken, of course, as to the manner in which this would be done. Put the container or jar into warm water and let it stand for a little time before the application is made.
13. After massaging this thoroughly into the system, apply a pad of heavy salt over the same areas, - hot. This would preferably be sewn into a pad about half an inch thick with the heavy, coarse salt; which would be heated then and put across the back, and another over the frontal portions for a time, until they are entirely cold. This is to drive the properties into the system that have been massaged or rubbed in beforehand, - as well as for the effect the salt will have upon the bodily forces themselves.
14. Also be careful of the diet. Include especially the Jerusalem artichoke twice each week in the diet; and for THIS body take same raw rather than cooked, - so that the activity of the insulin from same will be effective with the activity of the lower hepatic circulation.
15. In the rest of the diet, keep away from dried beans or peas or the like; though canned peas, of course, if they are well cooked, may be taken. Cooked cabbage, cooked spinach or the like would be very well. NO hog meats of ANY kind! No great quantities of fats of any kind. A great deal of fish or shellfish should be a portion of the diet.
16. EVERY nature of food that is blood and bodybuilding would be well, but NO FRIED FOODS!
17. Do these and we should bring the better conditions for this body, [951].
18. Ready for questions.
19. (Q) Is there colon bacilli and pus cells in the kidneys?
(A) This as we find is rather the effect of the OVERACTIVITY of the kidneys, through the lower hepatic circulation. However, the colonic irrigations will be most helpful; especially aiding the eliminating forces produced by the corrective forces in the osteopathic adjustments.
When these colonic irrigations are taken, use a saline and soda solution, see?
20. (Q) Why the congestion in throat?
(A) This is a natural reaction from the nervous system, the stress and strain on the lower portions of the system. As the manipulations are given, these should - with the corrective forces - clear themselves.
21. (Q) So often her stomach refuses to retain foods.
(A) This is the effect of those subluxations in the lower dorsal area, as indicated.
22. (Q) What causes terrific headaches? [which osteopathy relieves]
(A) Nervous pressure and the general disturbance of the system.
Do those things as indicated, and we would eliminate these disturbances.

INCONTINENCE CIRCULATING FILE

23. (Q) Kidneys act very often day and night. Why does she not wake up?
(A) This is the natural activity of overstrain upon the system, you see; and tends to make for a drugging as it were of the sensory forces.
Hence the need for the applications as indicated.
Do these and we find we will bring the better conditions for the body.
24. We are through with this reading.

REPORTS OF READING 951-3 F 23

R1. 12/1/38 Mother's ltr.: "We rec'd our rdgs. (623-4 & 951-3) & are well pleased with them. We are getting along nicely with all tr. except we cannot get Jerusalem artichokes, they say they are out of season & they do not carry them in the east - would be glad for some fruit dealer to mail some to us c.o.d. [951] is at home today with a cold but her temperature is not high. With 'fear & trembling', for I fear he may resent it, I will send the name & address of [951]'s osteopathic physician: Robert L. Taylor, D.O." ["He has known & doctored [951] since she was 11 yrs. old, when I first went to Dr. Alden L. McGowan's office & Dr. Taylor was there just getting started."]

R2. 12/15/38 "Dr. Taylor knows that you may write him & I think it would be all right to. He did not seem averse to the idea."

R3. 1/14/39 Mother said her sister-in-law had sent some Jerusalem artichokes which she found in San Diego, Calif. "[951] is some better in the day time but not much better yet at night."

R4. 2/8/39 Mother's letter: "Am writing to say [951] is so much better, in fact she seems to be about well. She does not get up at night at all now, for the last three weeks. Her kidneys and muscles seem the strongest they have ever been in her life. This was a serious thing, for it caused her quite a sick spell a year or more ago. The M.D. at the time said he got her just in time to save her such an awful sick spell and that it should not come back, but you see it did.

"She got better as soon as she started on the artichokes. She eats one every 2-3 days, after she had eaten 2-3 she got better. She sometimes has pain and soreness low across the front of her but I think a little time will fix that. Am sure she can do quite a lot for herself mentally, she has quite a lot of brain power. Wish I could remember what I have or have not told you about her [psychic] development." [See 951-4 Background.]

R5. 8/31/39 Mother's letter: "[951] is needing some more artichokes and Calif. is out, they say they are out of season. She has been out for months, and she does not get entirely well." [9/5/39 EC referred her to John A. Salzer Seed Co., LaCrosse, Wisconsin.]

R6. 10/3/39 Miss [951] obtained her Life Reading - See 951-4.

R7. 12/31/39 She wrote expressing appreciation for all the help she had rec'd through the readings: "I moved furniture, scrubbed floors and beat rugs and have lived right through it. One elbow howled a little, but I don't blame him, I was tired too. That's more hard work than I've done in eight years, and I feel fine."

R8. 1/1/40 She referred Mrs. [2432] for Physical Reading; 4/24/40 Mr. [2177].

R9. 4/29/40 She referred Miss [2188] for Physical Reading.

R10. 6/40 Miss [951] and her mother attended again A.R.E. Congress.

R11. 3/10/41 Miss [951] obtained Physical Reading for her father, Mr. [2461].

R12. 8/16/41 Mother requested her own 623-5 and said: "We are not any too good here. Mr. [2461] is about the same and [951] still has some of her old troubles - does not get enough osteopathic tr. I guess."

R13. 8/23/41 See 951-5.

INDEX OF READING 3369-1 M 72

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Names: People Mentioned: Beath, Lilian Background
: Bro, Margueritte Background
: Clark, Myrtle Background
: Hemingway, Grace Hall Background

Physiotherapy: Massage: Relaxation Par. 8
: Packs: Glyco-Thymoline: Kidneys Par. 6

PROSTATITIS

URETHRITIS

BACKGROUND OF READING 3369-1 M 72

B1. 8/3/43 Wife's letter:

Association for Research and Enlightenment Virginia Beach, Virginia

ATTENTION: MR. EDGAR CAYCE:

Dear Friends:

Two friends of ours, Mrs. Grace Hall Hemingway and Mrs. Arthur Beach [Beath] of Chicago, have told us of the Healing Powers that pour through Mr. Cayce and inasmuch as my husband, [3669] is in urgent need of help, I am writing you in his behalf.

He is scheduled to go to the Hospital on August 15th for examination. He was operated on late last fall and likewise had another smaller operation in the same region some three months ago. That which he now faces is similar to the latter. It is said to be of a serious nature and I am asking with a grateful and appreciative heart for suggestions and for help. Will you kindly bring this to the attention of Mr. Cayce and if there is anything that can be done for Mr. [3369] that would aid him and avoid the misery of the August 15th experience, we would both be most deeply grateful.

B2. 8/3/43 Mrs. Beath's letter:

Paynesville Lake Koronis Gen. Del. Minneapolis

My dear Mr. Cayce:

Mrs. Hemingway and I spent some time in Minneapolis with Mrs. [...]: She is a far advanced occult and spiritual soul - perhaps the greatest one I have ever had the privilege of personally knowing. She is also a very dear friend of Mrs. Chas. S. Clark. We learned that her husband [3369] is to go to the hospital the 15th of Aug. The doctors pronounce it cancer [malignant growth]: we were telling her to contact you before having him have this serious operation. I know you are dated far in advance, but this is a matter of life and death; Mrs. [...] is writing you today - she does not know I am writing, but the urge has been so strong all day to do this: You see we have great faith in your powers. I want to say that if you have some one who will be willing to push their date ahead - even as far as Everett's date Oct. 3rd; he will gladly give it up to save a life - he is that kind. This seems so necessary, we do trust something can be done. We pray all will work together for good. Gratefully and sincerely, (Mrs. A. E.) Lilian Beath

B3. Grace Hemingway's letter to EC:

Dear Mr. Cayce -

This is really a very great emergency for [3369] does not know his condition; but unless God's healing can be used for him we have little reason for hope. There is no more I can say.

Sincerely your friend in the Master's Name, Grace Hall Hemingway

B4. 8/17/43 EC's letter:

Mrs. A. E. Beath, Paynesville, Lake Koronis Gen. Del. Minneapolis, Minn.

Dear Mrs. Beath:

I have yours of the third regarding the reading for Mrs. [...]'s husband. I wish there was something that we could do, but I am sure by now they have already operated, no doubt, you know what the results will be. I appreciate more than I can tell you the interest you and Mrs. Hemingway have indicated in this case and your confidence in my ability to be of service.

We do, at times, reach our limitation and find that we must, if we would carry on at all, withdraw and be alone with our Maker. This I have had to do recently, but as we are in a material world where we count time and space as part of our experience, this has only

INCONTINENCE CIRCULATING FILE

cluttered up our appointments more and I do believe that just at this time we can't possibly be of a help. I have to write to Mrs. [...] to this effect.

Thanking you, though, and with every good wish,
Sincerely, Edgar Cayce

B5. 8/17/43 EC's letter to [3369]'s wife:

..., Minn.

Dear Mrs. [...]

I have yours of a few days ago enclosing check and request for the reading for Mr. [3369]. I have been trying to find a opportunity to get this in for you before the fifteenth. But the fifteenth has come and gone and we were not physically able to undertake this. As I understand from your friends, Mrs. Hemingway and Mrs. Beath that this is very serious. We can only offer our prayers and hopes. Should he respond to the operation and you should feel that you would like to have the information, write us again, but we are enclosing herewith our check for the amount of the membership of \$20 which you sent us.

Thanking you, I am

Sincerely, Edgar Cayce

B6. 10/19/43 [3369]'s wife's letter to EC:

Dear Mr. Cayce:

Early in August I wrote you with reference to my husband, Mrs. [3369], asking you if you would kindly take his case and give me the result of your research. At that time an operation upon him was set for the 15th of that month and you wrote me that you were unable to take up his case at that time.

There has been much postponement of his operation and it did not occur until the 13th of this month (October). He will be returning home within a day or two but with the probability of another operation within a few months again.

I am most desirous of doing my utmost to help him and whatever your finding is, I should most deeply appreciate knowing it. Will you please take up his case when you find it at all possible and let me know your suggestions and findings.

I have the honor of being a friend of Mrs. Myrtle Clark, Mrs. Grace Hemingway and Mrs. Lilian Beath, all of whom, I believe wrote you in August in behalf of Mr. [3369]. Now two friends of Mrs. Clark are calling on you - Mrs. Walgreen and Mrs. Bro, so I feel we are friends.

Am returning the check that was returned to me for membership and please reinstate me.

Most cordially, [...]

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

B7. 11/5/43 Mr. [3369]'s letter to GD [dictated to his wife]:

Dear Miss Davis:

At the kind suggestion of Mrs. Bro, to Mrs. [...], I am sending you a somewhat detailed description of my condition rather than send it to Mr. Cayce, as it is my understanding that he is not interested in such history before the time of his reading. This explains why I am writing this letter to you presenting a brief picture of the history of my condition, rather than sending it to Mr. Cayce.

The first appearance of any manifestation, which finally has resulted in my present condition, appeared approximately ten years ago. The doctors and specialists consulted then passed the trouble off as probably a passing phase of no great importance. Somewhat later the trouble became intermittent with periods of what appeared as total improvement, later to return always in the form of hemorrhagic discharge from the bladder. Still later,

INCONTINENCE CIRCULATING FILE

because of its increasing frequency, a change of specialists was determined on, and so three years ago after resorting to the usual tests and experiments, it was determined that the cause of the difficulty was a flowing wound opening near the neck of the bladder and that there was no remedy therefore except a major abdominal operation. This was finally done and I was assured, successfully done.

The operating surgeon reported that the urethra exhibited symptoms of internal growth and after due time must be the subject of another operation. No time was specified but it was tacitly understood that as soon as I was ready that this operation should be undertaken. Finally I had this done, spending a week in the hospital and then released "under observation".

Two difficulties attend this condition during this period - these were the frequency of urination and the involuntary control thereof. The result has been that I have been wholly subjected to the demands of the bladder for its release and never safe to be where it could not have instant attention. This has made business and its attendant meetings impossible.

At the present time there is evidence of hemorrhagic control but the surgeon gives no assurance that I may anticipate the normal subconscious mind control of urinary discharges. Should his supposition be negative, then I will be handicapped in such a manner as to prevent active physical occupation or active attendance to office duties.

A third condition which the surgeon rather minimizes in importance pertains to the enlargement of the right testicle as well as the contents of the scrotum and the development therein of fever and intense pain something like the sensitiveness of a boil. The Surgeon promises that this will be reduced through the use of ice packs and certain other mechanical appliances.

All in all, the number of instances of surgical attention, including exploratory and cystoscopic investigation number five, the last of which was had the latter part - middle rather - of October, '43. Whether additional surgical attention must be had has not yet been announced. Should you deem it necessary to have more detailed report on anyone of these operations or exploratory surveys, then I should be pleased to secure same for you.

To-day's condition, as I see it, is ambiguous, as I do not clearly see the return of the normal bodily control of the bladder discharge and, as stated above, the surgeon has not given me definite assurances thereof.

Seeing the picture as I do, it is important that I have a clear understanding as to what may be anticipated in the future in order that I may govern my life and work accordingly.

My age is 72 and prior to the inception of this ailment, I have enjoyed almost perfect health. What I am seeking now is practical direction and advice as to how to adjust my life and what is to be my future occupation? Should you be able to direct questions giving practical advice as to work that I could profitably enter into under existing conditions, I would most greatly appreciate it.

In this connection, should you find that my life cycle has nearly reached its course, then I should appreciate a statement thereof, supplemented with such practical advice and direction as you may be able to give. Any suggestion given along this line will not seriously depress me as I have always been engaged in esoteric philosophy research, thinking and study.

Thanking you deeply for any services you may be able to render, I am [3369]

TEXT OF READING 3369-1 M 72

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 18th day of November, 1943, in accordance with

INCONTINENCE CIRCULATING FILE

request made by the self - Mr. [3369], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by Mrs. Albin C. Bro.

P R E S E N T

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

R E A D I N G

Time of Reading 10 40 to 11:00 A.M. Eastern War Time. ..., Minn.

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, [3369], and those conditions that have disturbed the better physical functioning of the body.

3. We find that these have to do with the activity of the kidneys, the bladder, and the inability of the body to control the activity of the urinary canal - consciously or unconsciously. These are in a state of recuperation, and as to whether the body will ever be able to control the muscular forces through the nerve energies of the body, of this functioning of the system, will depend a great deal upon the outcome of the reactions that are given. It will also depend upon whether there will still be inflammation, brought about by the lack of proper coagulation and the tendency for this to become a condition setting up in itself and thus becoming of a consuming nature, or of a static nature, not healing at all.

4. We find that these have been very well attended to thus far. However, in this particular period, there may be added those things to aid in bringing the nearer normal conditions - even with the operative forces and the removing of the conditions causing the inflammation. For, this should not become malignant in its nature, though with the tendencies it has the appearances of same.

5. Then, about twice each week we would use the Ultra-Violet Light with the green glass projected between it and the body. This should be the Mercury-Quartz Light, not just the heat light or carbon lamp. Use this not more than a minute or minute and a half at the time, and at least forty-six inches from the body. The green plate glass should be at least ten inches from the body. Apply this so that it covers those areas of the bladder and scrotum.

6. After such applications use the Glyco-Thymoline packs as an antiseptic, at the pubic centers. Understand, this is not over the affected area, but is over those areas through which the circulation from the lymph passes to the mouth of the bladder as well as to the activities through the scrotum and the testes. With these Packs do not apply heat, but when these become very warm (from the body heat) remove and put on another Pack. Do this about twice each week also, following the Ultra-Violet application.

7. These as we find offer the better possibilities for healing than any other manner that may be presented.

8. Of course, the relaxing of the body by gentle massages is only for the nerve centers. This should be all above the 9th dorsal, at the 9th dorsal; just a massage, not a treatment other than massage. This will rest the body.

INCONTINENCE CIRCULATING FILE

9. In the diets keep to those things that do not act directly upon the kidneys, at least until there is the semblance of the healing.

10. Do that.

11. Ready for questions.

12. (Q) What is the real cause for the condition from which I am suffering and for which I have been operated upon several times?

(A) This comes from an inflammation or a strain in the areas producing the tendency towards an accumulation of broken cellular tissue in the areas of the bladder and urethra.

13. (Q) What is the possibility of secondary afflictions that now are beginning to manifest themselves?

(A) As just indicated, we are trying to keep from these through those activities suggested. As given, there may be the inability to control at all the urinary canal. Or there may be the continued increasing of inflammation through testes, through scrotum, through the bladder, as for it to form cancerous or consumptive conditions. We are trying to avoid these.

14. (Q) [Left out of original copy] Since plate glass either deflects or absorbs the ultra-violet ray, from what source does the body derive benefit from this treatment?

(A) Do this, as we have given. This we have given will help, if you will use it. If you reason about it, just forget all of it.

15. We are through.

REPORTS OF READING 3369-1 M 72

R1. 11/17/52 GD's comment: According to 10/52 notation re Mr. [3669]'s wife's demise 5 years ago, I presume that Mr. [3669] died before that time - although no record of his death was received for A.R.E. files.

INDEX OF READING 3683-1 F 63

APHONIA

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: Glyco-Thymoline Par. 11
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BACKGROUND OF READING 3683-1 F 63

B1. 5/15/43 Letter from [3883]'s niece, graduate nurse, who had been nursing [3683] for four years: "...Her case has never been diagnosed. Four years ago she became very ill, was delirious, put to bed, became daily worse, lost weight, couldn't eat, ran a temperature of 1 to 3 above normal, finally became a living skeleton. The doctor did everything he could. Every blood test was negative, two spinal punctures were negative, head x-ray was negative, blood pressure normal. Every known test was made and was negative. She finally became unconscious and both the priest and doctor thought she had only a short time to live. However, I did not give up hope. I had a nurse help me for about 10 days but could not afford to keep her, so I worked mostly 18 or 20 hrs. a day. She responded to the intravenous and after days and days of work and prayer she began to get stronger. She recognized us, began to swallow food. Finally I got her up in a chair, but not able to walk. The doctor tried many medicines and finally gave her Vitamin B. She very gradually got stronger and learned to walk. She began to look very well but seemed always afraid even to walk. The doctor saw her a year ago when I called him because she has a twitching of the muscles. He could not believe she was the person who had been dying. The specialist had given no hope. She was glad to see the doctor and he asked her to walk for him, which she did. He said she was fine, only he could not understand why she would not carry on a conversation. He said she must be full of phobias. He said on leaving that if we could only find the key to her trouble she would be perfectly well. She seems weak after walking around the apartment for even 10 minutes. She is interested in what we do and likes to listen to the radio. I have prayed constantly to find someone who could diagnose her case. I asked her if she wanted me to write you and she said, 'Yes, oh yes, do'..."

B2. 2/14/44 Questions submitted by [3683]'s niece: "1. What is the cause of the condition? What is the key to it? 2. Why doesn't she talk? 3. Why is she full of phobias? 4. What causes and what should be done to overcome insomnia? 5. What causes the occasional spells of violent jerking when awaking? 6. Why is she unable to walk more than 5 minutes, and never alone? 7. What causes her at times to bend forward, to groan, and to perspire, as if in great pain? and what can be done to help her? 8. Is there a bladder or kidney condition? 9. What causes incontinence of urine at night? 10. Is eyesight affected in any way? 11. Do teeth cause any trouble? 12. What causes occasional tenseness in arm muscles? 13. What sort of diet is suggested? Should extra vitamins be taken?..."

TEXT OF READING 3683-1 F 63

This psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 20th day of February, 1944, in accordance with request made by the niece - Miss [...], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by the book, THERE IS A RIVER.

P R E S E N T

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

R E A D I N G

Time of Reading 3:45 to 4:00 P.M. Eastern War Time., Pennsylvania.

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, [3683].

3. As we find physically, there is a complication of disturbances. Yet we find that the greater portion of these would respond, if better coordination were produced between the organs of the central circulation - lungs, heart, liver, kidneys. For, as we find, at various periods there are distresses in the system from one or all of these disturbances, or these organs; yet that which control through circulation through mastication or assimilation is controlled primarily through the activity of the liver, as it is related to the other organs.

4. Thus we find that if physical measures were taken to correct the activities of the liver, as it supplies activities through the greater portion of the system, the other organs would respond - the kidneys, which at times cause a great deal of distress by the continued or over activity . Thus those attempts of the body to eliminate poisons become disturbing, as when the body attempts to rest or lies down - so that the kidneys and bladder become disturbing. At times there are pressures in the lungs, at others irregularity of heart. The activities of the liver, especially the right lobe, cause a disturbance to the pancreas and the spleen. Thus, if we would relieve the tensions here, the greater portion of the disturbances through the body would be alleviated.

5. We would begin first, then, by making this application to the body:

6. Apply hot Castor Oil Packs for an hour each day for at least five days in succession, over the liver and extending to the caecum area. Keep this heated as much as the body can stand, but not sufficient to be disagreeable, just so there may be the absorption of the oils. When the Pack is removed each time, bathe off with a weak soda water.

7. On the third day of using these Packs, begin taking internally small quantities of Olive Oil; about half a teaspoonful two to three to four times a day.

8. When the Packs have been given for five days, leave off a period of three days; then begin again, applying the Packs for another five days.

9. Gradually, then, if the body will absorb it, increase the quantity of the Olive Oil, until there have been thorough eliminations.

10. Then have, after the second series, two or three colonic irrigations, scientifically given, gentle but thoroughly, until there is no mucous indicated in the discharges. These should be at least seven to eight days apart. Use body temperature water, so that there is not a strain upon the colon. To each gallon of water, put a heaping teaspoonful of table salt and a level teaspoonful of baking soda, thoroughly dissolved.

11. In the rinse water for the colonic put a tablespoonful of Glyco-Thymoline to the quart of water.

12. Thus these will not cause too great an anxiety or be a great strain on the body.

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13. These do, and then after resting a period begin with osteopathic adjustments; beginning with the corrections of a relaxing and not a stimulating nature. These should be made specifically in the 3rd and 4th cervicals, as well as the upper cervicals; 2nd and 3rd dorsal, 9th dorsal, and then throughout the sacral and lumbar areas; relaxing the body thoroughly.

14. Throughout the periods of using the Oil Packs and taking the colonics, not a great deal of solid foods should be taken but semi-solids and semi-liquids, including a great deal of water cress, lettuce, celery, carrots, beets and the like. These should be prepared in various manners. Prepare them oft with gelatin, for this carries a vitamin necessary in body-forces.

15. When corrections are made and there is the beginning of the osteopathic adjustments (and there should be at least fifteen) increase or supplement the diet with quantities of A and D and B-1. These may be added better, as we find, in those combinations that are prepared in One-A-Day A and D tablets and One-A-Day B complex tablets.

16. Do these and we will get better results and conditions, better control over the activities of this body.

17. Ready for questions.

18. (Q) Why cannot she talk?

(A) These are the disturbances with the sensory system from the central nervous system. She can talk but there is the lack of ability to control emotions.

19. (Q) Can anything be done to ease her pain when these attacks occur?

(A) This may be done best by the administration of those things suggested.

When there are the severe attacks, there needs to be better eliminations, and these will alleviate pain.

Do the things given.

20. We are through with this reading.

(For the osteopathic treatments, we would refer you to Dr. Marion Dick, 5041 Spruce St., Philadelphia, Penna., who has had experience with following the readings and would be very interested in working on this case.

See directions [which were enclosed] for preparing Castor Oil Packs.)

REPORTS OF READING 3683-1 F 63

None.

INDEX OF READING 5110-1 F 29

Adhesions: Tumors	Par. 3, 8-A
Doctors: Smalley, J.W.: D.O.	Par. R1--R3
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TUMORS: PELVIC	

BACKGROUND OF READING 5110-1 F 29

B1. 7/14/43 Mother's letter: "It seems like a direct answer to prayer that Mr. Sugrue's book about you has fallen into my hands. I finished reading it last night and only wish we had known all this long ago for we do need help. We are alarmed concerning our daughter, Mrs. [5110]... She has been ill and suffering for several years, with very little relief from doctors. She is discouraged, naturally, and until I read of you we had thought to take a last desperate fling with an operation in view. Now, however, we earnestly hope you will give us a reading, and we are postponing the surgery until we hear from you..."

B2. 7/25/43 Mother's letter: "...Various specialists have had their say about our daughter [5110], taken their toll of our finances and arrived at hazy conclusions. We've decided surgery is too indefinite, and if it is possible, prefer to await your reading. It may be necessary to take her through the ... University Medical School Clinic for a diagnosis, but unless she suffers too much and becomes highly nervous, we'd like to wait for your suggestions... I believe there is some maladjustment that the medical men do not find. In case this is going to be the 'straw that breaks the camel's back', let me know. I had no idea you were so over-worked, and I don't wish to impose."

B3. 8/28/43 Mother's letter: "...My daughter will certainly be at her home, and will want to know the cause for the painful kidney irritation and frequency, and what to do for it and the constipation. Also with the peculiar back trouble she has had, plus this kidney and bladder ailment, if she can safely have a child..."

B4. 5/2/44 Mother's letter: "...My daughter is recovering slowly from an operation - a tumor and an ovary were removed and adhesions were freed. (1) What can we do now to help the back, which as I wrote you, is not normal? (2) What causes the pressures to force the uncomfortable urinary frequency? (3) And is it possible or feasible for her to have children?..."

TEXT OF READING 5110-1 F 29 (Housewife, "Universalist")

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 13th day of May, 1944, in accordance with request made by Mother, Mrs. [...], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by the book, THERE IS A RIVER.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Gussie W. Millaway, Stenos.

R E A D I N G

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

1. GC: You will go over this body carefully, examine it thoroughly and tell me the conditions you find at the present time, giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions as I ask them.
 2. EC: It would be better if the body were in accord. Yes, we have the body, [5110].
 3. As we find, there are disturbances. While the body has not fully recovered from the effects of the subjugation of the mental and nerve changes in the central nervous system, or from the effect of operative measures taken, the body needs to be very quiet, for there are still the effects of the conditions, and there are not all the adhesions broken yet. The tendency for the circulation, especially the superficial, to become separated and form tumors through the body, has not been allayed.
 4. We find, there should be the use of the Multiple Short-wave Oscillator here, and then follow this by a thorough massage, gently, but thoroughly given. The massage should be at least twice a week, while the Multiple Short-wave Oscillator would be given once a week.
 5. These, with keeping body-building forces, will bring better conditions for this body.
 6. Ready for questions.
 7. (Q) What can be done to help her back?
(A) We have given this. The Multiple Short-wave Oscillator and the massage.
 8. (Q) What causes the pressure to force the uncomfortable urinary frequency?
(A) The adhesions; the tying of certain muscular forces. With the Multiple Short-wave and the massage, we should ease these conditions gradually, but we have a hard proposition to combat in that, unless the Multiple Short-wave is successful in breaking up the tendency for the lymph to produce and segregate, we will have other formations coming, but we would keep the Multiple Short-wave and we would keep the massage.
- Keep the body quiet, to be sure, but there should be some activity.

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9. (Q) Is it possible to have children?

(A) Don't think about children now; best to get self in shape so that this may become possible if there is response to the conditions.

10. We are through with this reading.

REPORTS OF READING 5110-1 F 29

R1. 10/16/44 Mother's letter: "Last spring you gave us a reading concerning the health of our daughter [5110], and it is time to report to you in order to ask for more help. After some search we located a very good osteopathic physician here in..., Dr. S. M. A. [Smalley, J. W., D.O.], who has a shortwave oscillating machine, and following your suggestion she went to him for treatments. However, as yet she is no better; in fact, she is worse. There is a theory to the effect that she had a light, undiagnosed case of infantile paralysis when she was a child, leaving post polio complications. We are fairly at our wits' end, and I wonder if you can suggest anything to us. What impression do you get regarding the polio theory, and why is there so much intestinal pain and urinal frequency as well as the back pains? How can we get her up and around again?"

R2. 10/23/44 IMG's letter: "Due to Mr. Cayce's continued illness, we are unable to make an appointment for your daughter at this time... In examining your daughter's reading, the answer to the second question seems to indicate that the condition is stubborn. We would therefore suggest that you continue with the treatments outlined in her reading, provided Dr. S. M. A. is in favor of continuing the treatment..."

R3. 3/14/50 Questionnaire sent to [5110] and Dr. S. M. A. No reply.

R4. 7/2/52 No record of verbal or written contact on this case since letter of 10/16/44.

INDEX OF READING 5146-1 F 53

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BACKGROUND OF READING 5146-1 F 53

B1. Born 5/24/90; res. Canada; married; one child; clergyman's wife.

B2. 9/17/43 Letter: "I have just finished reading with amazement and awe of the wonderful cures which God is working through you in your home. To me, it has brought renewed hope that I, too, may once more be able to take my place in the world. Would you be willing to try to help me? I will be only too happy to send you your fee, whenever you let me know what it is.

"Here is my case: I am the wife of a clergyman, and had always been active in church and musical work until the fall of 1936. One day, I was taken in an auto on a long trip, and when necessary, could not get to a toilet. Foolishly, I suffered in silence for nearly two hours. By the time I got to a house, I was really ill, and in a bad state of nerves. For weeks afterwards, I took medicine and used hot fomentations, as I felt as if I were 'bursting'. About that same time, too, I had a lot of church worry, and a bad shock when a dog bit me. For several nights, I couldn't sleep. Then I had another shock, when I came across a nest of baby mice in my davenport, and gathered them all up in my hand (over the hole). They squirmed badly, and that night I had a worse time than ever. For weeks, I never slept without sleeping-tablets, which upset my stomach; the doctor said it was mainly nervous indigestion. I gradually developed this awful nervous bladder trouble, which has ruined my life. I could not be away from a toilet for more than half an hour on end, and in addition was up a dozen times every night. For many years, I had had a slight bladder weakness, which was always aggravated by sexual intercourse, but after the above mentioned events, I became so bad, that I had to give up the choir, church meetings, etc., as I grew frantic to get to the toilet after 25 or 30 minutes. You can be sure life has been a long torture, ever since. I am virtually a prisoner - can't take a car or auto ride for longer than half an hour, and must find a toilet the minute I go into a strange place. It is a terrible life.

"I have had all the best specialists in the country, and they say there is nothing organically wrong; that is, it's just a 'nervous' condition; that I should try to forget it, as if that were possible! In fact it has been so bad that I would like to have ended it all. For several years, I have lived in hope that I might somehow come into contact with some outstanding hypnotist, who could convince me that there was nothing wrong - if, as the doctors say, there IS nothing wrong, - and that I really could go for hours like normal people; but no such person has ever come my way. I have tried to convince myself that it is just 'nonsense' on my part, and that I could easily keep away from a toilet if I made up my mind to do so, but every time I try this, I suffered without a minutes' respite for months... So I have given up trying, and just stay home and go whenever the call comes. At least, I get peace between times that day. As an illustration of how even a few minutes' wait hurts me - when I was going over the bridge to my summer camp in an auto about two months ago, the bridge opened for a boat, just as we came up to the span, and I had to sit an extra 25 minutes. I was ill by the time I got to the camp, and it took me a week to get over it - even in part. Oh, if you could cure me, how grateful I would be; for I have almost given up hope of ever leading a normal life again. Trusting to hear from you - I'll be counting the days, Very sincerely and hopefully yours... P.S. I used to

do most of the solo work in the church choir, but my voice has gone now, too. That loss has completed my heartbreak. If you will please register the letter which you may send me, to make sure it will not get lost, I will pay all charges."

B3. 9/28/43 EC's letter: "I wish we could make your appointment immediately, but you can very well understand that hundreds of people have been writing us, and each one of course, feels theirs is the most important. As a person must become a member of the Association before we can make an appointment, we can only take them as we receive their membership blanks. Since you are the wife of a minister, there is no charge. We will get this in as soon as possible. It is required that you will fill out the blank and return it to us. We are 12 months in advance with appointments."

B4. 10/16/43 Letter: "It was very kind of you to answer my letter so quickly and to say there would be no charge because I am a clergyman's wife. I should have answered you right away, but I was so excited about the prospect that I forgot I was supposed to send in the blank as soon as possible. I have read your literature, and will do so again. Meanwhile, I am looking forward to the day when you will be able to help me."

B5. 10/28/43 EC's letter: "...Our first open period is the afternoon of 5/23. If you accept this period, a few days before that time, let us have the exact address at which you will be at that hour... Keep the hour in meditation and prayer."

B6. 5/10/44 Letter: "...I am so looking forward to some help. In case you have destroyed the detailed letter I wrote you concerning my illness, I want to ask the following questions: (1) What kind of stomach trouble have I, and how can I get rid of it? It does go away for weeks at a time, then some unsuspecting article of food upsets me again. (2) How can I get over the terrible nervous bladder trouble which I have, and which keeps me from all meetings and places of entertainment, unless I have access to a toilet at all times. I can only wait about 1/2 hour. Any worry makes it worse, also the least draught or chill. (3) I have lost my voice, singing voice, since I had the above troubles, the resonance has gone. I sing flat and get tired. The nerves in my stomach become affected, and I have had to stop singing altogether. As it was all religious work I did, I miss it very much, and I know the church does, too. (4) My whole nervous system is in bad shape. I can't stand anything out of the ordinary. Can I do anything about it? (5) Is there any chance of my getting cured of all these ills, or should I just quietly submit till the end?"

TEXT OF READING 5146-1 F 53 (Presbyterian)

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 23rd day of May, 1944, in accordance with request made by self - Mrs. [5146], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by the article in 'Coronet'.

P R E S E N T

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

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READING

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

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, [5146].
3. As we find, there are disorders, which are preventing the better normal functioning. These, as we find, are rather a complication of disturbances. There are those tendencies for super acidity, especially through the alimentary canal, stomach disorders, and intestinal disturbances.
4. These naturally, with the very nature of them, with such poor eliminations of the drosses and with the excesses, have produced some kidney disturbance also and much more of an excess of the activities of the kidneys; thus producing a very bad bladder disorder.
5. These, as we find, partially arise from sublaxations in the 5th, 6th, 7th, 8th, 9th dorsals which have gradually prevented sufficient nerve energies from the activity of the glands of assimilation and the better functioning of the liver, as related to the creating of the gastric juices which assist through the activity of pancreas, spleen and the gall duct to supply those energies for proper assimilation in the body.
6. The effect of most of the other disturbances is indicated occasionally in a rash, the tired feeling, disorders in the extremities, and as of neuritic reaction, all arise from these disturbances as have been indicated.
7. First, in making applications for corrections:
8. We would begin and for at least two periods, of three days each, use the Castor Oil Packs, three thicknesses of flannel well saturated with Castor Oil; applied over the liver and gall duct area and down the right side of the abdomen, even to the caecum. Apply this directly to the body. After covering with cloths to prevent soiling of linens, do apply the electric pad. Do this for an hour each day - for three days.
9. Then take internally small quantities of Olive Oil, half a teaspoonful about every hour until there is good evacuation from the alimentary canal. These may tend to make for more activity in the bladder and kidneys.
10. But apply Glyco-Thymoline Packs over the kidneys and bladder, across the back, and during the same periods that the Oil Packs are given, but the day after, during the periods of taking internally the Olive Oil, apply the Glyco-Thymoline Pack with cotton cloth three to four thicknesses saturated with the Glyco-Thymoline. Place this over the kidney area. Also place a small cloth lower in the abdomen over the pubic center, a flannel cloth, not necessarily so large.
11. Take internally a few drops of Glyco-Thymoline daily, at least two to six drops in the water two, three times a day as the water is taken.
12. After the rest periods from the first series, the next week begin the same day as before and for three days apply the Oil Packs, followed by the pad over the area of the kidneys, as well as the bladder, following through in the same manner.
13. Then have at least twelve to fourteen osteopathic adjustments with special reference to the segments from which the kidneys, liver and bladder are active.

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14. In the diet, keep away from those things that cause a stress on the kidneys, such as sweets, cakes, pastries, pies or the like. Eliminate these entirely from the diet. Do include often-raw fresh vegetables in the diet. These often prepared with gelatin are well for the body.

15. Do these and we will bring better conditions for this body, [5146].

16. Ready for questions.

17. (Q) I have lost my voice, singing voice since I had the above trouble the resonance has gone.

(A) This treatment, as we find, will aid in the body's gaining better control of all activities of the sympathetic nervous system. For these taxations, through the poisons as well as the actual pain through alimentary canal, have been the sources, and the acidity through the system. This will help in these directions.

18. We are through with this reading.

REPORTS OF READING 5146-1 F 53

R1. 6/13/44 letter: "...Unfortunately many things have happened here which have prevented me attending to myself up to this time. My mother has been ill, and my son, who is a bomber pilot, has just returned unexpectedly from overseas, so you can imagine there has been no time for me to look after myself. As soon as things quiet down, I shall start your treatment, and will let you know how I progress..."

R2. 3/8/50 Questionnaire sent. No reply.

R3. 3/18/52 Notation by IMG: No record of contact, written or verbal, from this case since letter of 6/13/44.

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Physiotherapy: Massage: Peanut Oil: Multiple Sclerosis	Par. 4, 8, 13-A
Pregnancy: Multiple Sclerosis	Par. 2, 12-A
Psychosomatics: Multiple Sclerosis	Par. 3, 9, 13-A

BACKGROUND OF READING 5324-1 F 34

B1. 4/4/44 Letter: "In Jan. 1940 I became unable to walk and also had lost feeling from waist down. All this had come over me within about two weeks time. I had a spinal puncture and was in a hospital under the care of Dr. [...] Dr. [...] neurosurgeon and various other leading doctors of ..., Calif. Dr. [...] finally decided that I had transverse myelitis - the previous year I had been rather tired and rundown with a new home and baby. After coming home I felt rather well and thought my general health was improved though the paralysis level stayed about the same. But in June my hands and arms began to tingle and get numb the way my feet had six months before. My husband took me to the ... Hospital at once and I was put under the care of Dr. [...]. I was also under the observation of Dr. [...]. They treated me with shots and Vitamin E. After three weeks I ret'd home, my hands improved, and the diagnosis was MULTIPLE SCLEROSIS. Since then I have had no serious 'downs'. I am very anxious to walk again and go on with my normal life."

TEXT OF READING 5324-1 F 34

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 5th day of July, 1944, in accordance with request made by the self - Mrs. [5324], new Associate Member of the Ass'n for Research and 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. 3:30 to 4:30 P.M. Eastern War Time. ..., Calif.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them.
2. EC: Yes, this is a very sad condition. These, as we find, are very serious disturbances. These arise from conditions concerning that the body gives in giving life.
3. If there would be any material aid in this physical condition, we must alter somewhat the attitude, spiritually and mentally. And yet these disturbances in the present are going so rapidly, these will necessitate that there be a real change, if there would be continuation of activities in this present experience.
4. We would have the application of a massage, using the Wet Cell Appliance carrying Gold, Silver, Iodine and Camphor. We would prepare this, charging the Iodine in the solution. This would be at least two pounds of Copper Sulfate, no charcoal, the rest of the ingredients in regular order.
5. Then there would be the use of the Chloride of Gold to the lumbar axis, the umbilical and lacteal duct or, on this body, the width of four fingers from the naval center directly to the right and one finger up; the small plate at the lumbar axis. This would be given for thirty minutes every third day.
6. The Silver, a two percent solution of one ounce of same and one ounce of distilled water, and one ounce of alcohol added to same to make three ounces of

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the solution, would be used once every third day, half an hour; the large plate at the umbilical plexus, the small plate at the lower portion of the 9th dorsal center, for thirty minutes.

7. Each one of these would follow the other, but keep them all very clean. Do have the connections taken away when not in use. Do connect at least twenty minutes before using.

8. Follow same with a massage using Peanut Oil.

9. This do. This offers, with the attitude of wishing, of desiring helpful forces, not for self, but for the baby.

10. Do this and we will make better conditions for the body.

11. Ready for questions.

12. (Q) What was the cause of this condition?

(A) Glands. As there was not the proper consideration given during the period of gestation, it has taken the vitality. As has been given, this is what the body gives.

13. (Q) What can I do to help in regaining the use of the voluntary muscles of my bladder and bowels?

(A) As has been indicated, use the vibrations from the properties indicated, in the various portions of the body, following with massage along the spine and the limbs. These will aid in gaining, or will offer the aid in gaining, if the attitude is kept in a way of Creative Forces.

14. We are through with this reading.

REPORTS OF READING 5324-1 F 34

R1. 8/26/46 Letter from [5324]: "I have shown slight but sure improvement since using the Wet Cell Appliance recommended by EC. Mrs. [[5014]'s mother] suggested that you might suggest increasing proportionately the ingredients used in the Appliance."

R2. 4/15/49 GD requested report from [5324] and [5014]'s mother.

R3. 4/26/49 Note from [5014]'s mother: "I understand that she [5324] discontinued the treatment about a year ago, as she felt she had not gained by it."

Stop your "going problem" in days with a breakthrough Far East blend

Health Sciences Institute, December 2008

by Melissa Hickie

Have you been missing out on time spent with family and friends? Skipping your granddaughter's soccer games because you know it will be a couple of hours and you just can't risk it? Clenching your fists every time someone tells a joke, because even one chuckle could leave you mortified? For people with urinary incontinence, the bladder can be like a ticking time bomb.

Maybe you haven't even talked to your doctor about urinary problems. It's just too embarrassing to bring it up. After all, isn't incontinence a normal part of aging? (Quick answer: no.) Maybe you don't even want to read this article. Maybe you'd rather just put it down and forget that it reminded you of your daily struggle. Or maybe this will mark the end of your embarrassment and discomfort. A couple of weeks ago, I got a phone call from Jim English, the head of Tango Advanced Nutrition. He wanted to tell me about FloControl – a product he first thought was a complete failure, but has turned out to be one of the most effective formulas his team has created.

When Jim thought FloControl was ready, he started looking for people to try it. Putting the word out, he heard back from about 40 people and finally ended up with 15 women who were willing to put the formula to the test.

Knowing it's a sensitive subject, Jim approached his 15 subjects carefully. But he was clear – he needed straight answers. So the women signed contracts, promising they'd give their feedback at the end of the trial.

But not one of the women responded. Jim tried to reach out – but no luck. Phone calls and letters went unanswered. Finally, he gave up. "I figured it just didn't work," Jim told me. He shelved FloControl and forgot about it.

Two months later, the phone rang.

It was a woman desperate to get her hands on more FloControl. "I can't find it on your website and when I call Tango they don't know what I'm talking about," she cried. Jim explained that they weren't carrying it – that they had nothing to go on because they hadn't heard back from anyone.

That's when she told him it worked. After four days on FloControl, she'd started regaining control over her bladder. And in two weeks, she was in complete control. Then, when she'd run out, her condition slowly started to return. She begged Jim to carry the product that had changed her life.

Thanks to Jim's mystery woman, FloControl made it to Tango's product line. Since then, the people who've tried it – women and men – have been returning to the lives they'd been missing out on.

I'll tell you in a moment about the FloControl formula. First, let's look at what the mainstream isn't doing to help you. In fact, the drugs that are prescribed for UI can send you down the road to a nursing home. And that's the last place you want to be.

The mainstream "solution" that can rob you of your mind

Of course, the mainstream has lots of answers for the problem of incontinence.

For urge incontinence, you could go for neuromodulation, a treatment that involves stimulation of nerves that go from the spine to the bladder. A device is implanted via surgery – it's expensive and you could end up needing adjustments to the device or all-out replacement.

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In women, stress incontinence can be lessened with a vaginal device called a pessary. It's a stiff ring that presses against the wall of the vagina, helping to reposition the urethra. If you have one inserted, you have to watch out for more frequent vaginal or urinary tract infections.

Or you could have repeat injections of bulking agents like collagen and carbon spheres. They'll make the tissues around the bladder neck and urethra thicker, closing the bladder opening to reduce stress incontinence. The body slowly eliminates these bulking agents, and you'd need repeat injections. And you could have an allergic reaction to the injection.

There's always the option of using a catheter to empty your bladder. Not interested?

Well, how about drugs? People spent \$3 billion on UI drugs in 2007, so they must be doing something right. Let's see. There are alpha-adrenergic which are prescribed to strengthen the smooth muscles around the urethra. They could be helpful for mild stress incontinence, but aren't without side effects: agitation, insomnia, and anxiety. They also can't be used by people with diabetes – one of the major causes of UI.

Then we have the really disturbing type. Anticholinergics like Ditropan, Oxytrol, and Detrol interfere with the actions of the neurotransmitter acetylcholine (ACh). ACh controls the muscles that control bladder contractions.

Interfering with it can be helpful because it relaxes the bladder muscle, and drug companies pro claim the drugs inhibit involuntary bladder contractions and delay the initial urge to urinate.

Sounds helpful, right? And you'd always expect side effects. In this case, you're looking at a familiar list – dry mouth, dry eyes, headache, constipation, dizziness, restlessness. Then there's the big one. ACh drugs can actually cause serious mental problems, including hallucinations and loss of memory.

A U.S. Navy neurologist, Dr. Jack Tsao, started looking into the more serious side effects of ACh drugs after meeting a 73-year-old woman who began hallucinating conversations with dead relatives shortly after starting on a common ACh drug. When she stopped taking the drug, the hallucinations stopped.

This launched an eight-year study evaluating 870 patients. The average age was 75, with 80% taking ACh drugs for various reasons – high blood pressure, asthma, Parkinson's disease, and UI. The ACh drugs for UI were among the most potent and most frequently taken of all those used in the study.

The people who took ACh drugs had a 50% faster rate of cognitive decline as compared with the people who didn't take any. Even when other risk factors like age were considered, the link was still found. Dr Tsao concluded, "It may be better to use diapers and be able to think clearly than the other way around."

But why settle for that? With FloControl, you don't have to.

Keep your dignity – and your mind – with an all-natural herbal formula

FloControl is a blend of traditional Chinese herbs that have long been known to enhance urinary function. Together, the herbs in FloControl attack UI from many angles.

The fruit of the Cherokee rose – unusual in its high concentration of vitamins, minerals, and essential fatty acids-has long been used to treat UI and high urinary frequency.

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Alpinia, native to tropical parts of Asia, is part of the ginger family. The fleshy flowers, which are part of the FloControl formula, are known for their action against several UI problems: frequent urination, dribbling, and nighttime urination.

Celebrated for 2,000 years of Chinese medicine, the Asiatic cornelian cherry addresses excessive urination and urinary frequency. Its effect is enhanced by cured rehmannia, another herb in FloControl.

Licorice root, an anti-inflammatory herb, soothes muscle spasms and has been shown in animal studies to decrease urine output. Then there are the herbs that lower blood sugar, decreasing one of the major causes of U1. In one study on diabetic animals, the fungi Cordyceps produced a significant drop in blood-sugar level and increased the circulating insulin level.

Cured rehmannia, one of the most popular tonic herbs in Chinese medicine, has a similar effect – it produced a significant decrease in blood sugar in a study on rats.

Panax ginseng, used medicinally for 5,000 years, is a popular treatment for type II diabetes and for many other diseases. Much of the research echoes the same conclusion reached in a 2006 study. Panax ginseng lowers blood sugar considerably.

On their own, these herbs address individual symptoms of UL but together, they're pretty incredible. FloControl restores bladder strength and muscle tone, reducing the need for frequent urination. No more multiple nighttime trips to the bathroom.

FloControl helps stop the leakages you might fear every time you sneeze or laugh. And in men, it actually enhances, muscle tone to reduce "dribbling." When Jim finally started hearing back from people about how well FloControl was working, the results were encouraging.

Out of 15 people suffering from incontinence, 11 saw a complete cure and four saw improvement after 20-40 doses of FloControl.

Relief in just one night

Understandably, not many people wanted to discuss their experiences with FloControl. But I was able to find a few people who were willing to talk. Sheryl's in her mid-60s. Her weak bladder muscles had her getting up three times a night and making note of every bathroom she passed.

Within two weeks of starting Flocontrol, she started sleeping through the night again. She doesn't have to stop in the woods nearly as often when she goes hiking. And she can even have a cup of coffee in the morning. On FloControl, she felt confident enough to go on a two-week Mediterranean cruise with her husband.

The moment I called Vincent, he made sure I knew I was talking to "the ultimate cynic." For about five years, he had been feeling like "the spigot wasn't all the way off" after urinating. The constant sense of urgency was becoming intolerable, and he was getting up three, sometimes four, times a night.

His urologist put him on a couple of drugs, but he was still having problems. He didn't expect FloControl to work, but he didn't see any harm in trying. The cynic is now a believer. The very first time he took it, he only got up once during the night. His sense of urgency has improved, and he's so happy with FloControl that he confesses he's a little afraid of running out.

And then I found myself on the phone with an HSI member named Dana. She used to have "all the bladder problems anyone could have," she said. Dana's been on FloControl for a couple of weeks now, and she reports that it's "helped immensely."

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She's no longer wearing Poise pads during the day and has been gaining more control with each passing day on FloControl.

When I first talked to Jim about FloControl, he pointed out a very important benefit of the formula. Urinary incontinence is the number one trigger for people sending their aging parents into extended care.

If you are caring for an older parent, FloControl can extend the amount of time she spends living independently. Ordering information is below.

Member Source Directory

FloControl, Tango Nutrition. Ph (866) 778-2646; www.tangonutrition.com. A bottle of 180 capsules is US\$45.95. Save 10% off your first order of FloControl with the code H7FLOTAN. Mention the code over the phone or enter it in the coupon field when ordering online.

Different types, different causes, one result: embarrassment and discomfort

If you're struggling with UI, you're not alone. The numbers are in the millions, with women experiencing it twice as often as men. But as I said before, it's not inevitable. UI is a medical problem.

It's all about the muscles and nerves that help to hold or release urine. When you go to the bathroom, muscles in the wall of the bladder contract, forcing urine into the urethra. At the same time, muscles surrounding the urethra relax, letting the urine pass out of the body.

There are several ways this process can go wrong. If the very thought of coughing, laughing, or sneezing leaves you in fear, you may have stress incontinence. The "scaffolding" that supports the bladder in women – the pelvic floor muscles, the vagina, and ligaments – can be injured, during childbirth for example. If these structures weaken, the bladder moves downward.

This prevents muscles around the urethra from squeezing as tightly as they should. As a result, urine can leak into the urethra during moments of physical stress. This can also happen if the squeezing muscles weaken – sometimes due to lowered estrogen levels.

If you suddenly feel a strong urge to urinate, followed by losing urine without having time to get to the bathroom, you may have urge incontinence. It's commonly caused by bladder contractions occurring at the wrong time. Abnormal nerve signals could be to blame – possibly due to Parkinson's, MS, Alzheimer's, stroke, or injury.

With urge incontinence, your bladder can empty during sleep, after drinking a small amount of water, or even when you touch water (like when you're washing dishes).

A third kind of UI is overactive bladder. Abnormal nerves send signals to the bladder at the wrong time, causing the muscles to squeeze without warning. With this, you might be urinating eight or more times a day or two or more times a night.

Then there's overflow incontinence, which is rare in women. When the bladder doesn't empty properly, it can spill over. Weak bladder muscles, which can be caused by nerve damage due to diabetes or other disease, can cause overflow incontinence. So can a blocked urethra – tumors and urinary stones can be the culprits there.

There's one cause of UI that is often overlooked or underestimated: high blood sugar. One of the key symptoms of hyperglycemia (excessive sugar in the bloodstream) is excessive urination. When the body senses there is too much sugar in the blood, it tries to dispose of the excess.

Diabetics and people with Metabolic Syndrome are at higher risk of UI because poor blood sugar control is part of these disorders. A 2008 study showed that long-standing diabetes causes paralysis of muscles around the bladder. Another recent study of diabetic patients found bladder dysfunction in 74% of the men and 59% of the women in the study.

High blood sugar is a special concern for men because it can contribute to a swollen prostate. This can have men getting up three or four times a night to urinate. It can also cause hesitancy in urination, reduced force of urinary stream, and urinary obstruction. A recent study found that men with elevated blood-sugar levels are three times more likely to have an enlarged prostate.