

**RHEUMATISM AND NEURITIS  
VOL. 1**

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

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

Blessings, A.R.E. Member Services Team

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

This Circulating File consists of an overview (on rheumatism [fibromyalgia]) and the Edgar Cayce psychic readings where both rheumatism and neuritis were mentioned [Also see the separate circulating files: "Rheumatism, Vol. 1, 2 & 3" and/or "Neuritis, Vol. 1 & 2".] 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. [Articles on fibromyalgia are included in the circulating file on "Rheumatism"]

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**Rheumatism and Neuritis  
Vol. 1**

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(Q) What has caused the arthritic condition?

(A) Accumulations of poisons to the muscular forces of the body from the lack of the eliminations. This is more of the NEURITIC effect, NOT arthritic; though if it is allowed to remain it may BECOME static or arthritic in its nature. But if there is the use of the properties indicated, these should make for such conditions as to eliminate the sources and causes of this reinfecting the system.

For as we have indicated, such conditions as neuritis, arthritis, rheumatism, or even fevers of many natures, are the EFFECT - and are reinfection in portions of the system.

1820-1

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

## 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.

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 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.

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](http://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



## **Overview of Fibromyalgia**

Fibromyalgia is a chronic disorder characterized by widespread musculoskeletal pain, fatigue, and multiple tender points. "Tender points" refers to tenderness that occurs in precise, localized areas, particularly in the neck, spine, shoulders, and hips. People with this syndrome may also experience sleep disturbances, morning stiffness, irritable bowel syndrome, anxiety, and other symptoms.

According to the American College of Rheumatology, fibromyalgia affects 3 to 6 million Americans. It primarily occurs in women of childbearing age, but children, the elderly, and men can also be affected.

From a medical perspective, the cause of fibromyalgia is unknown, researchers have several theories about causes or triggers of the disease. Some scientists believe that the syndrome may be caused by an injury or trauma. This injury may affect the central nervous system. Fibromyalgia may be associated with changes in muscle metabolism, such as decreased blood flow, causing fatigue and decreased strength. Others believe the syndrome may be triggered by an infectious agent such as a virus in susceptible people, but no such agent has been identified.

Fibromyalgia is difficult to diagnose because many of the symptoms mimic those of other diseases. The physician reviews the patient's medical history and makes a diagnosis of fibromyalgia based on a history of chronic widespread pain that persists for more than 3 months. The American College of Rheumatology (ACR) has developed criteria for fibromyalgia that physicians can use in diagnosing the disease. According to ACR criteria, a person is considered to have fibromyalgia if he or she has widespread pain in combination with tenderness in at least 11 of 18 specific tender point sites.

Treatment of fibromyalgia requires a comprehensive approach. The physician, physical therapist, and patient may all play an active role in the management of fibromyalgia. Studies have shown that aerobic exercise, such as swimming and walking, improves muscle fitness and reduces muscle pain and tenderness. Heat and massage may also give short-term relief. Antidepressant medications may help elevate mood, improve quality of sleep, and relax muscles. Fibromyalgia patients may benefit from a combination of exercise, medication, physical therapy, and relaxation. (National Institutes of Health)

### **Edgar Cayce's Perspective on Fibromyalgia**

According to the National Organization for Rare Disorders, Inc.(NORD), a division of the National Institutes of Health, the syndrome presently called fibromyalgia has been known by many names over the years. During Edgar Cayce's era it was commonly called muscular rheumatism. Several individuals with this diagnosis received readings on their condition.

For example, reading 5233-1 was given for a seventy-nine-year-old man who was suffering from muscular rheumatism:

**(Q) What can be done for muscular rheumatism?**

**(A) We have just been describing what should be done for the general system and this includes those activities also. Do these things indicated and the conditions where there is the effect to heart, liver, lungs and kidneys will be improved; which all are a part of the general conditions here. (5233-1)**

Note the references to the heart, liver, lungs, and kidneys. Edgar Cayce often referred to these vital organs as the "hepatic system." Thus the symptoms associated with fibromyalgia were linked to the functioning of these organs.

The liver and kidneys are primary detoxifiers of the body. Systemic toxicity usually involve these organs. Systemic toxicity is one of the most frequently cited causative factors in the Cayce readings for persons suffering from muscle and joint pain.

Treatment recommendation for this man included colonic irrigations, fume baths and massage, and mild laxatives. The emphasis was clearly on internal cleansing to decrease the toxicity of the body.

Reading 3255-1 was given for a sixty-four-year-old woman suffering from fibromyalgia. Systemic toxicity and hepatic system involvement were also noted in her reading:

**This is what might ordinarily be called a condition wherein the general taxation has run down the battery for the body; that is, the toxic forces in the body have become excessive. Thus there are pains in the arms, or shoulders at times, in the back, through the lower limbs and through the abdominal area. All of these come and go, dependent upon how well and how thoroughly the eliminations are in the body, and as to whether in the diet the body keeps the general physical forces alkaline or allows the greater portion to become acid. Then we have those reflexes that cause some disturbance with the heart, with the kidneys and with the liver. These all arise from toxic forces that affect naturally (for, as the body battery is) heart, liver, lungs and kidneys. These must coordinate. When they do not, some portion of it is going to revert. (3255-1)**

The Edgar Cayce readings consistently maintain that the liver and kidneys serve as the "batteries of the body." The liver is said to be the positive pole of the battery, the kidneys the negative. Thus, when the liver and kidneys are deficient in their functioning, the body's battery may be said to have run down. Fatigue and low vitality are the result. These features are common in people with fibromyalgia.

Note the emphasis on maintaining a proper alkaline/acid balance. Keeping the system slightly alkaline was encouraged by Edgar Cayce. The standard diet recommended by Cayce is helpful in this direction. This woman was told to obtain colonic irrigations, fume baths and massage, and to use a mild laxative. Thus, internal cleansing was a major emphasis in the treatment plan for this person.

Readings 1655-1 and 1655-2 provide further documentation on the causes and treatment of fibromyalgia. Most likely, fibromyalgia can be produced by a variety of factors. One pattern is that the individuals suffer a prolonged episode of the flu or other infectious disorder from which they never fully recover. Edgar Cayce described this pattern in reading 1655-1:

**Some time back there were those conditions produced by an intestinal flu; and the condition produced in the ascending colon, and in the areas of the caecum as well as those farther up - or as related to the emptying of the duodenum; and also from inflammatory conditions - the right ovary.**

**All of these have produced and do produce the conditions where a neuritic, rheumatic effect has existed; and the effects of the poison, and the pressures upon the tissue through the area and the activity of same upon the organs of assimilation, are the seat and the cause of the disturbance...**

**All of these are the disturbances through the activities for this body. While, through care and attention, these do not produce so much disturbance, we find that at times - with the lack of proper eliminations, and overactivity mentally OR physically - the body tends to tire easily. Also a reaction is caused from the lack of the full eliminations; as does cold or congestion of any nature; upsetting the digestive system as well as the activities of the organs of the pelvis during Periods; and the general tired and headachy feeling, with an aching all over when there are disturbances. (1655-1)**

The mental/emotional aspects of the condition were addressed in the second reading for this woman:

**(Q) Is part of my seeming illness mental?**

**(A) The attitude, of course, has much to do; but it is rather the physical condition creating the mental. But make for more hopeful, more helpful, more constructive thinking - and this would improve the general condition much. (1655-2)**

The treatment plan for this person recommended moderate outdoor exercise and a basic diet with emphasis on fruits and vegetables. Manual therapy (spinal manipulations) was suggested relieve pressures along the spine and improve functioning of the hepatic and digestive systems. Castor oil packs were recommended to assist with eliminations and relax the body. A ginseng tonic to assist with digestion and eliminations was prescribed. Minute dosages of beef juice was recommended to increase vitality.

### **Overview of Therapeutic Regimen**

The treatments recommended in the Cayce readings on fibromyalgia are mainly directed toward improving the digestive, circulatory, nervous, and eliminating systems. Diet, moderate exercise, a mild form of energy medicine (Radial Appliance), spinal manipulations and general massage, colon irrigation, and castor oil packs are therapies intended to improve these vital systemic functions. As was typical of Cayce's holistic approach, the mental and spiritual aspects of therapy were emphasized.

Here are the basic therapies recommended for the treatment of fibromyalgia based on the Cayce information on this disorder:

1. **INTERNAL CLEANSING:** Hydrotherapy includes drinking six to eight glasses of pure water daily, colonic irrigations (preferably) or enemas, and a cleansing diet of fresh fruits and vegetables.

Castor oil packs across the abdomen are recommended to improve eliminations through the liver and colon. Mild laxatives may be helpful if constipation is a problem. Fume baths assist with elimination of toxins through the skin.

2. **MANUAL THERAPY (SPINAL MANIPULATION AND MASSAGE):** Osteopathic or chiropractic treatment is recommended to relieve any pressures that may be hindering circulation and decreasing eliminations. Gentle massage is suggested to relax the body and improve circulation and eliminations.
3. **DIET:** The Basic Cayce Diet is intended to improve assimilation and elimination. The diet focuses heavily on keeping a proper alkaline/acid balance while avoiding foods which produce toxicity and drain the system. Essentially, the diet consists mainly of fruits and vegetables while avoiding fried foods and refined carbohydrates ("junk food"). Certain food combinations are emphasized.
4. **ENERGY MEDICINE:** In addition to the above therapies which will tend to improve circulation, the Radial Appliance is recommended to further assist in increasing relaxation and nervous system coordination. Edgar Cayce said that this appliance would be helpful for anyone having problems with disturbed sleep and fatigue.
5. **MEDICINE:** A ginseng tonic is recommended to improve digestion and eliminations. Small dosages of beef juice are recommended for persons who experience significant fatigue and lack of vitality.
6. **MODERATE EXERCISE:** Walking or other moderate exercise is recommended. Be outdoors in the open as much as possible.
7. **ATTITUDES AND EMOTIONS:** The mental and emotional aspects of healing are frequently discussed in the Cayce readings. Particularly, an attitude of desiring and expecting to be healed is important. A positive mental and emotional attitude and can be created and maintained by focusing on a high purpose (ideal) for being healed.

## “Taking the Punch out of Rheumatism and Neuritis”

By Carol A. Baraff

From her book: *Edgar Cayce's Everyday Health*

Creaky, inflamed joints take the joy out of living for untold numbers of people, making them feel old before their time. Although often regarded as one of those inevitable tolls taken by aging, rheumatic disease can also afflict the middle-aged and even the young with equally crippling effects.

Rheumatism is actually a blanket term for a group of painful joint and muscle conditions that includes rheumatoid arthritis, bursitis, and neuritis. In RA, chronic swelling and joint inflammation are accompanied by muscle spasms and often result in joint deformities. Bursitis is an inflammation of a fluid-filled sac protecting a shoulder or hip joint while neuritis is a nerve inflammation that can lead to degenerative changes.

Many symptoms of osteoarthritis are attributed, at least in part, to the aftereffects of injury or even to occupational stress. However, the root causes of the rheumatoid variety are considered medically unknown. Neither is a puzzle for the Edgar Cayce readings, which offer a clearer understanding of both causes and treatment of rheumatic disease.

This study of about one quarter of the over four hundred available documents boils down to fifty-eight pertinent readings given for thirty-six individuals who ranged in age from thirteen to seventy-two. The rheumatic and sometimes also neuritic symptoms in these cases affected many different areas of the body, including knees, wrists, feet, hips, fingers, arms, back, shoulder joints, elbows, and neck.

Cayce's descriptions of how rheumatic conditions originate paint a scenario of inadequately eliminated waste products trapped in the bloodstream until they lodge in vulnerable areas of the body. Typically, this process begins with infection, sluggish elimination, or both. In cases of infection, congestion and inflammation overload the body's systems and organs of elimination with toxins. This hinders the circulation of blood and lymphatic fluid throughout the body and to the extremities, in particular. In cases of poor elimination, an overly acidic diet and poor hydration progress gradually toward chronic constipation and indigestion. Again, the result is toxins in the circulation and an increased susceptibility to congestion and infection.

Impaired circulation slows both nutrient supply and removal of crystallized minerals and uric acid. If such an imbalance is not corrected, muscles and joints in the affected areas begin to stiffen, leading to pain and inflammation of tissues and associated nerve endings. This can easily become chronic, requiring much greater effort to reverse the process later.

Toxicity obviously plays a central role in rheumatic disorders. This can lead to a dangerous system-wide infection known as toxemia, as seen in almost half of these cases:

**. . . the drosses from non-eliminated used forces are the greater disturbing elements in the body, and the nerve strain under which the body exerts same....**

**121-1**

**. . . the toxins being carried in the blood supply . . . are left in the tissue and sinew in portions of the body, and cause pain to the body at times, in the form of contraction of the muscular forces over certain portions of the system....**

**159-1**

**Q. What causes the trouble in the knee?**

**A. That of absorption of poisons in the system, irritation by injuries as have been received from time to time, and of centralization of poisons as are left in system carried by circulation, and the anterior or capillary circulation becoming slow....**

**265-5**

References to poor elimination, both in general and in greater detail, are found in a similar number of cases:

**Poor eliminations through the system, and the change, as it were—retractions throughout the body.**

**25-5**

**. . . lack of proper eliminations of the poisons of the system, as well as that of drosses being carried.**

**119-1**

**Q. Why does pain continue in my left foot?**

**A. The effect of poisons in the system that have not been entirely eliminated.**

**257-133**

**Q. Do I have Arthritis?**

**A. No. These effects are from the poor eliminations, and there is not an indication in the blood stream nor in the acidity of the system of these being arthritis. It is more of the rheumatic effect from the strain upon the kidneys owing to the activities, and thus producing uric acid in the system.**

**313-10**

**Q. What are the causes of the joints being so sore, and what will relieve them?**

**A. Increase the eliminations. These are the effects of pressure, by poisons in system not eliminated, and radiate from those centers and plexuses as are governed by the mesenteric system.**

**325-17**

**Q. What is the cause of the rheumatism?**

**A. The effect of these conditions as are given, coming from the kidneys in their activity.**

**462-2**

Spinal lesions and misalignments appear as causative factors in about one fourth of these cases. The readings attribute these to either external factors such as falls and injuries or to internal pressures caused by elimination or digestive issues:

**Q. What is the cause of the queer snapping in the joints when the body moves at times, and what may be done to correct this?**

**A. Those strains that are on the nerve system, where the blood supply—in its assimilation, as comes from joints themselves—would create the condition as body is being warned of. Rheumatic, arthritic, and such conditions, would be a result....**

**295-2**

Widespread congestion and infection are found with similar frequency. Either can move beyond the respiratory system into other sensitive areas of the body:

**Hence we may have catarrh of the head, of the throat, of the stomach, of the intestines, or it may become so distributed as to become known as other names in the effect produced upon the joint, or the sinew, or the muscle, or of tissue in various portions of the system . . . here we find it more active in the action of the lymph with the *lymphatic* circulation being depressed by same... in affecting most the sinew or the muscular retraction in body. 92-1**

Similarly, a reading for a sixteen-year-old boy attributes difficulties with walking to the aftereffects of rheumatic fever:

**. . . hence the inability of the lymphatic centers in extremities to coordinate with the nerve and tissue of the body in those portions of the system. Hence under knees, in arms, in feet, in the locomotaries we find those have become taut, and the centers do not function in their normal way and manner. 25-1**

Impaired circulation, digestive system imbalances, and spinal pressures are often related factors, as in the case of a thirty-nine-year-old man with toxemia and rheumatism tendencies:

**Q. What causes pain in under side of left arm, wrist, and ankle joints?**

**A. Poor circulation to the extremities of the body, through pressures in the area adjoining the brachial plexus, and reflex to the lumbar plexus: and becomes accentuated by the pressure produced in colon area, that makes reflex actions to all of these tendencies. Hence *reducing the pressure!* 306-3**

Mineral imbalance can be another contributing factor, as in the case of a fifty-one-year-old woman with both rheumatism and arthritis:

**. . . more of an ossification than is *normal* in body. Hence the conditions where, with tissue that builds for cartilaginous forces, becomes centralized, and stiffness ensues, or . . . the flexors of the muscular forces of forearm become *stiffened* in their activity. 51-1**

Regardless of how rheumatism and neuritis had come to develop in those seeking Cayce's help, his treatments are remarkably consistent. The same is true of their purpose, which is always to correct underlying imbalances and reverse the escalation of symptoms. Treatment plans outlined for almost two thirds of these individuals focus primarily on dietary advice, tissue manipulation by means of spinal adjustments or massage, and some form of internal cleansing with electrotherapy running a close fourth.

Dietary corrections are of vital importance in cases of this type, which involve chemical imbalance. Highly acidic foods, which cause fermentation, and those which lead to extra production of uric acid, such as certain kinds of meat, seem to create a climate in the digestive system that is favorable to the development of rheumatic symptoms. Cayce even goes so far as to say that they would never arise in a sufficiently alkaline system:

**Few germ formations, or none, that injure or cause distress in the form of neurotic, neuritis or arthritic conditions, or any form of skin eruption, may come when a system is tended toward alkalinity! 306-3**

Although specifics vary, the following dietary distillation is typical: Eat little or no meat, at least until symptoms ease, concentrating instead on raw and cooked vegetables grown above the ground. Fruit, whole grain cooked cereals, nuts, and the lighter proteins such as eggs and dairy products are beneficial in moderate amounts. Include large amounts of water, always between meals, and go easy on stimulants such as coffee, tea, alcohol, and sugar:

**Do not eat meat other than that of mutton, or goat, or kid. This may be taken in *small* quantities. No other meat or flesh would we take. Let the diet be more of vegetables that grow *above* the ground. None that grow *below* the ground. Fruits—all of these may be taken in moderation. Drink *plenty* of water. Make it obligatory for self to see that at least two to three *glasses* of water are drunk between each meal—not *at* meals. Not much coffee or tea. Milk may be taken in moderation. *Coffee* not more than once each day. 92-1**

**In the diet, beware of meats—especially of red (*raw*) meats. Those of the vegetable—those of even more starches—may be better taken than too much of that, that must form acid—and which pro-duce pressure. 99-5**

The goals of spinal adjustments and massage are several: to correct spinal misalignments, reduce undue pressure on nerves and organs, relax tense muscles, and support the flow of blood and lymphatic fluids in their removal of waste products and toxins from the system. This was the purpose of a salt-and-vinegar massage for a fifty-one-year-old woman who was recovering from a fractured wrist:

**. . . we will find this will be a much *better* manner of *relieving* the conditions than by operative measures; for with the massage, not *only is* each bone, or each segment put in its proper position one with another, but their *relations*, of the cushions, or of the cartilage lying between each, are magnified or retarded; that is, built up or removed from, in such a manner as to bring the better activity for the body. 51-1**

Spinal massages with olive oil and myrrh coupled with hot packs of dry salt were advised for a twenty-one-year-old woman suffering from both rheumatism and sciatica, who was assured that: ". . . This, as we see, will soon alleviate the condition" (136-22)

A series of osteopathic adjustments was advised for a woman with rheumatic tendencies:

**Q. Is the stiffness in neck due to rheumatism?**

**A. Due preferably as we find to the specific areas from which infectious forces arise.... With the adjustments and the stimulations in the areas indicated, these should disappear. 494-2**



A careful attentiveness to increasing the body's elimination processes, through methods such as enemas, colonics, herbal tonics, and mild laxatives, will help to relieve toxic buildup and facilitate the release of crystallized elements from afflicted areas. A fifty-six-year-old man who asked about relieving the rheumatism in his right knee was told that this would require: ". . . Relieving the poison from the system" (19-1) A series of colonic irrigations of the large intestine was among the treatments advised.

Internal cleansing through diet and hydration was the main treatment recommended for a twenty-one-year-old woman who asked about alleviating stiffness in both her knees:

**Create the proper elimination, and poisons as are gathered by improper circulation will be taken away.... When we have the full blood supply running through the system, it will take out all drosses....** 121-1

In a reading given for a forty-two-year-old man, the following ex-change took place:

**Q. Will the hip and foot continue to improve with present treatment?**

**A. Continue to improve, so long as the eliminations are kept so that there is not acid reactions, nor the tendency of pressures in the circulatory forces of the intestinal tract....** 261-2

Electrotherapy in various forms is advised primarily for its circulation stimulating properties. The following recommendation was made to a sixty-eight-year-old man who was recovering from lead poisoning:

**For those tendencies of the . . . rheumatic condition, it would be well that the . . . violet ray be applied to the superficial portions of the body, or that there be the charging of the body throughout with same, so as to reduce the salts and allow the eliminations to be carried from the system.** 287-11

As mentioned earlier, hydrotherapy offers some helpful ways of easing discomfort and stepping up elimination through the pores of the skin. Dry packs of heated salt, wet Epsom salts poultices, and hot baths containing large amounts of Epsom salts are most often advised for these purposes. A thirty-four-year-old woman with rheumatic tendencies in several parts of her body was warned against discontinuing these baths too soon:

**Leave these off a while, or allow these accumulations, and you'll find *rheumatism will be the natural result*; but these are going to be eliminated, as the changes come about.** 272-6

A constructive attitude of this type is always desirable and will actually make the healing that is needed more likely to occur. Very often this includes a conscious abstention from negative thoughts:

**Keep *mentally* in that attitude of *constructive* thinking, ever. Never allow self to become pessimistic or doubtful, or fearful as to the activities about the body in any form.** 494-2

In view of the seriousness of some of these conditions, it may be surprising that Cayce would be so optimistic of success. However, this was usually the case, provided there was a willingness to complete a treatment program that might be drawn out over several months. This proved especially worthwhile in cases where a series of readings took place. One example is the relief of rheumatism in a formerly fractured hip belonging to case 409, a young woman who consulted Cayce several times between the ages of nineteen and twenty-seven. After her first few readings, which recommended a combination of massage, electrotherapy, and elimination aids, the rheumatism was pronounced as cured although her doctors had been highly pessimistic. Now that's inspiring!

**257-133, M 41, 6/23/34**

(Q) Why does pain continue in my left foot?

(A) The effect of poisons in the system that have not been entirely eliminated. Keep nearer those outlines that have been indicated for the diet as well as for the eliminations, in the matter of the massage, the character of the eliminations; or the toxic forces from used energies that are as ash or dross in the system, and these may be eliminated entirely in the manner that has been indicated. This we would do, else we may expect the neuritis or rheumatic reflections later.

(Q) Is there any other advice for my better health at this time?

(A) If we would do these, we would find the conditions being entirely eliminated so as to give the better physical body for the mental and spiritual to manifest through at this time....

**2533-3, M 37, 5/26/42**

We find that in some times back there has been a strain upon the body structural forces, either by a wrench or by slipping, or by a fall. This is in the sacro-ileac plexus; so that the area of the lumbar axis is affected, in that it has set one hip out of alignment (not much; about a sixteenth of an inch, if by measurement).

Thus, with taxations, - that is, with long walking, long standing, or sitting in one position for a long time, a strain is produced upon this balance. Hence the pressures through the area upon the adrenals are disturbing the body-balance. This - dependent upon whether there were cold or congestion, or any undue strain or unbalanced condition towards the chemical forces of the body - MIGHT affect either the sensory system (through the reflex, from pressure on kidneys) or cause a form of acid in the system as to make those conditions in the structural portions of the body become aggravated, inflamed, or bring tensions on the areas of the muscular forces in the form akin to neuritic or rheumatic reactions.

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**BACKGROUND OF READING 19-1 M 50**

B1. Mr. [19] and his wife, Mrs. [18], met EC at a church meeting and became interested in getting readings.

**TEXT OF READING 19-1 M 50**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 29th day of October, 1929.

1. EC: Yes, we have the body here. Now, we find there are rather those conditions of which the body should be warned concerning. While the conditions at times give distress, there is gradually being builded in the physical system those conditions that will be much harder to combat with, unless the advantage is taken of the present resistive forces in the system and the causes eliminated from the system.
2. Now, these are conditions as we find them with this body, [19], we are speaking of, present in this room. First:
3. IN THE BLOOD SUPPLY, first there may be said that pathologically, this body would be one of especially interesting study to the anatomist - and, as the conditions are given, it may be seen why.
4. In the blood supply, here we find evidences of not only the troubles as should be eliminated, but the character, the position, and the kind of disturbance as is evidenced, in the manner in which the variation of the white and red blood corpuscles exist in the system. Were the actual count taken, these would be found to vary, and were there only a few days at times changed in the count taken, the variation would amount to hordes. In this respect, then, we see that there is inhibited IN the blood supply some disturbance that causes or produces this, WITHOUT disturbing - as yet - functioning organs to a great degree, though we DO find that the headaches as come, the pains to the eyes, the languidness to the body, are rather signposts - or are signs of the disturbance and its location.
5. IN THE NERVE SYSTEM, this, as we find, at PRESENT, suffers most through the internal nerve system, or through the vegetative nerves, or those of the intestines and the stomach, and the organs of digestion. At times we find that foods that foods taken, apparently without any reason, give distress, not only in the stomach itself - but there are periods when the food does NOT give distress until after same has passed FROM the stomach. This the result of the disturbance in the vegetative nerve system, throughout the mesenteric system - and these, as we find, indicate that the greater distress then to the blood supply, to the stresses on the nervous system, come from auto-intoxication, produced by the condition existent in the colon itself. The colon, then, in a portion of same - especially that in the descending - is a form of prolapsus. Not wholly DOWN, no - but tending to form conditions wherein there is a variation in the manner and in the way the eliminations or evacuations are made from the system. Now, the effects from these conditions: When there is the clogging or the blocking up of these poisons in the system, these are taken up then by reflexes through the jejunum, or through the smaller intestines. The glands, as come from the effect

of the assimilation, directly through the activity of a certain portion of the blood supply, known in that portion - of a division of the leucocyte portion of the blood, these produce debilitation, the languidness, the heaviness at times in feet and legs, the achy feeling, or cold sensation at times along the innerside of the lower limbs, stretchy across the shoulders and arms at times. These are reflexes, coming from the hindrance of these pressures in this portion of the system to the lymphatic circulation. Drainage, then, in system becomes bad - sour stomach a result - headaches again the result - the eyes ache or burn at times from this same condition, and these are the signpost, or the effects that occur from conditions, and were the effects ONLY - and not the causes heeded - then we may expect that other conditions or other organs must, sooner or later, suffer from the distress.

6. IN THE FUNCTIONING OF ORGANS THEMSELVES, brain forces are very good. The sensory organism we find at times shows the reaction in the form of TOO MUCH mucus, and again a dryness in the throat - tickling at times in the ROOF of the mouth, or along each side of the throat - fullness with a tendency to clear same at times.

7. Lungs, bronchia - are very good. These show the effect of the disturbance in the blood.

8. Heart's action and blood pressure subnormal at times, again near normal.

9. Digestive system, under this stress and strain, shows the effect of an over acid condition in the system.

10. The liver torpid in its activity, as is the stress at times and over activity of the kidneys and the hepatic circulation - pressure on bladder at times - painful when passing of urine at times, or burning. This is an over acid reaction, and the effects of the disturbance as is seen in that portion of system as given.

11. Now, to meet the needs of these conditions at the present, to eliminate these entirely from the system, that the body may function the near normal, that there may not be the later disturbance from these conditions in this body:

12. We would first rest for a day or two, at least until the first colonic irrigation is made - and in this care should be taken in making same, for with the fallen or closed condition in ascending colon, there may be expected some strain on the system at the first reaction from same. In two weeks there should be another irrigation made.

13. After the second irrigation is made, THEN the body may begin with those properties for the system as will BUILD same to a near NORMAL condition.

14. The diet, after such treatments begin, will not be of such a RIGID nature, but these should tend to be that as has more of what may be ORDINARILY termed the ROUGHER, or the coarser foods, and not too much of the sweets, or of the rich food, or of the highly seasoned foods; but rather the rougher foods.

15. With the beginning of treatments, would be as this: Using that of the appliance in the form of the electrical vibration as would be set in the sinusoidal application, the one anode placed at the 5th dorsal center, the other at the 4th lumbar. These should be given at least twice each week for at least eight such treatments.

16. The MANIPULATIONS for the adjustments of the system to the changes as would be brought about by the cleansing of the system, would be given at least every OTHER day for at least sixteen treatments.

17. Do THAT, and we will find we will bring this body near to the normal, healthy reaction through the physical. Ready for questions.

18. (Q) What is the condition of the heart? What causes it to hurt at times?

(A) Not so much the hurting of the heart as that location about same, in the pressure in the indigestive forces that arise. The pressure is produced in heart when the CIRCULATION is disturbed, which is only reflex. That intercostal - that is felt most there - is most indigestion - NOT heart.

19. (Q) What causes rheumatism in the right knee and what will relieve?

(A) Relieving the poison from the system. This being absorbed back into system, and when the blood supply is being drained of its red blood count to meet the needs of the coagulation in the system, these may be expected to leave poisons in the system to the effect that those of the muscular forces - as neuritis, that in the sinew as the pressure in form of that as seen - are results. Removing the poisons, that producing same - relaxing the centers from which the radiation is affected - enlivening same through the vibratory forces - will remove these distresses from the body. Do that.

20. (Q) Are the tonsils affected?

(A) No. These cause DISTRESS at times, from the overflow of the blood. The CORRECTION of the rest of the system will relieve these conditions.

21. We are through for the present.

### **REPORTS OF READING 19-1 M 50**

R1. 6/16/30 See 19-2.

R2. 8/28/30 Mr. [19] referred Mr. [5560] for a Physical Rdg.

R3. 9/17/30 See 19-3.

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**BACKGROUND OF READING 51-1 F 51**

B1. 3/21/30 Letter: "On July 10, 1928, and again on July 2, 1929, I fractured my right wrist. It is now deformed, and its usefulness greatly impaired. I am desirous of having it operated on, to restore as much usefulness as possible, before it is too late. An operation is indicated.

"If I have Dr. Leachman of Louisville, Ky., operate, I'll have to stay in a Catholic hospital. The idea is not very pleasant.

"Will I be able to have an equally satisfactory result if I go to Nashville, Tenn., and have it done at Vanderbilt Hospital?

"Will the results be satisfactory if I postpone the operation for another year?

"Anything else you may be able to tell me about my wrist, or about my health in general, will be gratefully appreciated.

"I am wholeheartedly in sympathy with your work. I believe in God's power!"

**TEXT OF READING 51-1 F 51 (M.D., Psychiatrist)**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 7th day of August, 1930.

1. EC: Yes, we have the body here, [51]. Now, we find the body-physical very good in many respects. There are conditions which, if corrected, will save the body from distresses later on, and the body-physical may function the nearer normal.
2. These conditions, as we find, have to do with the assimilating system and the eliminating system, as related to the character of the plasma as goes to make up the replenishing or the resuscitating of the cell forces in the system. This at times called the metabolism of the system, or the katabolism and metabolism. These differentiations have produced for the system, and do produce that wherein there is too much calcium in the system, too much potash, and not sufficient amount of iodine as related to the ironizing [ionizing?] and oxidization as takes place in the system. This is also illustrated in the conditions as have existed, and do exist, in the injured portion of the extremities, as seen in the body. Here we find, while the bone, or the osseous in the blood itself is of such a nature as to produce more of an ossification than is NORMAL in body. Hence the conditions where, with tissue that builds for cartilaginous forces, becomes centralized, and stiffness ensues, or the bone becomes in those portions where many work with, the flexors of the muscular forces of forearm become STIFFENED in their activity.
3. In the meeting of the conditions, as is known by the body, when these conditions are presented as those of verifications, as may be done by the blood tests in same, by the various serums as may be magnified and counted in the rectifying of the conditions; the food values as taken, and also those additions of the salts, or those properties as may be taken in the system as to create a proper balance in this direction.
4. First, as will be seen, it will be NECESSARY, then, to CLEANSE the system, or to produce an incentive or IMPULSE as to remove this excess of potassium and of the calcium. Then BUILD for those serums as may rectify the condition, and later prevent those of the effects as come from neuritis, rheumatic conditions, arthritis, and such inflammatory centers or conditions as affect the centers as related to the connection of nerve ganglia, or cushions, or of cartilaginous centers to the bone structure and flexors themselves. Such we may find in the use of that as is made in those of Merck's [Merck & Co.'s]\* iron and of those in arsenated iron. In THIS particular case, these, we would find, would be taken BEST in the salts state. After we have cleansed the system, then we may ADD those conditions necessary in those of the iodine and of silicon, in the form NOT only of foods, but those as prepared in that of Romano's iodine. In taking same, these as we will find in the pellet form, with the salts as come from those of fruits, rather than those of minerals, will assimilate in the system.
5. As to the specific conditions as are already existent in forearm, or wrist - right side - these, we will find that with the building up of the system in the manner as has been outlined, for at least three to five weeks, we may then begin with the



massaging of same each evening before retiring with that of a saturated solution of plain salt, PREFERABLY that that has not been clarified, or in as near raw state as may be had, or with sea salt evaporated, or evaporated salt from sea water. These would be the preferable, making same with a saturated solution of pure apple vinegar. Heat, not to be HOT, but as to be warm even for the body, and for ten to fifteen minutes each evening massage this thoroughly into the wrist and hand. This FOLLOWED, in the next cycle or afternoon, with an application of the plain VIOLET ray, and every third day we would take that of the sinusoidal in its high frequency, from the flexors of the brachial plexus and that in the elbow in the internal side. This given for at least one and a half minutes, and we will find this will be a much BETTER manner of RELIEVING the conditions than by operative measures; for with the massage, not ONLY is each bone, or each segment put in its proper position one with another, but their RELATIONS, of the cushions, or of the cartilage lying between each, are magnified or retarded; that is, built up or removed from, in such a manner as to bring the better activity for the body.

6. Then, first prepare body, with those properties as given; \* [6/16/76 GD's note: Pharmacist at Ingram's Pharmacy informs me that about 5 yrs. ago Merck & Co. merged with a big industrial firm, J. T. Baker, and is no longer known as Merck & Co.] keeping a high elimination, keeping the diet in such a position as to make for least of calciums and least of potashes in the system. Then begin with these corrections as outlined. Ready for questions.

7. (Q) In what manner, or what should be the dosage of the arsenated iron?

(A) This may best be determined by the body itself, for it's a physician! We are through for the present.

### **REPORTS OF READING 51-1 F 51**

R1. 8/11/30 "Your letter of instructions, following the reading given for me on Thursday last, was received yesterday.

"I wish to thank you and the spirit friend who helped.

"Needless to say that I shall try to follow the instructions to the very best of my ability."

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**BACKGROUND OF READING 189-2 F 35**

B1. 4/15/30 She obtained 189-1 following auto accident on 4/3/30 in which head and body were severely bruised.

B2. 4/25/30 She was admitted as a patient to the Cayce Hospital to be treated for vertigo resulting from shock of auto accident on 4/3/30. Previous treatment had only been rest and bromides. Treatment given in 189-1 had not yet been followed.

B3. 5/1/30 She was present for 189-2, submitting questions.

**TEXT OF READING 189-2 F 35**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 1st day of May, 1930.

1. EC: Yes, we have the body here, [189] - this we have had before. In the general physical conditions we find the body still on the improve. There is the necessity of time, or of the GROWTH necessary to create the normal equilibrium; for when there are those conditions where ligaments, tendons, nerve ends, are so strained as to need and to cause - by their POSITION - the needs of the over active forces of the glucose, or the resuscitating influences in the system, there

must needs be that there be given sufficient quantity for these to be created in the system, and the over abundance of refused forces ELIMINATED - that there may not LATER be the filling up, or the causing of that as is ordinarily called rheumatic, or of the neurasthenic, or neurotic, or neuritis. These are RESULTS of conditions (these conditions named), results of there being conditions in the system where there are cellular units of energy, form into PUS - or to those of pus producing, or inflammation producing, and they produce IN the system that which, finding lodgement in the weaker portions of system, cause the distress. Do not be impatient, but keep the [osteopathic] manipulations. Keep SUFFICIENT activity to be NORMAL in force, but don't be too quick about setting self BACK to NORMAL activities. Ready for questions.

2. (Q) Are [osteopathic] treatments being given correctly?

(A) The treatments are being given very good. Do not UNDO same by TOO MUCH activity, but sufficient that the muscular forces become NOMINALLY tired, not OVER strained.

3. (Q) Is malar [mala] [cheek & cheek bone] fracture healing?

(A) Healing.

4. (Q) What is causing dizziness now and what shall we do to correct it?

(A) Just takes time, for it is of that pressure produced on the whole of the cerebro-spinal nerve system that causes spasmodic waves to come over the system, IN the system adjusting itself.

5. (Q) Is diet correct as given?

(A) Very good. More nerve supplying may be added; that is, such as those of the green vegetables that are especially adapted and adaptable to nerve energy; as lettuce and celery, and radish, and such. These, PREFERABLY, all taken in the RAW state. Carrots, onions, and such.

6. (Q) What shall be done with reference to hemorrhoidal condition now?

(A) Those applications as are given for correction of such conditions through the manipulation, are the better applications.

7. (Q) When can body return to work with safety?

(A) With the CORRESPONDING beneficial building forces being kept in the manner as should be, in five to six days.

8. We are through with this reading.

### **REPORTS OF READING 189-2 F 35**

R1. 5/10/30 She was dismissed from Cayce Hospital and ret'd home to N.Y.

R2. 5/12/30 Friend Miss [349] wrote: "Mrs. [189] came back this morning to the office and she certainly looks wonderful. Going to Va. Beach was the best thing she could have done."

R3. 3/16/31 She requested 1204-1 for her daughter.

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**BACKGROUND OF READING 259-2 F 10**

B1. 8/19/24 She obtained physical Rdg. 259-1 for headaches, indigestion, anemia, constipation.

**TEXT OF READING 259-2 F 10**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 21st day of March, 1926, in accordance with request made by her mother, Mrs. [2457].

1. GC: You will give the physical condition of this body at the present time, giving suggestions for the further improvement of same.
2. EC: Yes, we have the body here. This we have had here before.
3. Now, we find there is much of the return of that condition as existed in the body, as we had here before; yet in another form and manner of effecting or AFFECTING the body at this time. This, as we see, is congestion produced in liver and spleen, overtaxation and non-eliminations, as produced by this POOR elimination, and the anemitized condition as is brought to the body through poor assimilation.

4. Then, to bring the better conditions for this body, we would stimulate those centers, osteopathically or neuropathically, that affect the eliminations, and especially the emunctories of the liver and the kidneys, for, with these toxins being carried back into the system and allowed to accumulate from time to time, we will find we will not only produce this anemia (that may become of a pernicious character), but we are also producing those toxins that will in the later years produce that known as rheumatic condition, or of the neuritic, or neuritis, or arthritis to this body - drawing of the muscles, drawing of the structural portion even of the body. Hence these eliminations should be carried out, see?
5. We would give at PRESENT for the body these properties, as would be found in a laxative that stirs the liver, see?  
Podophyllin.....1 grain,  
Cascara Sagrada.....1/2 grain,  
Licorice Compound.....1 grain,  
Dover's Powder.....1/2 grain.
6. This should be in each dose, and at least three doses should be taken, but they should be at least one day apart.
7. Follow same by a saline [such as Rochelle salts?] that thoroughly cleanses same from intestinal system.
8. Then, add an intestinal cleanser in the form of a few drops of Glyco-Thymoline, taken every day for four or five days.
9. This, as we see, will cleanse the tract, and by the stimulation to the centers, especially along the 9th, 10th and 11th dorsal, the lower lumbar and sacral region, stimulate these to their normal action. Do that.
10. We are through for the present.

**REPORTS OF READING 259-2 F 10**

R1. 7/14/26 Mother's letter: "To say Thank You for the readings that put my two girls [[259] and [711]] well again is very small. Wish I could really do something worth while for you.

"Both children were in very bad shape physically...you referred me to Dr. Elise L. Stone, neuropath...and by carrying out full instructions of the rdgs. the children are enjoying the best of health."

R2. 1/25/27 We heard that [259] had an accident to her leg and foot, requiring stitches to be taken.

R3. 2/23/28 Mother obtained for her Ck. Physical 259-3.

**INDEX OF READING 261-3 M 43**

Diet: Neuritis	Par. 2
Electrotherapy: Infra-Red: Toxemia	Par. 7, 11-A
Exercise: Circulation: Incoordination	Par. 2, 12-A
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Names: Organizations Mentioned: Battle Creek Sanitorium	Par. 4
<b>NEURITIS</b>	
Osteopathy: Toxemia	Par. 6
Physiotherapy: Baths: Sweats: Toxemia : Rubdowns: Toxemia	Par. 7, 11-A Par. 7, 11-A
Prescriptions: Alophen: Toxemia : Bismuth, Milk Of: : Charcoal Tablets: Intestines: Gas : Glyco-Thymoline: Toxemia : Magnesia, Milk Of:	Par. 3 Par. 3 Par. 4 Par. 5 Par. 3
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Rheumatism	Par. 8-A
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<b>TOXEMIA</b>	
Uricacidemia	Par. 9-A

**BACKGROUND OF READING 261-3 M 43**

B1. In Sept. 1930 He obtained 261-1 and 261-2 for gastritis or gastric ulcers, and rheumatism, for which he was treated at Cayce Hospital.

B2. 11/1/30 He submitted questions, including: "What treatment for neuritic pain in right shoulder? Has osteopathic treatment been correct and how change for betterment of body? Are there any changes suggested in diet?"

**TEXT OF READING 261-3 M 43**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 17th day of November, 1930.

1. EC: Yes, we have the body here, [261] - this we have had before. Now, we find conditions in many respects show improvements from that as we have had before, while there are times and occasions when there is uneasiness and distress experienced by the body through the accumulation of poisons in the system from those points where infection has been seen in and through the intestinal system, as has been outlined.
2. These, as we find, then, produce that of a neuritis or a nerve pressure in the shoulder, neck, arm, and limbs at times. These, as we find, will be better in accord will there be kept better eliminations as related to the alimentary canal, and that the diet is such that there is less acid forming in the system. These will prevent accumulation of gases that make for pressure. In this line, we will find that the diet as was outlined would be well to be followed rather closely. Take the TIME to be mindful of that as is eaten; also the time for the exercises sufficient to keep the circulatory system in a better shape.
3. Good acting forces with the conditions will be the Milk of Magnesia one day, a spoonful - the next day a spoonful (tablespoon) of Milk of Bismuth, and the next day one Alophen tablet. This, as we find, will keep the condition in a nearer normal force; that is, these should be taken for regular periods - three to four doses of each, then REST for same length of time.
4. Well, too, for the body to use occasionally the charcoal tablets - preferably those prepared by the Battle Creek Sanitorium, or the willow charcoal with the honey and honeycomb. This, as we find, will relieve that tendency of gas pressure.
5. It would also be well to occasionally take an intestinal antiseptic - the Glyco-Thymoline, three to five drops at a dose. Once a week will be sufficient.
6. Keep the osteopathic manipulative forces as make for a coordination of the whole cerebrospinal nervous reflexes with the general system as related to the eliminations of the body, making same for a better coordination throughout the system.
7. Occasionally, too, it would be well - once a month, or twice a month - to use the Infra Red light. This should be given FOLLOWING the sweats and rubdown's, that tend to increase the capillary circulation. These will make for bettered conditions for the body of [261]. Ready for questions.
8. (Q) Is there any change in condition of hip and foot?  
(A) Bettered.

9. (Q) What amounts of uric acid and urea are now in the blood?

(A) These alter according to the diet and the activities, mentally, of the body. These at the PRESENT time are not as severe as they have been - some days ago; for the eliminations have been increased some. With the present state in system, in two or three days - unless change is made - we will have another siege, or a raising of these in the blood. [See emergency Rdg. 261-4 on 11/21/30.]

10. (Q) Is treatment for dandruff [261-2, Par. 9-A] being properly used and should any tonic be used between weekly shampoos?

(A) These would be very good, if you will keep them up consistently and persistently! [See 261-9, Par. 31-A--35-A.]

11. (Q) May any treatment be given for congestion in nose and sinus?

(A) These, as we find, will be best aided by the use of the lights, as indicated, and by the sweats with the rubs following; that is, for the BASIS of the condition. Should the irritation become so severe in the nose or sinus to cause excruciating pain, be well to use an antiseptic locally for same; rather than curative forces - and let the system ITSELF be the active force as for resuscitation of life tissue in the system.

12. (Q) How much and what kind of exercise should be taken?

(A) As much in the open as is consistent with the life of the body, or MORE than is ORDINARY under such circumstances.

13. (Q) What are conditions and further treatment of digestive system?

(A) As has been outlined!

14. We are through with this reading, [261].

### **REPORTS OF READING 261-3 M 43**

R1. 11/21/30 Wife phoned for emergency Rdg. 261-4 for acute gastritis, and tonsillitis.



**INDEX OF READING 265-3 F 64**

Anesthesia	Par. 19-A
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Physiology & Anatomy: Constipation : Hypertension : Neuritis : Physiotherapy: Packs: Epsom Salts : Rheumatism	Par. 12, 22-A Par. 13, 20-A Par. 12 Par. 18-A Par. 12
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<b>RHEUMATISM</b>	
Sedation: Not Recommended	Par. 19-A
Surgery: Injuries: Fractures	Par. 14, 19-A, 23-A
<b>TOXEMIA</b>	

**BACKGROUND OF READING 265-3 F 64**

1/24/21 She wrote: "My daughter [538] was entirely restored to health some yrs. ago after a number of physicians, including specialists, had stated there was absolutely no hope of her recovery. I am acquainted with Edgar Cayce's work in relieving and restoring many people, including himself."

**TEXT OF READING 265-3 F 64**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 18th day of June, 1926.

2. Now, we find there are some abnormal conditions with this body. Some of these may be corrected.
3. Now, these are the conditions as we find them with this body. First:
4. IN THE BLOOD SUPPLY, this we find above the normal in pressure, and this is overcharged with drosses, as are seen from toxins that are not eliminated from the system. This produces, then, much of the trouble as is experienced in the extremities, especially where there has been strained tissue, as in knee (right one), and in the small of the back at times. This is as the form of condition as is termed neuritis, or a combination of neuritis and rheumatism, or conditions so named (though they vary some).
5. IN THE NERVE SYSTEM, this is very tense throughout.
6. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, in this we find the greater condition to be warned of.
7. In brain forces good - above the normal.
8. In the functioning of the organs of the sensory system, the stress is as shown on the system through the nerve system, and through the drosses, show their effect, as well as does the age of the individual.
9. Throat, bronchials, lungs and larynx, all show they are very good, save as the cold or congestion shows its effect at times, by the continuing hacking cough, comes spasmodically - not always, see?
10. In the digestive system, this very good at times.
11. In the spleen we do find the greater troubles. This having been vented, [Mrs. [760] said Mrs. [265] lost temper often and violently. See 265-1 & 256-2 in re anger being karmic from Egyptian sojourn] as it were, from time to time, has brought on an over taxation of the organ and the functioning of same, and the stress or strain that is felt in the portion of the body at times is produced by this condition.
12. In the digestive system, in the lower portion, the inability of the system to function normal. Through the eliminations is the direct cause of the conditions, as are produced by toxins in the system, or constipation, and the excess of the creating, by exciting through the use of stimulants to the system in the mucous of the intestine, causes the colon to become clogged, and through same this brings the drosses, and the tissue in the lymphatic circulation takes up, or LEAVES, as it were, in the tissue, in joint, the distress as is caused to sinew.

13. In the action of the heart, with the condition in spleen, is the greater troubles, and these may be reduced and overcome by care and persistence, see? for with stress on the digestive system, and with the venting, as it were, of the functioning of the spleen (which is the quick action, of course, through the mental, or through the brain's functioning), in this, then, as is seen, care, attention, persistence, and consistent and CONCERTIVE action, must be taken, see?

14. In the broken tissue as is found in the left extremity, forearm, or finger, or hand, this had best be removed by the break being adjusted through operation, see? for this, with the strain on the rest of the system, might become malignant, through the continual dross being left and carried there, as it continues to increase, in the strain, the attempting to eliminate and seeking each and every channel, see?

15. For the conditions then as are seen in the spleen, heart's action, blood supply and digestion - no meats whatever for the system - NONE, see? Those of vegetable, green vegetable, as much as possible see? Fruits of morning. Little in midday, and green vegetables in the evenings, see?

16. Use high enemas to cleanse the system. This used with tepid water, and plenty of it, and use each day for at least thirty days. We will find quite a difference, quite a change in the pressure in the blood, quite a difference as is seen throughout the system.

17. Keep off the feet, see? Apply, when the strain is on the various portions of the system, a saturated solution of Epsom Salts, with SALT heat - wet salt heat, see?

18. (Q) Where should this be applied?

(A) Where the misery is, where the pain is - across the back, knee - any portion of the body where pain is, see? This is to start the eliminations through the emunctories, as is also the diet, and the form of diet, and the way, see? Keep off the feet as much as possible, see?

19. (Q) Is the body in a condition to have the operation on the finger at the present time?

(A) The body will, of course, be better when the eliminations are started throughout the system. Best after thirty days treatment of the high enemas, such as is used in Cascade [Tyrrell's], or in the elevators. These will produce a better condition in the blood and throughout the system, yet, with the stream started in the extremities, as at present, will not relieve the condition entirely, see?

Do not give medicinal properties internally, and nothing that is as a sedative to the heart, see? Take local anaesthesia for the operation, when this is performed.

20. (Q) What causes intense pain in the side and back of neck at times?

(A) Blood pressure. Unequalized conditions through the body, see? and the brain being over active through this portion of the system, the blood stream passes to and fro from same, see? The brain itself keeps the system clear.

21. (Q) What causes the soreness in the left side, just above waist line, at lower point of ribs, a little toward the spine?

(A) The spleen, the condition there as we have given.

22. (Q) What is best to make the liver act?

(A) Change the diet. Clean out what's below. Change the diet so that the reaction from the system is to make all of the digestive system function more normal, see? keeping off meats. Fruits, cereals of mornings. Green vegetables in evening. With the small amount of diet. We will find a reduction of the condition in the system and the more normal functioning of the system. Hence the continuation of the eliminating through the application of high enemas. This must be done, or else we will have this recharging, or surcharging, to the blood pressure, and to the spleen - heart.

23. (Q) What causes this enlargement on the finger?

(A) Broken cell. Better in this portion than it has been for the trunk system - carried to this portion. [Cancer of finger? See 265-4.]

24. (Q) Any further suggestions to relieve or for the improvement of the body?

(A) Do this for the thirty days. Then we would give further suggestions that would be necessary for the conditions existing at that time. We are through for the present.

#### **REPORTS OF READING 265-3 F 64**

R1. 6/29/26 She wrote thanking EC for the rdg., saying: "You will understand the delay when I tell you that [569] and I have been housecleaning (have just finished), and also trying to coax a little garden along and murder several thorns and weeds so I can find it without a search warrant. Together with the usual housework I have become tuckered out. You would think I would write each night, but one night [...] and [...] came, and others, [1312] and [2704] and [1312] going [talking] a mile a minute. They are here tonight and I hardly know what I am writing, so you see how it is.

"I rec'd the Tyrrell's Cascade Sat., and thank you very much for ordering that, as well as for the rdg..."

"I don't feel any worse than usual and am getting along very well. I am sure going to have my hand doctored, for I have always had a horror of cancer and am afraid it might end that way..."

"I will try the treatment the best I can. Of course I can't tell about all the afflictions, but some I know are correct. Knees, feet, etc., and there must be some cause for them. I have been afraid a good while of high blood pressure, and have been eating very little meat but will leave it off entirely."

R2. 7/26/26 Niece [569]'s letter: "Aunt [265] is taking her treatments regularly and I believe they are helping her, too."

**INDEX OF READING 306-3 M 39**

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<b>CIRCULATION: IMPAIRED</b>	
Dermatitis: General	Par. 8--10
Diet: Citrus & Cereal	Par. 12
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<b>INTESTINES: GAS</b>	
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<b>TOXEMIA</b>	
Vertigo: Circulation: Impaired	Par. 30-A

**BACKGROUND OF READING 306-3 M 39**

None.

**TEXT OF READING 306-3 M 39**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 22nd day of June, 1933.

1. EC: Yes, we have the body here, [306]; this we have had before.
2. Now, as we find, there are changes in the general physical forces of this body, [306], since last we had same here.
3. Conditions in many respects show rather a returning towards the distresses that have been indicated in the general physical force. While at times they are not so severe as they have been, yet there are tendencies for the creation of gases such as to produce or form dilations in the region of the transverse and descending colon; such as to cause pains or quick pulsations, even around the heart, though there is no organic heart disturbance.
4. Also there are those tendencies in the areas indicated in the cerebro-spinal system, from an old injury, where there are subluxations - or pressures were created in the cerebro- spinal system and later other injuries were received that only accentuated the distresses.
5. With the poisons that necessarily accumulate from the formation of gases and toxic forces being produced, there is a return of the distress.
6. The muscular forces of the cerebro-spinal system have been helped, so long as there has been used the vibrations that make for a relaxation.
7. Then, as we find under the existent conditions, we would add these to the general applications for the improvement and for the eradication and correction of those conditions that disturb the better physical functioning of the body, [306] we are speaking of; for these would bring a much better reaction:
8. First we would be very mindful of the diet, in that there would not be those things taken that tend to produce acids in the system; while it is true that too great an alkalinity is more severe, more straining on a system, than a tendency towards acidity - and more alkalins kept in body. This would be well to be remembered by all:
9. Few germ formations, or none, that injure or cause distress in the form of neurotic, neuritis or arthritic conditions, or any form of skin eruption, may come when a system is tended toward alkalinity!
10. Acids make for a fermentation, as may be seen from yeast, fruit fermentation, or the like.
11. Then, we would outline this as a diet; in the present:
12. Mornings - citrus fruits or cereals, but not both at the same meal. Fresh fruits or stewed fruits, any of these may be taken - but not both at once, see?
13. A little very crisp bacon - not burned, but crisp - may be taken occasionally.
14. Coddled eggs, or prepared in any manner just so they are not fried in grease. Scrambled in butter would be very well, but the more often it would be better for them to be taken without the white; that is, only using the yolk.

15. Whole wheat toast. Not too great an amount of butter, but a small amount now may be taken.
16. Ovaltine or any cereal drink; a little coffee occasionally, but use brown sugar or honey for the sweetening - and do not sweeten too much.
17. Noons - as near as possible, keep to brown whole wheat bread, or Graham bread, or toasted rye bread, with whole green vegetables; or vegetable and egg sandwiches may be taken, see? These would consist of such as lettuce, celery, tomatoes (with mayonnaise), tomato juice, or the like.
18. Do not combine tomato juice with any citrus fruit juices, for they work toward a combination of proteins and elements that work against one another.
19. Evenings - whole vegetables, well cooked, with little meats; occasionally fowl, lamb and fish may be taken - and may be found to work well, if not too much of these is taken.
20. Just eat sufficient to supply the appetite, but don't overload the stomach.
21. Should there be felt a heaviness about an hour or three-quarters of an hour after a meal, a fullness or a bloating, take a level teaspoonful of BiSoDoI in a glass of water, drinking an extra glass of water afterwards.
22. We would continue with the vibrations of the electrically driven vibrator.
23. After giving the vibrator treatment, we would massage - into those portions that show pains (as in the upper dorsal area, and around shoulders and the lower portion of the cervical area) - equal parts of tincture of myrrh, olive oil and sassafras oil. Heat the olive oil and add the myrrh, stirring well together; then, while still a little warm, add the oil of sassafras. This will produce a glow, and will tend - when very warm at times - to irritate for a day or two, but will disappear provided no more will be massaged into the system than will be absorbed thoroughly.
24. Following these, as we find, we will bring the better conditions, the nearer normal conditions, for this body.
25. We would take the battery treatment as outlined, for this creates the proper vibrations. Be sure that the connections are intact, that the battery or casement is in the ice for ten to fifteen minutes before being applied to body.
26. Ready for questions.
27. (Q) Give details of accident to my back. Who was with me, how many years ago did it happen?  
(A) It happened many years ago, the first injury - which had something to do with a wagon. Later there was a scuffle, or an injury by wrenching the body in some manner.
28. (Q) Is my heart of normal size and condition?  
(A) As we have given, there is no organic - heart disorder. There has always been a tendency, from the nature of the lesions, to dilate the heart's action, or heart's expansion.  
Hence the characterization of the blood pressure, as it changes materially; but with these corrections, with the equalization, there should never be formed any disorder - or uneasiness on the part of the body - regarding heart trouble; because it isn't there! The condition is wholly reflex.

29. (Q) What is my present blood pressure?

(A) 146.

30. (Q) What causes continued dizziness, fullness in back of head, and tension in back of neck?

(A) The unequalized circulation, that has been often indicated, that is produced by the change in the circulation - as we have indicated. Produced by the pressures in the cerebro-spinal system, accentuated by formations of gas in the intestinal system. As indicated, we have given that which will remove these causes.

31. (Q) When lying on either side, I notice pulse in neck being very strong. Is this a normal condition?

(A) It will be found in anyone, especially those where the upper circulation is so much stronger - or necessary to be strong, through repression - than that to the lower portion of the body.

These have been covered!

32. (Q) What causes pain in underside of left arm, wrist, joint and ankle joints?

(A) Poor circulation to the extremities of the body, through pressures in the area adjoining the brachial plexus, and reflex to the lumbar plexus; and becomes accentuated by the pressure produced in colon area, that makes reflex actions to all of these tendencies. Hence REDUCING the pressure!

It's not even the character of rheumatic or arthritic conditions, for they are the result of lack of circulation to the extremities - rather than the poisons settling, see? for it will be found that, though these may hurt or pain, if they are moved up or down, like raising the feet up high, or walking on feet, changing the position of the hands and arms, enough to move the locomotaries, these pains will pass away after a little - though will recur again when settled, after a period.

33. (Q) Are my teeth infected?

(A) Be well that some of these be taken care of.

34. (Q) What part of my previous instructions have I failed to carry out?

(A) As indicated from the diet, as indicated from portions or times when battery activity was not in accord or producing the proper vibrations, and the added forces to stimulate the circulation - see?

35. (Q) When can I look for a change?

(A) In ten days, if you'll do these things!

36. (Q) For how long a time will I have to keep up the head and neck exercise before my ears will cease to ring?

(A) Keeping up the head and neck exercises, with the vibrations and the added stimuli to the circulation, in the oil and things, there should begin a clearing in ten days.

37. (Q) What causes the corners of the mouth to be sore for long periods?

(A) Acid!

38. (Q) What quantity of the oil and myrrh and saffras should be used each time?

(A) About a teaspoonful.

39. (Q) Of each?

(A) It's given, equal parts!



40. (Q) How often?

(A) Every evening when the body has been suffering from those pains that at times cause distress in the shoulder and in the back.

41. (Q) Should it be applied while warm?

(A) Not while warm, but just sufficient so that the body temperature and the temperature of the solution is not too greatly different. You wouldn't use the solution hot when the body is cold, nor you wouldn't use the solution cold when the body is hot! About the same temperature of the body. And this should be applied immediately after the vibrator treatments, so that it may strike deeper in as the circulation is drawn to those portions at the time of the vibratory treatment.

42. (Q) Have the vibratory treatments been given in the correct manner?

(A) These have been very good, when given; they haven't been consistently given at all times, but they've been very good - they've been helpful.

43. (Q) For how long should the oils be massaged in?

(A) Just what will be absorbed, as intimated and given. Pour the small quantity in a saucer. It will be necessary to keep it stirred, for - remember - the sassafras oil will rise to the top, unless kept stirred, and will make a glow, especially when the body gets hot - so you'd better keep it mixed!

44. (Q) Any other advice at this time?

(A) This is a lot of advice! If you'll do this, it'll be good!

45. We are through with this reading.

#### **REPORTS OF READING 306-3 M 39**

R1. 6/16/34 He referred Mr. [584] for rdgs.

R2. 8/1/35 GD's note: I saw him on the street today; says he is feeling rotten; doctors tell him if he doesn't get better they will take out his gall bladder. I suggested he get a ck. rdg. He said "I guess I just don't have enough faith to follow through." He lived in poor health until his death 12/27/59.

**INDEX OF READING 327-2 F 53 (?)**

Diet: Menu: Liver: Kidneys: Incoordination Par. 2-A

Ears: Pruritus: Circulation: Poor Par. 3-A

Eczema: Tendencies Par. 3-A

**HYPERTENSION**

Intestines: Enemas: Oil: Liver: Kidneys: Incoordination Par. 2-A

**LIVER: KIDNEYS: INCOORDINATION**

**NEURITIS: TENDENCIES**

Physiotherapy: Massage: Cedar Oil: Varicose Veins Par. 2-A  
: Myrrh: Par. 2-A  
: Oils, Olive: Par. 2-A  
: Water, Cold: Circulation: Poor Par. 2-A  
: Packs: Epsom Salts: Liver: Kidneys: Incoordination Par. 2-A

Prescriptions: Watermelon Seed Tea:  
Liver: Kidneys: Incoordination Par. 2-A

**RHEUMATISM: TENDENCIES**

Supports: Elastic: Varicose Veins Par. 2-A

Varicose Veins Par. 2-A

**BACKGROUND OF READING 327-2 F 53 (?)**

B1. 8/21/29 She obtained 327-1 for hypertension, insomnia, overweight, etc.

B2. 8/18/31 Her son, Mr. [417], phoned for a check physical rdg. for Mrs. [327], asking for advice on how to relieve pains in right knee, palpitation of heart, itching inside of both ears.

**TEXT OF READING 327-2 F 53 (?)**

This psychic reading given by Edgar Cayce at his office, 105th Street & Ocean, Virginia Beach, Va., this 18th day of August, 1931.

1. EC: Yes, we have the body here, Mrs. [327] - this we have had before.

2. (Q) What is cause and relief for pains in right knee?

(A) As we find, this is produced by a slowed circulation, caused by the cold hepatic circulation and the disturbances in the kidney area, or the incoordination between the kidney and liver in their proper relations one to another; so that the toxic forces of the system, as are left in the system through improper eliminations, cause distresses in portions of the system where STRAIN of some nature, as in this, has made a WEAKENED condition in that portion of the body. The system attempting to adjust itself, being unable to supply that through a slowed and a poor circulation, as is necessary to create normalcy in resuscitation, brings about pains as in this body, which may be termed either a FORM of rheumatism, or neuritis, though not EITHER in their proper meaning - but rather that [which] that may be termed a COMBINATION of same.

Will [If there will be] there be applied - and let the body rest - this may be given in evenings when the body IS to rest - these of the Epsom Salts packs across the kidney area, this will RELIEVE the pressure on same; and make a tea of watermelon seed - not too strong, but as about this proportion: Take about thirty kernels or seed, see - SPLIT same, see - cut same with the knife, as split - see - over the edge. Steep in one quart of water as in a teapot, not boiling, see - for thirty to forty minutes. Strain off. The dose of this would be quarter to a third of a glassful once or twice a day.

We would also take the OIL enemas, that the eliminations may be IMPROVED through the colon, especially. The enema would be of Usoline or the Russian White Oil, about a pint. This will aid in making a better association of the activities between the liver and the kidneys themselves. Be mindful that the diet is not heavy, or that that [which] is hard to digest. Rather would this be an outline for a diet for the body in the present:

Mornings - there may be taken some dry toast, with a little Ovaltine or a dry cereal or raw drink, see?

Noons - we would drink a Coca Cola, Orangeade, Lemonade, or the like, see, with some little wafer - not sweetened too much.

Evenings - we may take those of soups, with well cooked vegetables, not too much acids, but keeping an even balance; for remember, we are producing some counter-irritations with the tea as would be taken as medicine for the kidneys themselves. The applications of the salts we would make of evenings.

Of mornings we would rub the body along the spine thoroughly with cold rubs. The colder the better, from the base of the head to the end of the spine. If the cloths or towels used as rubs are wrung out of ICE water, all the better.

We would also find that when the pains are SEVERE, it would be well that a rubber stocking be worn, that the veins and the tendency of the veins to become full from a poor circulation [varicose veins] [?], would be helpful. Of evenings we would rub this down (that is, with the stocking taken off), when the packs are being given, rubbing same TOWARDS the body - that is, the veins, see, and the muscular forces of the limbs, with those of equal parts of olive oil, tincture of myrrh, and oil of cedar. Heat the oil, adding the tincture of myrrh, then adding the oil of cedar. Shake same together when it is massaged or rubbed along those portions of the body.

3. (Q) Why do both ears itch inside, around the drum? What is cure for same?  
(A) Poor circulation. Increasing the circulation by these cold rubs, we will have this eliminated, and it will make for soon a form of catarrh - or a form of eczema, unless the circulation IS - because it is straightened out; for it must become infectious within itself.
4. (Q) What may be done for the palpation of heart?  
(A) Do as we have given!
5. We are through with this reading.

**REPORTS OF READING 327-2 F 53 (?)**

R1. 7/26/32 Son [417]'s letter: "My mother has been awfully sick and she has me worried. I have been trying hard to get her to get a rdg. but I don't believe she will carry it out. Hope I can make her do it real soon."

R2. 8/11/32 See 327-3.

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**BACKGROUND OF READING 409-32 F 27**

B1. See 409-31 on 5/13/35 for congestive dysmenorrhea, and previous rdgs. for continued healing of formerly dislocated and fractured hip.

**TEXT OF READING 409-32 F 27**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 23rd day of April, 1937.

1. EC: Yes, we have the body here, [409]; this we have had before.

2. As we find, the conditions in the present are acute and are the effects of poisons not being eliminated properly from the system. That those which have existed from the injured portion of the body are affecting the opposite or other limb is a change in the locomotions and the strain on same, and the circulation carrying same to the lower portion of the limb, or knee and hip.
3. Then we find that these, while requiring patience and persistence, may be eliminated from the system.
4. First we would begin with a gentle massaging of the limb, from the lumbar area to the feet or foot, even the heel, under portion of the foot, and especially about the knee, under the knee, with equal portions of Mutton Suet, Spirits of Turpentine, Spirits of Camphor and Compound Tincture of Benzoin - all the body will absorb.
5. Do not rub off that which remains on the surface but while it is still on apply heat with the crushed Mullein, or Mullein Stupe; that we may produce a counterirritation, preventing the activity of the contraction of the muscular forces.
6. Take internally those properties as may be had in Toris Compound as an eliminant, to work with that as created by the circulation through the activities of the applications just indicated for the body. Prepare two quantities, or two ounces of the solution - making a pint or more than a pint in all, see? One is prepared with COMPOUND Simple Syrup, the other with half a pint of good Whiskey - or Spirits Frumenti. Then put the two solutions together. To be sure, in each the one ounce of the Syrup of Sarsaparilla would be used. The dose would be two teaspoonsful four times each day.
7. Do not eat meats during these periods of treatments or application; only those foods that are easily digested. Eat more fruits and vegetables than other foods, see?
8. These as we find, if followed closely, should in a few days relieve, and gradually remove the condition - as the eliminations are increased.
9. No matter if the eliminations are increased to three to four activities a day, keep up the full quantity of the Toris Compound until it becomes a distress or a strain; then the dosage may be reduced - but keep on taking.
10. It is well that occasionally there be given, even during these times, enemas to cleanse the colon and to prevent the accumulations of the poisons that have arisen from seepages in the system causing this effect of a condition that is partially neuritic and partially the effect to the muscular forces as from rheumatic conditions - or those as combined with uric poisoning as well as seepage poisons.
11. Do these.
12. Rather than taking a quieting sedative of such strong natures, as in morphia, we would find that Salicon\* would be more helpful when necessary; but keep as far away from these as possible - or gradually get away from sedatives.
13. Do this and we will find we will bring the better conditions for the body.
14. If there is a localization, then it will be met in the proper way, but if the proper activity is kept in eliminations and in the applications we should find the condition being removed.

15. Apply the massages and the Mullein Stupes at least twice or three times a day, until there is relief to the body.

16. Ready for questions.

17. (Q) Should the Mullein Stupes be over the entire limb?

(A) Wherever the massage is applied, and this is from the lumbar - which is above the hip, you see, to the toes, and over the foot - all around the limb, yes.

18. (Q) Are there any defects in the knee or hip joints?

\* [JT's note: Consultation with Ingram's Pharmacy leads us to conclude that the word is 'salicin', obtained from the willow (Salix) and formerly used as an analgesic, an early form of today's aspirin.]

(A) Not as yet. These are only the activity of the poisons upon the tendons and muscular forces. Hence the counterirritant, as well as those internal things to carry the circulation in removing the poisons and in assimilating forces - or in forming same so they may be eliminated from the system.

19. (Q) Should the body begin to walk with the aid of crutches?

(A) Not until there is the relief from the pains, and this should be in four, five, six days. Then a LITTLE moving about, but not too much in the beginning.

20. (Q) Are the kidneys normal?

(A) As has been indicated, this is a part of the condition - uric poison. Hence an engorgement is indicated in the kidney area. Hence the massage and rub, as well as the properties that are to be taken internally, are to act with the lower hepatic circulation as well as the whole of the alimentary canal, as well as the diet, to eliminate those things that disturb these portions or these organs in their activity.

21. (Q) Should tonsils be removed?

(A) Not under such conditions. This may come later, but let's remove these that are causing the disturbance! These conditions of the tonsils are effects, NOT causes!

22. (Q) Is the body overweight?

(A) Overweight. These activities and these things indicated will reduce the body.

23. (Q) Is it possible for the body to bear a child, or children?

(A) Better think about getting well than thinking about this in the present! Let's have something to live for in self rather than MORE emergencies! Do these. We are through for the present.

### **REPORTS OF READING 409-32 F 27**

R1. 5/6/37 Cousin reported: "[409] is up and going about - relieved and greatly improved; not as careful with her diet, though, as she should be."

R2. 9/24/37 She referred Mrs. [1446] for the first in a series of Physical Rdgs.

R3. 12/20/37 She referred Mr. [1501] for a Physical Rdg.; 7/20/39 Mrs. [1960].

R4. 9/19/39 She referred her mother-in-law, Mrs. [2007], for a Physical Rdg.

R5. 5/10/40 See 409-33, for after effects of pneumonia.

R6. 7/9/40 See also 409-34 for high blood pressure, deep soreness in stomach and right side of rib, pus on kidneys.

R7. 7/26/40 See 409-35 for swelling in stomach & legs, etc.

R8. 8/12/40 See 409-36 for acute dropsy. She was under doctors' care and did not follow the rdg.

R9. 8/18/40 She died in the hospital.

R10. 6/13/41 EC's ltr. to Mrs. [2519] who had been a patient in the Cayce Hospital at the same time Mrs. [409] was there in 1929-30: "Mrs. [409] got entirely well from that hip trouble - was a very beautiful person, but was taken ill last Aug. and died in less than a week [acute dropsy, no doubt stemming from pneumonia that spring].

"She did not use a cane or anything in walking, rarely even limped."



**INDEX OF READING 484-1 F 42**

Diet: Beverages: Ovaltine: General Par. 16-A  
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**ELIMINATIONS: POOR**

Healing: Consistency & Persistency Par. 2, 7  
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**NEURITIS**

Physiotherapy: Baths: Epsom Salts: Rheumatism Par. 8

Prescriptions: Bromide of Soda: Rheumatism Par. 10  
: Gold Chloride: Par. 10  
: Water, Distilled: Par. 10

**RHEUMATISM**

**TOXEMIA**

**BACKGROUND OF READING 484-1 F 42**

R1. 6/5/30 Letter from her daughter's boyfriend, Mr. [481]: "She has been suffering something awful with rheumatism in her shoulders, elbows and wrists, and her wrists have stiffened on her so she can't use or bend them at all. Her elbows are getting just about as bad now. The doctor she is going to now says he can break her wrists and that would help some but I told her not to do anything until I wrote you. She doesn't seem to suffer anywhere else but where I named. Some days it is worse than other days and she can't raise her arm to her head, so you see she is in a bad condition."

R2. 7/22/31 Mr. [481]'s letter: "It seems that Mrs. [484] suffers mostly in cold and cool weather. She said she would do just anything you ask her to do. She wants a rdg. just as soon as possible."

**TEXT OF READING 484-1 F 42**

This psychic reading given by Edgar Cayce at his office, 105th Street & Ocean, Virginia Beach, Va., this 11th day of August, 1931, in accordance with request made by self - Mrs. [484], through Mr. [481].

1. EC: Yes, we have the body here, Mrs. [484]. Now, we find there are disturbing forces in the physical functioning of the body. These, as we find, are from specific disorders as disturb the eliminations of the body, this in turn - from refuses and poisons - having definite effects upon the physical body, and in considering that that may be helpful TO the body, not only the effects must be considered but also the causes that PRODUCE the condition. The conditions are such that with the removal of causes alone we would still have disorders that would require a long time for adjusting the body, still leaving at least partially an incapacitating body. Were only the effects considered, and that aided in being removed, the CAUSES would SOON be again active as to produce a recurrent disorder in the same or other portions of the body.

2. Then, in the applications, it will require not only a persistence on the part of the body and those administering or applying the conditions for improvements or corrections, but the consistency and persistency alike.

3. These, then, are the conditions as we find them with this body, Mrs. [484] we are speaking of:

4. THE BLOOD SUPPLY, shows the effect of the accumulations in the system that tend to make for too much silicon and lime in the body. Hence those tendencies of the muscular and sinews, and the moving joints in the extremities, to become first somewhat inflamed, painful, then a gradual contraction of the muscular and sinew forces and a hardening or stiffening of the joints, or a drying of the serum between the centers, or muscular and joints, in those as in hand, will be in forearm, again in the lower extremities. These are effects now, NOT causes. A lack in the blood supply of red blood sufficiently nourishing, and with the continuing of the condition this GRADUALLY increases in the amount of those hardening effects that are being produced now, especially in the extremities.

5. IN THE NERVE SYSTEM, we find these show for inflammation, particularly in the sympathetic ends, as from the solar plexus and the brachial and lumbar plexus. This a reflex condition, produced by the tautening, or tightening up of the ends in the capillary circulation in extremities, produced again as an effect - not a cause.

6. IN THE PHYSICAL FUNCTIONING OF THE ORGANS THEMSELVES, we find there has been a pressure - or a hardening condition - about the lacteal forces, or centers, where we have had an infectious force that has gradually acquired, or builded, that which produces in the assimilating forces of the body that of the fluids within the blood supply as being carried to the extremities themselves, forming this character of the condition as existing in the body. First as a neurotic condition, then that of the neuritis - the pinching of, or binding of, those nerves from the central nervous system through the flexes of the solar plexus center to the various portions, affecting then - and CARRYING then - that element as produces in the centers in the extremities the lack of the circulation, or the producing of that SALTS, or salt in the system, from the effects as created by a disturbed digestion, producing infection then, causing conditions both of the nature that is seen in arthritic or arthritis, and inflammation of the muscular and sinew of the extremities themselves. Hence we have cause and effects, reflexes and flexes conditions in this body.

7. In meeting, then, the needs of the conditions as have been given, this will require a great deal of patience, persistence, consistency both mentally and physically. Prayer, that aids in creating in the very elements of the body itself, will aid materially in the condition. FAITH, as founded on hope - and the hope in the Healer of all.

8. Apply that PHYSICALLY that becomes a solvent to the conditions existent, or that of the effects - which, as we find, will be found by that of giving at least PERIODS - of two to three weeks at a time, EVERY day - of the hot Epsom Salts baths, PREFERABLY - as we find - would be to put the body, immerse the body to the head - of course - that the breath may be held or had properly, allowing same to remain in this, just as hot as the body can well bear, see? or have it tepid and add the hot water, saturated solution, almost - at least to twenty to thirty gallons of water (which may be required for the tub) we would add ten to fifteen pounds of the Epsom Salts. After the body has remained in the bath, each day, for ten to twenty minutes, see - then MASSAGE, with the body still in the water, those of the muscular plexus in the brachial, in the lumbar, in the solar plexus, MASSAGING all the way to the finger tips, from the limbs - torso of the body - to the toes, see?

9. Then we would take internally those properties prepared in this manner:

10. To 15 ounces of distilled water add 15 GRAINS Chloride of Gold. Keep this in a GLASS corked container. Then prepare (that is, that's the proportion - may make the 5 ounces, if so desired, but then be 5 grains of the Gold, see? but the same proportion) - then take 10 ounces of distilled water, to this add 20 grains - or this same proportion - of BROMIDE of Soda, see? Twice each day take, in a half glass of water, 3 minims of the Gold solution and 5 minims of the Soda solution, added in this draught of water. This, we would say, would be taken as this: At nine in the morning and three in the evening [afternoon] - see? Every second day increase the amount 1 minim of the Gold, 2 minims of the Soda solution, until 10 minims are being taken, see? Then we would leave off same for two to five days, then begin with the 3 minims and the same procedure through.

11. In the matter of the diet, keep those things that are BLOOD building, as in this: Tripe, liver, cod liver oil, olive oil - these should be taken with most of the foods. Not sweets, nor vinegars or of the acids that make for same. Let the SYSTEM create that as for the body. Beware of too much meats of any kind, save as those given. Pig knuckle, or those that carry that that makes FOR the characterization of that glucose in the blood, that may aid in aiding and abetting, with that solvent force created by the use of the salts, rubs, and massage, and that will work WITH the GLANDS of the system, as will aid - or be aided by the Soda and Gold in its assimilation in system.

12. Keep the intestinal tract open. If necessary use enemas, but whenever this is done be sure that an OIL is used, at least AFTER the evacuation is complete. In about that proportion of one-half pint, either in the water or just injected alone with the syringe.

13. In the matter of the eliminations, be well that the diet as may be taken - Now, in adding those of the drinks, Coca Cola may be taken occasionally; no coffee, no tea.

14. Ovaltine or any of the CEREAL drinks, these may be taken - but be sure there is the evacuation of the bowel at least once each day. We want to increase the flesh, increase the weight, as is gradually being diminished by the eating up or the absorption of those fluids as make for gluten, or as make for that element that is as of the EMUNCTORY and LYMPH circulation. Ready for questions.

15. (Q) What kind of oil should be used in the enema?

(A) Russian White Oil.

16. (Q) Should the Ovaltine be taken with the meals?

(A) If so desired. Better that it NOT be taken with meals. Ovaltine is ALWAYS better taken as an intermediate, or halfway stage, than at meals.

17. We are through for the present.

### **REPORTS OF READING 484-1 F 42**

R1. 10/11/31 Mrs. [484]'s letter dictated to daughter: "I am just wondering if it's time for my ck. rdg. I haven't heard from you in regard to it, and I understood you would give one in about 6 wks. I would appreciate a diet list, too.

"I am thrilled over my condition at present. However, it may not last, but let's hope so. I really do believe I'm better, all except my feet. Please advise me if arthritis is the only cause for this. Why do I suffer with them most all the time? Also could you tell me something to do to get some relief. I have tried to carry out your instructions carefully, except the diet which I am doubtful of.

"I hope to hear from you real soon, as I'm very anxious to know if you see any real improvement. Thank you for all you have done for me." [GD's note: She addressed him "Brother Cayce," saying "I know of no other way quite so appropriate".]

R2. 10/19/31 EC's ltr.: "I feel just that close to everyone I try to help. We are all brothers and sisters anyway. Now, because you are feeling a lot better, let's not get the attitude of the good lady who was praying for the mountain to be removed, and every morning (though she prayed very fervently at night) she would say, 'I knew it would still be there!' Don't feel like your condition is going to return, for you are doing the things to eradicate the causes. Of course you may do the things that would make it return, for your system once having responded in that direction, unless you have builded the proper barrier - it will be inclined in that way, until that barrier is builded; but let's hope this is being relieved and the cause taken away. I'm sure the rdg. will answer the questions respecting the feet, and those suggested in your letter."

R3. 10/20/31 See 484-2.

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**CHOLECYSTITIS**

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**NEURITIS**

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**TOXEMIA**

**BACKGROUND OF READING 503-1 M ADULT**

B1. 3/11/31 Mr. [503]'s mother, Mrs. [4982] had a Physical Rdg., and followed it with marvelous results.

**TEXT OF READING 503-1 M ADULT**

This psychic reading given by Edgar Cayce, this 31st day of January, 1934.

1. EC: Yes, we have the body here, [503].

2. Now, as we find, there are disturbing factors in the better physical functioning of the body. These are of specific natures also from effects of disturbing conditions, and at times the effects of the disturbing forces produce greater distress than the cause. And the effects have been used as causes.
3. In the general physical functioning, the ORGANS themselves, as we shall find, are involved; making for these disorders as we find in the physical forces of this body, [503] we are speaking of, present in this room:
4. The BLOOD SUPPLY, shows that poisons are being carried in the system, making for an effect of disorders that produce in various portions of the system pains of an acute nature at times, especially in muscular forces of the body, for the effect is that of contraction in these portions of the system, through the reaction of nerve impulse from the character of disturbance there.
5. In the NERVE SYSTEM, we find there are those reactions that are natural from such disorders in the organs and in the reaction of the blood supply, producing those periods when sleep or those reactions from rest do not wholly bring to the body the resuscitation necessary after activities of the body - or causing those periods when the restlessness only adds to the distresses in the system.
6. As to the physical forces or the organs of same:
7. Brain forces are very good. Those repressions and poisons in the system make for disorders that sooner or later must disturb the sensory system. Eyes burn, throat is full at times, with the tendency for all foods that are taken to produce the tendency for regurgitation, belching at times of those things that have been eaten.
8. These are reactions that are seen from the effects produced in the nerve system.
9. Lungs, larynx, bronchi show the effects of the disorders carried in the blood supply, yet the organs themselves are not organically disordered; as also the heart's action - pains through this portion of the body at times make for the tendencies as the pulsation rises, yet the temperature that occurs at times is from an entirely different condition, as will be seen.
10. In the digestive system, and those organs as related to same, as we find, are the seat or the causes for the greater disorders with the body; in the ducts of the assimilating system and those related to same, for those conditions in the liver, spleen and pancreas make for reactions that cause the digestive area to be the greater portion of the disorders for the body.
11. These in the lacteal ducts and those in the area where the liver in its activity through the gall ducts are the disorders, are the main issues; though, as we find, through the abdominal area, especially in the caecum, there are those periods of pain that appear, as these were the causes - or the distensions of the colon itself in the area - that make for the disorder. These are rather reflexes. While, in making application for those things that will eliminate this from the body, it will be necessary that these conditions be taken into consideration.
12. In meeting then the needs, as we find, in this body at this time, first we would begin with these:

13. Over the area of the liver, pancreas and the spleen, we would each evening apply castor oil packs; three or four layers of flannel dipped in castor oil and this kept as warm as the body may stand, for periods of thirty to sixty minutes. When this has been done for two or three days, begin with small doses of the liquid Simmon's Liver Regulator until the system is entirely cleansed. See?

14. Then we would apply across the lower dorsal area (after this has been cleansed) a saturated solution of Epsom Salts, see? this applied outside over the kidney area, that we may reduce the conditions there where sedatives in the hepatic circulation have produced the feeling of heaviness through this portion of the system. This would be applied for three to four days, see?

15. Then, to 1/4 dram Sweet Spirits of Nitre in 2 ounces of Compound Simple Syrup, add:

Oil of Eucalyptus.....1 minim,  
Rectified Oil of Turp.....2 minims.

This would be taken in small doses, quarter of a teaspoonful - or six drops - twice each day.

16. Keep the whole of the intestinal system open, as will be made with the use of the Regulator.

17. Be well in the beginning, when the oil packs are given, that there be taken high enemas that will evacuate and relieve those tensions in the colon area.

18. Do these, being mindful of the diet that there are not too much of starch nor too great a quantity of meats taken; and we will bring this body to its normal reaction.

19. Ready for questions.

20. (Q) What has caused this poison in the system?

(A) Inactivity of the liver and the eliminations through the regular channels, creating sedatives both in the kidney and in the activity of the gall ducts.

21. (Q) Does the gold in the mouth contribute a cause to this poison?

(A) Rather the POISONS have made for those disorders in the mouth! These should be taken care of locally.

22. (Q) Would it be advisable for this body to smoke?

(A) In moderation it is very good.

Follow these outlines; these may be all taken by self and the preparations may be made, but be consistent and persistent - and we will rid the body of these disorders.

23. (Q) Any other suggestions at this time?

(A) Be consistent in the activities, to be sure. When these are acting upon the system, do not STRAIN the body in any way or manner, or expose self to cold; for we are dealing with the very functioning of the organs of the system that will react to the whole body. Do these, as has been outlined - we will bring normalcy soon for the body. We are through for the present.

### REPORTS OF READING 503-1 M ADULT

R1. GD's note: Mrs. [255] told me that Mr. [503] followed the reading and got wonderful results, just as his mother [4982] did three years ago.

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**[edited]**

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Obesity: Assimilations: Eliminations: Incoordination Par. 13, 25-A

Prescriptions: Atomidine: Glands: Incoordination Par. 17, 24-A

RHEUMATISM: TENDENCIES

SPINE: SUBLUXATIONS

**TEXT OF READING 573-1 F ADULT (Housewife, Protestant)**

This psychic reading given by Edgar Cayce, this 6th day of June, 1934.

1. EC: Yes, we have the body here, [573]. Now, as we find, in many respects the body-physical is very good, yet there are those inclinations and specific conditions which if corrected would make for better physical functioning and add many years to this body's experience in the present.

2. As we find, these conditions have to do with the eliminations and the overactivity of some of the glands and UNDERACTIVITY in others.

3. These, then, are the conditions as we find them with this body, [573] we are speaking, present in this room:

4. First, in the BLOOD SUPPLY, here we find the tendency - through conditions which we will indicate - for a too heavy flow and not sufficiently clarified in the functioning of the organs as related to the eliminations and purifications; and through same toxic forces are left in the body, forming congestions in extremities, in portions of the muscular forces of the body, in the form of toxic reactions as neuritis and inflammation that will eventually - unless some corrections are made - bring rheumatic reactions in the system also.



5. In the NERVE FORCES of the body we find that these are not causes, yet they are contributory to the conditions - just as the conditions indicated in the blood supply are active and effective, but are the results of conditions rather than causes; though, to be sure, as in the blood supply, some of the reactions are contributory to conditions that cause acute pains - or the nerves make for the awareness of the existent conditions; and, as many forms of disease, are as signposts or indications of disturbances in some portion of the body.
6. Here we find, in the nerve system also, especially in that as related between the upper and lower hepatic circulation, disorders in the assimilating and eliminating system; so that kidneys at times (and bladder) give off - through the nerve reaction - some distresses for the body, and these conditions are the result of the nerve reflexes; yet other conditions produce or are the basis of the disorders.
7. As to the functioning of the ORGANS themselves, brain forces and discernments of the body are very good.
8. In the bronchi, throat, lungs, larynx, in the activity of the circulation with disorders as we shall find that exist in the glands - in the adrenal and in the lacteal, and in the internal - the thyroids work with the nature to create too great a distributing of forces that produce in the outer portion of the body their activity. Hence, while the thyroids are overactive, the unbalancing in the system through the lack of activity in adrenal and lacteal glands prevents normalcy. Hence we find, from injury to the exterior portion, the tendency for growth in the cuticle itself, and in the epidermis, that forms accumulations through the activity of an unbalanced thyroid activity.
9. In the bronchi, from sublaxations in the upper dorsal area, we find a tendency for a roughness at times; tendency to clear the throat of phlegm, and this from the poor circulation that is disturbed by nerve pressure there and the influence of the gland activity on the system.
10. These make for those conditions as in the soft tissue of the face and nasal activity that has not developed, yet in the present there is caused a character of drainage that produces this burning and this tendency for irritation at times.
11. Lungs themselves, the area - good.
12. The heart's activity, with the heavy blood supply slowed at times, as is the pressure at times abnormal, though it is reflex wholly.
13. In the digestive system we find much about which to be concerned. As indicated by the activity of certain glands; that is, the adrenals, the lacteals, in their relationships with the gall activity - this is all awry, as might be said; as also the accumulations from the spleen and pancreatic activity. Hence the tendencies towards obesity in the body, produced through this tending for starch and sugars to be reacting in the system according to the effects in the glands of those portions as indicated. This allowed to continue must eventually bring complications that would make for not only the influences in portions of the locomotaries, as is indicated through the neuritic activity in that direction, but the organs themselves must become involved also.
14. The inflammation produced by the accumulations of poisons at times, that cause the overactivity in the kidney and in the eliminating system - as in the bladder irritation at times - causes the disorders with the pelvic organs' activities.

15. Then, in meeting the needs of the conditions in this body at the present:
16. As we find, it will require consistent and persistent care, yet there need be no fear of the conditions not responding - if taken in time.
17. First we would begin by taking internally the Atomidine, that would cause the activity of the glands to be more normal, reducing the activity in some directions and increasing it in other glands in their assimilating and eliminating activity.
18. We would also begin and use the high enemas; at least once a week until four have been taken, and then twice a month for four to five months. This will relieve those pressures in the colon area and make for an activity from the properties taken internally. And the activity of the diet would be balanced in such a manner as to make for the supplying of the necessary forces in the body to create a normal balance.
19. We would also have, at least once or twice each day for a week to two weeks - and then once or three times each week, the deep manipulations in the upper dorsal and cervical area with the electrically driven vibrator, that we may stimulate the superficial circulation; and also using these reactions for the drainages in the whole system to become more normal.
21. As to the diet, be mindful here. Not that the body is to starve self, but no potatoes of any kind; not a great deal of bread. The browned whole wheat bread should be the only character of bread taken. One meal each day should consist of only fresh green vegetables. No large quantities of meats; but butters, vegetables, things that carry oil in same, are very good. Take olive oil in most of the foods, or the dressings.
22. And we will find we will correct and bring about the better activities for this body. Ready for questions.
24. (Q) How much Atomidine should be taken?  
(A) Begin with one minim twice each day in half a glass of water. Every other day increase same one minim until five minims are being taken twice each day. Then reduce again to the one minim. In this second series, after arriving at the five drops keep on increasing until ten minims are being taken twice each day. Then leave off for five days. Then begin again and go through the whole procedure. In making for the eliminations through the enemas, we would use salt and soda in the enema water, and in the latter portion we would use a tablespoonful of Glyco-Thymoline to a quart and a half of water. Do not use merely the ordinary enema, but use the colonic tube - see?
25. (Q) Should I try to reduce in weight?  
(A) You do this and you'll soon see you'll reduce in weight! You don't want to do it too fast.
27. (Q) What is the cause and relief for the soreness and aching in my body?  
(A) Poisons, accumulations, from toxic forces; that will be relieved by the diet, the eliminations, and those vibrations that will create the balance in the glands' activity and the circulation of the body.
28. (Q) In my right arm?  
(A) The same. Neuritis; which is a symptom, not a disease.
31. (Q) Any other advice for my better welfare?  
(A) The PHYSICAL we have given.

In the mental and spiritual body, keep in self the ideals that were set by self in much of its (the soul's) association through the various periods in the earth; as was seen especially as the wife of Joshua - as a close association with the Master: "Let others do as they will or may, as for ME and my house we will serve a living God." [See 573-1, Par. R1.]  
32. We are through.

**REPORTS OF READING 573-1 F ADULT**

GD's note: In other rdgs. a mention is made of Joshua's sweetheart who died of T.B. on the way from Egypt to the Promised Land. Evidently Mrs. [573] later became his wife.

8/16/34 She obtained Ck. Physical 573-2.

10/18/52 Dr. David H. Fogel, M.D. (heart specialist), read 573-1 and said he would index it under Neuritis; Incipient Rheumatism; and Thyroid Gland overactivity due to the lack of activity of adrenal and lacteal glands.

**INDEX OF READING 675-2 M ADULT**

Diet: Toxemia	Par. 4, 11-A
Doctors: Watson, John H.: D.O.	Par. 9-A, Reports
Exercise: Toxemia	Par. 6
Heart: Toxemia	Par. 3
Intestines: Enemas, High: Rheumatism: Tendencies	Par. 13-A
Neuritis: Tendencies	Par. 12-A, 13-A
Osteopathy: Toxemia	Par. 3, 9-A
Prescriptions: Olive Oil: Toxemia	Par. 6, 12-A, 14-A

**BACKGROUND OF READING 675-2 M ADULT**

B1. See 675-1 on 9/29/34 and subsequent Reports.

**TEXT OF READING 675-2 M ADULT**

This psychic reading given by Edgar Cayce, this 23rd day of November, 1934.

2. As we find, the conditions are much improved from that we have had here before. While the conditions have NOT been so corrected that they would not go back towards those tendencies that have been created, if there were the turning away from the treatments, but those conditions in the cardiac reflexes - as produced by the disturbances in those centers and ganglia as we have outlined - show a great deal of improvement. So, the treatments should be continued; and we would add now certain applications that may make for a much better and faster reaction.

3. We would continue with the manipulations and adjustments such as have been made, to create a better equilibrium and balance throughout the cerebrospinal system, with its reactions to the organs of the digestive system as well as the functioning of the organs of the cardiac system.

4. The diet we would continue in something of a MODERATED form. No heavy meats; but fowl, fish and lamb may be taken in moderation at some meal. We would continue with the alkaline rather than an excess of the acid-producing foods.

5. Rather than using a powerful emetic or cathartic, we would take all the olive oil the body will assimilate. This means in very small doses and often taken. Do not take same when there is the regurgitation or the belching of same, for this is the indication that there is not the proper assimilation with the gastric juices; but a quarter or a third of a teaspoonful taken every two or three hours, or a small quantity may be carried about the person and a very little put on the tongue from time to time. This will make for that change necessary in the activity in the gastric flow, as to aid in better eliminations.

6. Well that the activities through the exercises, after the rubdowns or the gymnasium exercises, be a portion of the applications.
7. Keep these and, as we find, we will bring a much nearer and a more satisfactory physical reaction for this body of [675].
8. Ready for questions.
9. (Q) Are osteopathic treatments given properly by Dr. Watson; and how often should I take them?  
(A) Being given properly. Two times a week should be sufficient.
10. (Q) Shall I continue to take the same medicine?  
(A) Continue to take when it is necessary, as indicated.
11. (Q) Are there any other changes advised for the diet?  
(A) As indicated, keep the one meal each day of the raw vegetables; and there may be an increase in the amount of the vegetables and meats in one meal. Of course, the citrus fruit and the combinations of such would be well at the other meal.
12. (Q) What causes the muscles of the arms and legs to shrink?  
(A) This is rather the movement of the poisons and the pressures through the colon area; and it will be found by the body that when such conditions occur there are cold spots on the body in the caecum area - this is the pressure there. Hence the increase in the gastric flow of the lymph through this portion of the body, that will be increased by the quantities of the Olive Oil that may be assimilated, will gradually remove such conditions - not immediately, of course, but will continue to be nearer and nearer normal.
13. (Q) What causes the pains in shoulders and arms?  
(A) Same condition. And when these are so severe, use the high enemas to relieve those pressures in the colon; and we will find a much bettered condition.
14. (Q) Shall I continue to take the Crazy Crystals?  
(A) As indicated, not too great a quantity of cathartics; for these may be replaced much better by the Olive Oil - as much as may be assimilated.
15. We are through with this reading.

### **REPORTS OF READING 675-2 M ADULT**

R1. 12/1/34 Dr. John H. Watson's letter to EC: Dr. John H. Watson, Osteopathic Physician 510 Second Avenue, Asbury Park, N.J. Mr. Edgar Cayce  
Dear Sir;

. . . I have placed Mr. [675] on a two-treatment a week schedule. I noted in your last reading for Mr. [675] that you suggested he have that number of treatments. I feel certain two will be sufficient but if I find we are not making any gain I will notify you accordingly and then we can decide as to the proper course.

I instructed him to start on the colonic irrigations as quickly as possible. I know you are right in suggesting this as a means for carrying off those toxic materials which are no doubt causing that distress in his right shoulder and arms.

Mr. [675]'s general condition appears to be better. He is taking the olive oil according to your instructions. I will keep you posted from time to time as to his condition. If there is anything you are desirous of knowing please do not hesitate to ask me.

From what Mr. [675] has told me I certainly am very much interested in the work you are undertaking. I would appreciate if you would send me more information about it.  
Sincerely, John H. Watson, D.O.

**INDEX OF READING 715-10 F ADULT**

Diet: Citrus & Cereal Par. 6  
: Toxemia Par. 6

**ELIMINATIONS: POOR**

Inhalants: Apple Brandy Fumes: Tuberculosis:  
Tendencies Par. 10

**NEURITIS**

Physiotherapy: Douches: Atomidine: Pelvic  
Disorders Par. 12-A  
: Fountain Syringe: Par. 12-A  
: Glyco-Thymoline: Par. 12-A

Prescriptions: Kaldak: Debilitation: General Par. 7, 8  
: Pepsin, Caldwell's Syrup of: Eliminations Par. 4  
: Sal Hepatica: Par. 5

**TOXEMIA**

**BACKGROUND OF READING 715-10 F ADULT**

B1. See 715-9 on 8/20/40 and subsequent Reports.

**TEXT OF READING 715-10 F ADULT**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 22nd day of December, 1943.

2. EC: Yes, we have the body here; this we have had before.
3. Conditions are much improved from some of those we have had with this body, yet because of poor eliminations we find in the present there are those tendencies for toxic conditions to produce rheumatic or neuritic-rheumatic effects. For these areas form the combination of toxic conditions generally and neuritic conditions specifically. Thus we have acute disturbances in the extremities, as in elbows and knees, at times in the feet and in the shoulders.
4. What is needed first is to set up better eliminations. We would begin first taking broken doses of Caldwell's Syrup of Pepsin. Take about half a teaspoonful every hour. Even if it requires a whole bottle or more to set up eliminations, take it. Preferably take this over a week end, this would be better for the body. Don't take more than that, but do take it regularly until there is a thorough cleansing of the system.
5. When there has been a flushing, then take at least two heaping teaspoonsful of Sal Hepatica.

6. Through these periods beware of taking sweets - cake or candies, especially chocolates or any sweets except perhaps a little honey. Preferably use only liquids and semi-liquids as foods. Have plenty of citrus fruit, and plenty of cereals preferably cooked cereals - but these alternated not taking the cereal and citrus fruits on the same day, but alternate them - taking great quantities to assist in flushing the system.

7. Then build up the system by adding KalDak as a tonic for the body; taking a level teaspoonful of morning before breakfast; this dissolved in hot water and then the tumbler filled with milk. Stir thoroughly and drink.

8. In the evening before retiring take the same amount of KalDak again. This will not only aid in eliminating conditions but in building strength for the body.

9. Do that.

10. These properties will also aid in the lung condition. Through the winter it would be well for the body to continue the use of the Apple Brandy inhalant. Inhale the fumes from this at least twice a day; just the gas that evaporates from the Apple Brandy. Keep the keg setting close to the radiator or fire, and morning and evening inhale the fumes. In the morning before leaving for the office, inhale the fumes. Then skip out in the open air and breathe deeply. When returning in the evening, inhale - and rest a few minutes.

11. Ready for questions.

12. (Q) In case there is a recurrence of long periods of menstruation as a year ago, what shall I do?

(A) As indicated for the body, use the douches - one period the Glyco-Thymoline - at least a tablespoonful to a quart of water body temperature and the next period Atomidine - have a teaspoonful to a quart and a half of water body temperature. Use only a fountain syringe.

13. (Q) Why do arms pain so much more when lying down?

(A) Circulation is slowed, and thus the pressure is the greater.

Do as indicated and we will find better conditions for the body.

14. We are through with this reading.

### **REPORTS OF READING 715-10 F ADULT**

R1. 12/27/43 She thanked EC for the rdg. and asked for his advice in re details of the treatment.

**INDEX OF READING 760-5 F 51**

Diet: Toxemia	Par. 3
Intestines: Enemas, High: Toxemia	Par. 3, 4
LUMBAGO	
NEURITIS	
Physiotherapy: Heat: Rheumatism	Par. 5
RHEUMATISM	
Spine: Coccyx	Par. 1
: Disk, Slipped	Par. 1
TOXEMIA	

**BACKGROUND OF READING 760-5 F 51**

B1. See previous readings.

**TEXT OF READING 760-5 F 51**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 21st day of May, 1926.

2. EC: Yes, we have the body here. We have had this before. There are many changes in this body since last we had this here. The condition throughout the hepatic system and circulation is much improved. The general conditions in the body show there are the effects of toxins in the system, produced by a combination of causes - one from the inflammation produced in the lower portion of the sacral, by the body having one of the lower portions of the coccyx centers out of place at times, for it goes out and in, see? depending upon the strain put on body, either in action on feet or of straining in bending. Often when lying still, or sitting still, is eased. Then, this inflammation, in conjunction with toxins from the colon, produces this toxin in the body that causes distress when the body has any sudden change of temperature in the body, externally - that is, when any draft, cold, overheating, or any condition that reduces suddenly the capillary circulation, there becomes a centralized condition of the toxins in portions of the body, either muscular or tissue, in extremities or in torso in body, that brings the distress as is called at times rheumatism, neuritis, nephritis, or any inflammation of tissue or of muscular condition. This the effect of toxins congested, or poor eliminations produced by a weakened condition from the two conditions as produced.



3. To correct then, these conditions, be more careful of the diet, and do not take in system that that causes the system to become congested in the eliminations, especially from the colon; keeping the colon cleansed by high enemas - not by taking any emits that cause irritation in the small intestine, for irritation produced to the eliminating centers in the hepatics will produce a cold or low hepatic circulation, congesting liver and spleen action, causing a slow reaction in pancreas. Then the reaction in the duodenum is to produce too much of the lacteal and lactic fluids, that cause gas, pain, distress to the stomach proper.
4. Then, with high enemas, the condition in the colon, the condition in the lower portion of the anus itself, may be relieved, and this will assist in keeping the toxins from system, provided the diet is looked after carefully.
5. The condition in the coccyx should be strengthened by hot applications when resting, and never strain by lifting or standing too long on the feet, see?
6. This will bring general bettered condition for the body, for it is in very good condition, considering the general physical conditions of the body. We are through.

**REPORTS OF READING 760-5 F 51**

R1. 8/11/26 See 760-6.

**INDEX OF READING 829-1 M 45 (?)**

ACIDITY: ACIDEMIA

Cholecystitis: Tendencies Par. 10, 17

Diet: Acidity Par. 19--22  
     : Beverages: Coffee: Cream & Sugar Par. 20  
         : Ovaltine Par. 20  
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DIGESTION: INDIGESTION: ACIDITY

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     : Toxemia Par. 25-A

TOXEMIA: ACIDITY

**TEXT OF READING 829-1 M 45 (?)**

This psychic reading given by Edgar Cayce at 1867 Kalorama Road, Washington, D.C., this 16th day of February, 1935.

2. Now, as we find, conditions that disturb the better physical functioning of the body - while only there are periods of exaggeration or distresses - these have been gradually growing, thus affecting the body a little by little and more and more. And these affect the glands of the circulation of the body in general, taking up the vitality and thus producing the distresses in the system.

3. These, then, are the conditions as we find them with this body, [829] we are speaking of, present in this room:

4. First, the BLOOD SUPPLY shows disturbances in the manner in which there becomes an overexaggeration of acidity at times in the system, an overamount of activity in the elimination channels that have become clogged at times; thus producing not sufficient of the capillary or superficial circulation but a deeper internal circulation, allowing at times for periods when such pressures from drosses - that have remained and do remain in the system - have caused pains in portions of the body. Such as across the lower lumbar area, in the arms and in the limbs at times, to say nothing of the poor or bad taste that is experienced from an upset or acid condition in the digestive system. These conditions are the effects, not causes, and show that the organs or the functionings of organs or glands have been and are disturbed in their activity in the body.

5. We find that the NERVOUS SYSTEM is very good save when there have been or are periods of repressions, when the pressure upon the nerve system causes such a reaction as to make for an exaggeration or an acute condition. Then we find the sympathetic system rebels, and not only does it make for periods when there is irritation to the body from the slightest conditions that would arise from the associations or activities but there is an uneven temperament abnormal to the general reaction of the body.

6. As to the ORGANS themselves, we find:

7. Brain forces are very good.

8. The throat, bronchi, lungs and larynx show an exaggeration because of the disturbed conditions in the blood supply, as to the manner in which the sympathetic blood supply - or through the lymph and the activity of same - is slow in its activity. However, repressions produced in the organs of the sensory system - where it makes for the soundings in the ear, the filling of the secretions in the soft tissue of face and nasal passages, the conditions that arise in the throat at times when cold seems to be so easily absorbed - are the results of the disturbance in the circulation and the accumulations of an acidity in the system that causes these portions of the body to suffer under such strains. Hence, as we see, it is rather an effect and a result of disturbances than the nervous system being the cause of the conditions.

9. The heart's actions are near normal save in periods when there is the excess of acidity.

10. In the digestive system may be said to be a great deal of the basis, or that which causes the disorders. First we have had a position of the stomach itself from conditions that long existed in or under a strain that the body had in days past, when the very position of the stomach itself was made in such ways and manners that the assimilations of foods were not in the order of their regular activity. For this tendency for the dipping or tipping of same in such a position and manner has tended to make for the torpidity in the activity of the gastric juices that should flow from the duodenum, the pancreas, the liver, the spleen, for the activity upon the foods. Hence we have had improper fermentation, that has at times caused laceration or a foul activity of the gastric flows in the system itself. The pouring of these into the system by the exciting of the lacteals and their activities to the body has naturally made for an upsetting of the conditions in the digestive area, or of the liver, the spleen, the pancreas, the gall duct, the lack of the proper activity of the lacteal ducts. And this being produced for such a length of time (that is, such a reaction) has affected the glands of the system.

11. The condition has been helped in part by an electrical vibration that has been created for the system, yet these pressures and tendencies have caused also a sympathetic condition in the prostate gland's activity. Hence the kidney and bladder disturbance that arises at times through the improper coordination from the activity of the stomach disorder and the activity in the hepatic circulation that has produced a coldness or short circulation through these portions of the system.

12. Then, in meeting the needs of the conditions in this body, [829] we are speaking of, present in this room:

13. First we would begin with an electrically DRIVEN vibration that would be applied along the cerebrospinal system, more specifically in the area of the 3rd, 4th and 5th dorsal centers where the nerve impulses to the stomach are more in accord where they may be acted upon by such vibrations.

14. Also we would use a belt or a support across the abdomen, that the position of the stomach may be maintained the better.

15. After the vibrator has been used for three to four treatments, each day as indicated, we would then begin to use two small doses of Alcaroid at least each day; a quarter teaspoonful first dissolved in a small quantity of water and then a full glass added, and afterward a fresh half glass of water taken. This should be preferably taken after the morning meal and after the evening meal, especially.

16. When there is the heaviness across the lumbar area and the glands of the system when these disturb the body, we would apply the heavy salt packs sprinkled or dampened with pure apple vinegar. The reaction of this acid with the sodium chloride is to produce to the system a drawing from the glands and from the soft tissue of the body those poisons in the form of a perspiration; while the activities of the Alcaroid internally for the stomach disorder would be to produce the better eliminations through the alimentary canal and thus relieve those disorders there.

17. When there are those heavy conditions in the right side, over or just below the liver, such packs may be placed there also, for a period of three, five to twenty minutes. These would be only taken when the pains are very heavy upon the system.

18. From the beginning We would take small quantities of those properties known as Atomidine, for the activity or cleansing of the glands in the system. This would be taken two minims twice each day, before the morning meal and just before retiring in the evening, in half a glass of water.

19. In the diet, be MOST mindful. This should consist principally of the alkaline-reacting foods; for there is the tendency for acidity, and the lack of the vitality, the lack of the proper amount of blood and the poor circulation must be built up. Then, this would be as an outline, though - to be sure - this may be changed at times according to the appetite, though the body has oft eaten a great deal more than good for the body and a great deal at times without the evaluations of the proper food for the body:

20. Mornings - citrus fruit juices or stewed fruits or cereals, but do not take citrus fruit juices at the same meal that any of the cereals are taken, whether dry or cooked cereal. At least twice to three times each week there should be taken the cracked wheat cereal or whole wheat; not oats, but that which is cooked in such a manner that the whole evaluation of the vitamins of the iron, silicon, the roughage as necessary for the creating of the proper balance in the blood supply, is effective to the body. There may be periods when fresh fruits may be taken in preference to either of these. A little coffee or preferably Ovaltine. Do not drink milk or cream in the coffee when taken. Small quantities of sugar may be taken, but for the FOOD value and the proper strengthening the coffee [See 2/64 RX HEALTH magazine quote in 5/64 ARE Bul. indicating great food value of coffee. Also see noted under 303-2 Reports.] should be taken without either cream or sugar.

21. Noons - rather a sandwich of broiled liver, or an egg, or malted milk, or the like; these are preferable for the noon meal, but NOT roast beef or any fried meats or any hog meats.

22. Evenings - if that is when the dinner is taken - principally this meal should consist of three leafy vegetables to one vegetable that grows under the ground, or two of the pod vegetables to one that grows under the ground. They would be combined such as spinach, lettuce, celery, raw white cabbage, red cooked cabbage, beans, lentils - these preferably of the green variety, but when they are dried (beans, etc.) only use two of these to one of any that grow under the ground; carrots, salsify and these natures, with the potatoes, but not so much of the pulp of the potato - rather eat the jackets of same. These would be preferable. When meats are taken, preferably use shell fish or the scaly variety; none of the deeper sea variety, for we will supply the iodines rather from the Atomidine. The lamb or veal are preferable to the heavier meats.

23. Do these, and we will bring strengthening to the body. Being persistent with these, we will rejuvenate much of that lost strength and vitality and vivacity to the whole system.

24. Ready for questions.

25. (Q) Should I have my teeth extracted?

(A) Those conditions that have existed there, of course, produce a great deal of a place for the storage of poisons for the system. As we would find, the preferable manner would be local work upon same rather than extracting all of them. For the natural consequence from correcting the body-conditions will make for a better circulation. And the activities of the NATURAL molars are preferable to those of the unnatural.

26. (Q) Is it necessary to have an operation for hernia?

(A) As we would find, we would preferably use those precautions and the braces and the strengthening of the body in the manner indicated. In fact, it would be very unfavorable to have operative measures in the present. The lack of the proper amount of coagulation in the system causes or allows the folds of the abdominal area to become so strained as to allow the organs to protrude. And if these are strengthened by the proper activity as indicated, it would NOT - as we find - EVER be necessary for such an operation; but even so it would certainly be much preferable to replenish and build the body in its circulation before anything like that would be contemplated.

27. (Q) Any specific brace recommended?

(A) As indicated, a brace for the stomach itself. That already indicated and used for the body in the other condition is alright.

28. (Q) Any other advice for the body?

(A) First, as indicated, make those proper stimulations to the upper dorsal area, so that with the use of the position of the stomach itself it is the more effective. Then begin with the correcting of the gastric flow in the stomach itself, and those other activities as in the correction of the teeth and the use of the packs as indicated at periods - both to the side and to the lower portion of the lumbar area. And we will find, these should be done with the correct attitudes of a constructive force towards the proper conditions arising in this body, [829].

29. We are through for the present.

(The salt packs may be best taken by putting heavy salt in a bag, then sprinkle it with the pure apple vinegar and apply hot - as from being heated in an oven, on the radiator, or with an electric heater or pad to keep it warm after being applied. If everything is not clear, let us know. GD.)

### **REPORTS OF READING 829-1 M 45 (?)**

R1. 2/19/35 See personal message in Group #11 reading, 835-1, Par. 5-A.

**INDEX OF READING 920-12 F 51**

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**BACKGROUND OF READING 920-12 F 51**

B1. See 920-11 on 4/26/37.

B2. 5/4/38 She submitted questions; saying, "I am still suffering from disturbances in the lumbar & sacral areas & at times I am in great pain."

**TEXT OF READING 920-12 F 51**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 9th day of May, 1938.

1. EC: Yes, we have the body here, [920]; this we have had before.
2. Now as we find, there are changes in the general physical forces of the body since last we had same. And there are those conditions that show improvements in some directions; yet there are others that apparently are the effects or results of continued disturbances through portions of the system.

3. These then as we find are the conditions with this body in the present. First:
4. IN THE BLOOD SUPPLY, we find there are the indications in the circulatory forces of an impoverished blood supply. Or it is lacking in those elements for the effecting of eliminations through the drainages from active forces in the system.
5. Thus we have the effects in the blood stream of the poisons or toxic forces, and in those portions through which the circulatory forces act; disregarding the organs themselves, though these suffer at times.
6. Hence we have sources from which there are the effects of infectious forces.
7. And with the attempt to dislodge or to form sufficient activity, in the muscular forces there is produced a toxic rheumatic reaction - or an indication of a neuritic reaction.
8. These as we find, then, affect the extremities, the locomotion, portions along the cerebrospinal system; as in the lower portion of the lumbar area, across those areas just below the diaphragm, above the kidneys, sometimes below - or in the small of the back, at other times in the shoulders, at others in portions of the bodily forces themselves. Thus a disturbance is produced that becomes aggravating to the body.
9. Not that the body becomes, as it were, so violently ill, but it is not feeling just up to normal throughout.
10. As to the activity in the blood supply, we find this then is an impoverishment of the plasmas as necessary to produce the proper coagulation in the active forces of the body where used energies, or the energies using up the vitality, leave drosses as it were through portions of the system; not being eliminated properly owing to the lack of the proper distribution of assimilated forces.
11. IN THE NERVE SYSTEM, naturally, as the impulses of activity from digestive forces - or digested or assimilated forces - are controlled in their activity by the nerve plexus and their reaction through the lymph and the sympathetic circulation, pressures are produced upon the areas. And these make for irritations at times, that call for disturbance to the centers or ganglia from which there is the sympathetic reaction to the sensory forces.
12. Hence at times portions of the body as related to the throat, the ears, the eyes all give some distresses; as well as the acute conditions in the extremities or hands and feet and limbs.
13. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, as we find, the lack of the proper eliminations is the effect of those conditions indicated. Thus disturbances occur through the bodily functioning of the organs - as sympathetic conditions in some, as direct reactions in others.
14. However, we find no organs may be said to be diseased; though oftentimes there is dis-ease in the assimilating and the eliminating systems.
15. All of these as we find are conditions existent with this body in the present.
16. THEN, TO AID OR CORRECT THESE DISTURBANCES, WE WOULD DO THESE: Periods of the varied forms of electrical vibrations as we find would be effective, but these should not be overlapping one another - but should be rather in series; first one, then the other, as combined with the massage AND the hydrotherapy treatments - which stimulate the circulatory forces; through the



applications of the Baths, as the Fume or the Dry Heat, and THEN the stimulation at OTHER periods of the varied activities.

17. This as we find then would be the proper procedure in the present for this body:

18. First, have a period of the Diathermy - that is, the deep therapy - the electrical vibrations of the deep therapy. These treatments would be taken about once or twice a week, and for periods of twenty to thirty minutes at a time - and not too high a frequency used - for a period of three to six weeks.

19. Then leave these off for a week.

20. Begin then with the Infra-Red Light; this to be given for twenty to thirty minutes about three times a week, for a period of three to six weeks.

21. But do not take the two types of electrical treatments at the same time, or along during the same periods. First have a series of one, then a series of the other - as just indicated.

22. However, with either types of electrical vibration, or during the same periods with each of these, there may be taken the massage and the hydrotherapy or water treatments.

23. About once or twice a month have the colon irrigations, with the other treatments, to keep the colon cleansed from poisons or accumulations.

24. Then we find that the DIET would be most necessary to be considered.

25. Mornings - do not have citrus fruit juices AND cereals at the same meal; but about twice a week have the whole wheat - this crushed or cut WHOLE WHEAT, you see; bran and all; cooked very thoroughly - for this carries more of the vitamins that are necessary for the revivifying of the glandular system in all directions than may be had from most any other source. Hence there would be taken a nice oatmeal bowl full for a meal, you see; thoroughly cooked, however. This may be taken with a little sugar or saccharine, and cream. Other mornings use the citrus fruit juices; as orange juice combined with a little lemon or lime, or at other times the grape fruit. Any of these may be taken, but do not have the cereal AND the juice at the same meal! or do not take them within several hours of one another, even!

26. Noons - green vegetables, all well prepared in their OWN juices; these combined may be very well.

27. Evenings - preferably the meats would be taken at this meal; which should consist preferably of fowl, squab, wild game or the like; with fish or lamb occasionally.

28. These we would keep.

29. Occasionally we would use the Radio-Active Appliance, preferably about twenty to thirty minutes when the body rests in the afternoon; rather than in the evening. Keep the anodes very clean and circulate the attachments properly about the body; that is:

30. Mark one anode so that the plate leading from that anode is ALWAYS attached first, and the other last.

31. The first day, make the first attachment to the right wrist, the last to the opposite ankle.

32. The next day the first attachment would be to the left wrist, the last to the right ankle.
33. The third treatment, the first attachment would be to the left ankle, the last to the right wrist.
34. Fourth treatment, the first attachment would be to the right ankle, the last to the left wrist.
35. Then begin over again, continuing to circulate the attachments in this manner. The first plate attached becomes the positive, the last the negative. Thus a circle of the body is made every fourth treatment.
36. And use such a period as the period for the deep meditation. For as the vibratory forces of the body, from the use of the Appliance, tend to unify the coordinating centers from which the physical, the mental and the spiritual receive their impulse, this becomes a period when the deeper meditation would be more preferable for constructive or creative forces through auto-suggestion and the active forces of same in the principles or activities of the body.
37. Do these and, as we find, we may bring the better conditions for this body, [920].
38. Ready for questions.
39. (Q) Should I take Atomidine? If so, how much and how often?  
(A) We would not take Atomidine while the electrical treatments are being taken, as the active principles of same would become too severe upon the circulation as related to the heart's activity.  
When there ARE no electrical treatments being taken (not just the days, but the long rest periods when there are NOT the electrical treatments being taken), there may be taken a few drops of Atomidine - one to two drops of a morning for a period of a week to ten days, and then left off. And then after a period of two to three weeks, take again. In this manner it will be effective, but DO NOT take while the high frequency of the Diathermy or the deeper therapy of the Infra-Red are being given!
40. (Q) Any special exercise?  
(A) Of course, as much in the open as practical is the better. Walking, golfing, riding, swimming; any or all of these are the more effective.
41. We are through for the present.

**REPORTS OF READING 920-12 F 51**

R1. 5/18/38 "Thank you so much for my reading. It was perfect. I am following the directions given and know that the body will be healed. I think Mr. [1589]'s reading was wonderful."

R2. 2/15/39 See 920-13.

**INDEX OF READING 1017-1 F ADULT**

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**BACKGROUND OF READING 1017-1 F ADULT**

10/1/35 [5416]'s ltr. to EC: "Mother and I are here at Mt. Clemens (Mich.) taking the baths. With us is my aunt, Mrs. [1017]. We have been speaking to her about your splendid work, and she is very eager to get a health reading."

**TEXT OF READING 1017-1 F ADULT**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 7th day of October, 1935, in accordance with request made by the self - through her niece, Miss [5416].

1. EC: Yes. Mineral baths.
2. Yes, we have the body here, [1017]. Now, as we find, there ARE disturbing conditions in the better physical forces of this body, [1017].

3. These, as we find, have to do with the eliminations in the system and with the manner in which the effect of disturbed eliminations has had and does have upon the lymph circulation. And this disturbance in the lymph, or the lack of the quantity or amount of lymph, is produced by subluxations and by specific conditions that have been caused in the system. The effect of these disturbances then is to produce the disorders. Hence these have varied in their reaction at times. And the condition has been called two or three DIFFERENT things.

4. Then, these are the conditions as we find them in the physical forces of this body, [1017] we are speaking of:

5. First, we find the BLOOD SUPPLY distinctly disturbed as to its manner of circulation in various portions of the system. Some portions become (as in the lower extremities at times) so slow as to cause not only some swelling but discoloration, in spots. And in the joints (as in ankle, as in knee, as in groin at times) there is a great deal of distress, very much like neuritis or a rheumatic condition. But it is more the effect of the pressure upon the circulation produced by a subluxation existent in the 4th lumbar area, as coordinant with the area at the end of the spine - or in the coccyx plexus. If these were relieved, as we find, with those pressures that have caused or been caused by the nerve reflexes - as we shall see, by the adhesion, or such a condition produced in portions of the system from this lack of the lymph or of the blood supply that aids in circulation in tissue - it would MATERIALLY aid the headaches that arise from the disturbances in the blood supply, the nerve system and the eliminations of the body.

6. Again in the blood supply we find the circulatory forces as related to heart's activity making for a change, or quite a difference at times in the pulsation; at times near to normal of eighty-four - at others we will find it below even 70 or 72, and at others we will find it to be to 90 or 94. A variation. This may be at times two or three days in its variation, and then again for several days be near to normal.

7. In the NERVE FORCES of the body, we find:

8. With those changes that have come and are coming about in the eliminations that affect the organs of the pelvis and through the eliminating system associated with same, with this subluxation and the pressure that has existed in the coccyx and the lumbar area, there has been the tending toward the creating of an IRRITATION. This has produced a coherence, or an adhering - as it were - of the organs of same, in the area itself.

9. Hence we have at times some minor, and at others some quite disturbing and aggravating discharge, that makes for quite an irritation upon the nerves of the system. And this reacting to the body, with the various disturbances that have been indicated in the nerve forces of the body, assists in bringing on these periods of very severe headaches. These are from the BEARING down pains, as it were, or on top of head and to the base of the brain - these appear as if they were SEPARATING; and, as it were, the feeling that if the top could be lifted a bit - it would let the steam off - as it might be expressed.

10. The pressures indicated, coming between or in the area where there is the coordination between the cerebrospinal and the sympathetic or vegetative nerve systems, make for a great deal of disturbance physically - or the internal nervous forces of the body. They produce the inability, as it were, for the body to move about; disturbing the equilibrium; also affecting the vegetative forces so that the eyes become - as it were - dimmed; there appears to be a great deal of humming in the ears; there's a fullness in the throat and a nausea that comes with all of same, such as to produce a reaction through the sympathetic forces of the body.
11. These react or make for disturbing factors in this manner through the forces of the body, as we find.
12. In the functioning of the ORGANS themselves, we find:
13. Brain forces are very good.
14. Pressures as indicated in the nervous forces, of course, find their reaction in the SENSORY forces of the body, and the sensory nerve reaction; as well as to the sympathetic reaction to the bodily forces.
15. Throat, bronchi, lungs and larynx: These organically are very good, yet the disturbance through the circulatory forces makes for disturbances spasmodically or at times, at intervals.
16. The lungs, the bronchials and the heart's activity: The heart's activity organically is very good, though through the circulatory forces as indicated there is the heaviness felt in the lung area when the pressures on the body attempt to make for a clarifying. Or as the blood is slow in same, in the deeper portions of the body, or the extremities, it makes for this heaviness through the lungs, though organically not disturbed to a great extent.
17. In the digestive forces do we find sympathetically a nervous reaction and a lack of the proper eliminations through the alimentary canal. These make for a heaviness through the right portion, or through the liver, the gall duct area, and ESPECIALLY in the lacteal ducts; a little heaviness is felt at times in the caecum or the lower right side.
18. The hepatic circulation being disturbed, with the disturbances as indicated, naturally the inflammation through the area in the uterus and in the vagina and organs of the pelvis causes a scant and yet at other times rather an active elimination through the bladder or the activities of the kidneys. Yet these leave poisons by the very activity, or slow activity of the hepatic circulation and the disturbance in the whole of the circulation as an organic activity.
19. Then, in meeting the needs of the conditions of this body, as we find:
20. We would first take the chiropractic adjustments, ESPECIALLY that adjustment which is made from this coccyx and lumbar center. Take such an adjustment treatment, chiropractically, every day for a week to ten days.
21. Then at the end of that time, leaving off the adjustments for a week, take during the rest period week each day a douche. To each quart of tepid water we would add two teaspoonsful, or one dessertspoonful, of Atomidine - as a solution for the douche, see? This, as we find, will make for not only cleansing but revivifying the activities with especially the adjustments as may be made in the lumbar and coccyx area. And such adjustments would be for not only the relieving of the pressures as indicated, but to stimulate a general activity and

make for a specific correction of the circulatory forces of the body. Thus we will correct those conditions in the extremities, in the nervous forces of the body, and those of the more specific nature as we have indicated.

22. After the douches have been taken for a week (one each day), we would begin again with the chiropractic treatments and take them for a period of THREE WEEKS - once each day an adjustment and a general treatment.

23. In the meantime, if there hasn't been a stoppage of the discharge, and the pressures and bearing down pains through the pelvic organs, take again a few - two, three or four - of the douches. For the douches use about a quart to two quarts of water (prepared as indicated), holding same as long as convenient without causing pain.

24. Then at the end of the three-week period of the chiropractic treatments (not before), begin with the deep therapy as may be had from not the sinusoidal - but that rather with the sinusoidal machine which is of the reverse coil, or a very low treatment of same. And we would make the attachments so as to empty or as to cause an activity of the GALL duct, and the circulatory forces through the upper hepatics; that is, making the connections at the 3rd and 4th dorsal (one plate) and the other plate over the lacteal duct or the gall duct area. We would only take six to eight of these treatments; it should not be necessary to take more than that.

25. However, if it becomes necessary to take other chiropractic ADJUSTMENTS, then another week of the electrical treatments should be sufficient - or two weeks.

26. During the whole period we would keep the diet tending more toward the alkaline-reacting nature; body and blood building. But the diets that have been indicated for the body are very good.

27. As to the baths that have been taken - those of some electric spray, or the electric baths - unless and UNTIL there is this pressure removed, these CANNOT be VERY beneficial. They may make for temporary relief, but, as we find, following these suggestions, in a few weeks - six to eight weeks - the body should be near to normal.

28. Ready for questions.

29. (Q) Am I suffering from what the medical world calls migraine headaches?

(A) No. Not in toto. True, there are some symptoms of same; but it is rather that as we have indicated - a disturbance in the circulation that has borne upon the system in such a manner as to make for irritations in such measures, in such ways, that it has borne upon not only the sympathetic but the cerebrospinal nervous system. So, correcting those segments and aligning the cerebrospinal system as indicated, with the electrical treatments following same, should - with the douches and the diet, etc. - correct the condition.

30. (Q) When these headaches occur, what means can be taken for immediate relief?

(A) An adjustment (chiropractic).

31. (Q) In what condition is the uterus?

(A) As indicated.

Follow these suggestions as they have been outlined and they should bring very much nearer normal forces for this body, [1017].

32. We are through for the present.

[33-Q submitted: "What causes the pain in the right knee?" [?]]

(GD's notes at time of reading: See letter [which was enclosed] to CHIROPRACTOR with directions for his treatments. Be sure you get a Chiropractor instead of an Osteopath or Naturopath or some other, because it seems that the Chiropractor is especially trained in making that coccyx-lumbar correction referred to in the reading, where the other schools of treating are not. See letter [which was enclosed] with directions to ELECTROTHERAPIST for the electrical-sinusoidal treatments as indicated. The Chiropractor may be able to give these treatments also, if he has the necessary equipment; but be sure they are given AFTER the periods of chiropractic adjustments...and in the order indicated. This is very important. See Alkaline-Reacting Diet List [which was enclosed]. If everything is not clear, let us know. GD.)

**REPORTS OF READING 1017-1 F ADULT**

R1. 10/11/35 "I rec'd your very wonderful rdg. this morning and cannot tell you how pleased I am with it. In my mind it offers a means to better health for which I am very grateful. As soon as I return home I will follow the instructions as given and will advise you concerning the results and who will give them to me, etc.

"My husband has become greatly interested in your work and is very anxious to secure a health reading also." [See 1088-1.]

**INDEX OF READING 1100-18 F 42**

**[edited]**

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**BACKGROUND OF READING 1100-18 F 42**

- B1. See 1100-17 on 9/14/37.  
B2. 3/14/38, 3/16/38 She submitted questions.

**TEXT OF READING 1100-18 F 42**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 21st day of March, 1938.

2. Now as we find, in many respects conditions are very good. But as we find there are inclinations and tendencies that are as warnings in the system.
3. And taken in time we may prevent a great deal of disturbance later.
4. From the colds, congestions that have existed from one time or another, there is produced a disturbance in the upper hepatic circulation. This as we find gives the inclination towards a disturbance in the equilibrium of the circulation between the heart, lungs and liver.
5. Hence this feeling of heaviness, this inclination to have times when the body feels dull or listless, and others when there is the inclination for sleep - a drowsiness; others when the lower limbs and arms and through the shoulders ache, or a leadened feeling - and the inclination for a disturbance in the normal blood pressure.



6. As there have been inclinations in these directions, it would be well to take these precautions then through this present period; that the circulation be changed by an increasing of the activity for the gall duct and gall bladder, so that there may be the better blood flow, and a normal equilibrium gained.

7. While we find that the short wave [See previous correspondence in re short wave under 470-20 Reports.] of high electrical voltage tends to prevent cold distribution, it has not been so well for the condition in the liver.

8. Then in the present, as we find:

9. About every day or every other day for a period of three to four weeks, we would take the compound called Zilatone; until the system has been cleansed thoroughly and there is the proper reaction through the hepatic circulation. Take one to three tablets a day, on the days when these are taken, you see. There may be skipped every other day, or the like, if so desired; this depending upon the activity. One tablet would be taken after the morning meal, and two tablets after the evening meal - on the days taken.

10. But during these periods be very careful as to the diet. Beware of too much of fats; that is, as of meats or greases of any nature; though fish, fowl or lamb in moderation may be taken, of course.

11. We would also, at least ONCE a day - half an hour to an hour after the heaviest meal, whichever it may be - take a quarter teaspoonful of Alcaroid; first stirred in a small quantity of water and then the glass filled, and then another glass of water taken afterward.

12. This will tend to not only aid in the better digestion and assimilation but with the Zilatone will make for better eliminations throughout the hepatic circulation, both as to liver and kidneys.

13. Then we would, of course, have the GENERAL osteopathic manipulations.

14. These as we find if done will prevent the body from having the effects of neuritis or rheumatism or those congestions that arise from toxic poisons and an unbalanced pressure in circulation.

15. Use the Radio-Active Appliance about three times a week. Keep the plates very clean, and connect to the body with a rotary motion; that is: The first attachment would be one time to the right wrist, the next time to the left wrist, the next to the left ankle, the next to the right ankle, and so on around the body; while the last attachment each time would be to the opposite extremity, see?

16. Do these as we find and we will bring the better conditions for the body.

17. Ready for questions.

18. (Q) The "catch" under right shoulder has a tendency to reoccur. What can be done for it?

(A) Clear the system as indicated, that we may relieve the pressure in the circulation from the respiratory system, or the heart the liver and the lungs, see?

19. (Q) Did the draining from abscessed teeth have anything to do with its reoccurrence?

(A) Only a contributory condition to the general disturbance or the inclination for the congestion in the hepatic or lower circulation.

20. (Q) Have the short-wave treatments been beneficial?

(A) As we find and as indicated, these are not so well.

We find that the Radio-Active Appliance will be preferable to the short-wave; for this has tended to make for congestion.

21. (Q) Should the Syrup of Squill be taken now?

(A) Syrup of Squill may be taken occasionally. This is more for the respiratory system, but the system as cleared will lessen these disturbances - hence this would only be taken off and on - or occasionally; once or twice a week.

22. (Q) Why do I awaken early in the morning and am unable to go back to sleep?

(A) The tendency for poisons in the system to create a nerve tension over the system. These all as we find will disappear with the purifying and cleansing of the system; and in the manners indicated it should be purified.

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

24. (Q) Please give any further suggestions that would be of benefit.

(A) Do these as we find in the present.

25. We are through for the present.

#### **REPORTS OF READING 1100-18 F 42**

4/24/38 "I am feeling much better since taking the Alcaroid, Zilatone, etc., and want to thank you for my rdg. Have not rec'd the Radio-Active Appliance, however."

5/24/38 Survey: ASSOCIATION FOR RESEARCH AND ENLIGHTENMENT, INC., Virginia Beach, Virginia QUESTIONNAIRE: Date of Readings June 18 & Sept. 14, 1937, March 21, 1938, Case # 1100-16--18

(Please answer the following questions carefully)

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

Very definitely.

(2) Give symptoms of condition described correctly?

Reading of June 18, 1937 - aching and heavy feeling between shoulders and throughout the lower end of spine.

Reading - Sept. 14, 1937 - Generally weakened condition.

Reading Mar. 21, 1938 - Very sluggish, heavy feeling all over following an acute head cold.

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

June 18, 1937 - Poor circulation. Sept. 14, 1937 - No analysis. Mar. 21, 1938 - An acute head cold and disturbed circulation.

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

Yes.

(5) For how long?

Until results were obtained.

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

All of the above mentioned symptoms have cleared up entirely and I feel like a different person.

Date: May 24, 1938      Signed: [1100]

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**BACKGROUND OF READING 1196-10 M 59**

B1. See 1169-9 on 7/1/37.

**TEXT OF READING 1196-10 M 59**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 31st day of May, 1938.

2. As we find, there are changes since last we had same here; some for improvement, some not so well.
3. In the main, we find that the general conditions have reverted much to that same condition which existed with the body when first we gave suggestions for same.
4. The principal reason for not having greater improvement is lack of consistently carrying out all suggestions as were outlined for the body, as we find.
5. When there is the continual changing, when there is not given the opportunity for the reactions to come about, then we find these revert to the old disturbances.
6. For these have been of long duration, and there has been an undermining of the activities of the hepatic circulation; the liver, the lower hepatic circulation; a prostate disturbance - old conditions.
7. And these working upon the body, with the inflammation that each of these disturbances has caused, there has been produced in the blood stream not so much the infectious forces as the toxic conditions.
8. Then we find that the toxic condition is of a nature that it not only affects the circulatory system, as a disturbance to the hormones that is of an active nature to eliminate from the system, but it is of a uremic or uric nature also.
9. Thus, because of the lack of elimination, there is produced in the muscular forces the congestion and an inflammatory condition of the nature as to cause rheumatic reactions.
10. Hence we have an arthritic or neuritic condition, as well as a rheumatic one; to say nothing of the congestions that prevent eliminations.
11. Then, as we find, if there is to be expected the results from suggestions made through these sources, there **MUST** be a consistent use of those influences or applications suggested!
12. To be sure, as we understand and as the body comprehends, this requires that there be the use of medications or properties taken, which to some constituents becomes in opposition to the higher mental and spiritual influences.
13. But it should be comprehended by the body that all force, all **GOOD** that arises in activity for a system that **IS** good, arises from the Creative or Spiritual Source - and works with same, only needing the attunement for its activity.
14. Then: Either **ACCEPT** these suggestions and use them **AS** they are given, or **REJECT** the whole **ENTIRELY!**
15. For where there is confusion kept by switching from this to that influence, there **CANNOT** be expected the results from **ANY!**
16. Then, as we have indicated, **KNOW** in **WHOM** as well as in **WHAT** ye believe. **KNOW** that the influence of Good, or God, is able - then - to bring about those influences that will fit the body - physically, mentally, spiritually - to fulfill that purpose - that is, in body, mind and soul - for a better, a greater, a broader service in the spiritual direction.
17. And as we find in the existent conditions, as we have given from the beginning, it **IS** necessary to use external forces of a medicated nature, if there is to be awakened or aroused to activity that necessary to bring the better conditions in the physical body - through overcoming those errors that cause or form the basis of the disturbing forces.

18. As we find, then, these we would DO!
19. Use the Zilatone as an eliminant. SOME of these tablets should be taken EVERY day, for ten or fifteen WEEKS! Whether it takes one, two, four or six of the pellets, be sure that - with the enemas to aid - there is sufficient activity to have at least two activities from the alimentary canal each day.
20. This will NOT reduce the vitality if the constructive attitude is kept mentally and physically.
21. Do not just take these for a little while and stop, but take them CONSISTENTLY - what is necessary to take to make an activity at least twice a day - for ten to fifteen WEEKS!
22. And have sufficient manipulations - either osteopathically or neuropathically given - to PREVENT the AROUSED poisons from CONGESTING in any area!
23. Hence the type of manipulation would be to stimulate those centers for the activity of the liver, the duodenum, the jejunum, the caecum and colon.
24. Do not begin and have these a few days and then quit, but take them regularly for a series.
25. Have them each day for about three weeks, leave off three weeks, and then take again each day for another series. If they are given OSTEOPATHICALLY, or as osteopathic manipulations, twice a week GENTLY given would be sufficient.
26. Use enemas WHEN necessary, body-temperature.
27. Use the Radio-Active Appliance EACH DAY for at least thirty minutes to an hour. This would also be used in series, and the attachments would be made in this manner:
28. First day: Make the first attachment to the right wrist, while the last attachment would be to the left ankle. (Tie a string around one anode to designate it from the other, and this would be the one - or the plate coming from this - that would ALWAYS be attached first; while the other anode - or the plate coming from it - not marked - would ALWAYS be attached last, see?)
29. Second day: The first plate (marked) would be attached to the left wrist, while the last plate (not marked) would be to the right ankle.
30. Third day: Make the first attachment to the left ankle, and the last to the right wrist.
31. Fourth day: The first attachment would be to the right ankle, the last to the left wrist.
32. Thus you will have made a circle of the body in the attachments, you see; the first plate attached becoming the positive, the last the negative. Then begin over again. Be very consistent with these applications, being sure the attachments are made properly each evening. After the third circling of the body (or twelve days), leave off the Appliance for a few days; and then begin all over again.
33. Doing all of these, and being very consistent with same, we find that we may bring the better conditions for this body.
34. Ready for questions.

35. (Q) What causes the terrible soreness lower part of abdomen, in between the hip bones?

(A) As indicated, the pressure from the poisons of the natures indicated - and the irritation that comes at times to the prostate gland.

The use of the properties in the manners outlined, with the applications as suggested, we find will gradually ELIMINATE the causes of same.

36. (Q) The soreness and weakness in lower part of my back?

(A) The same as has just been indicated.

37. (Q) What causes constipation?

(A) The very natures of the condition as indicated.

38. (Q) Is my liver affected?

(A) As just outlined, the liver AND the kidneys ARE the hepatic circulation; and, of course, through the affected portions of the jejunum and colon itself.

39. (Q) Is my gall duct and gall bladder affected?

(A) Only sympathetically; but the use of those properties, with the other things suggested, will eliminate these disturbances.

Not just the properties alone, but regular periods of the manipulations as well as regular periods of the Appliance. And take the eliminant sufficiently long to ATTUNE the whole body!

40. (Q) What chance have I to get entirely well?

(A) About fifteen to one!

41. (Q) Is my trouble same as my father had?

(A) Couldn't be! for the father is one entity and the self is another! It may be of the same NATURE, but it is NOT necessary of a hereditary condition; though thinking it will build just such a condition, of course!

42. (Q) Is there anything special that the God-mind wished to say to me?

(A) Be consistent - BE CONSISTENT!

43. We are through with this Reading.

**1196-14, M 61, 12/20/39**

3. As we find, if there would be the persistent and consistent use of the Elliot applications for the prostate disturbance, and a consistency in keeping better eliminations, we would find much bettered conditions for this body.

4. We would insist upon applying these, if there would be had the better forces....

7. (Q) What causes, and what may be done for, soreness in pelvic area, hips, legs, and shooting rheumatic soreness in various parts of body?

(A) As indicated, these are all from a prostate disturbance.

8. (Q) Stiffness in lower back?

(A) Prostate pressures upon the nerves, and the inflammation and disturbance produced by same.

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RHEUMATISM

**BACKGROUND OF READING 1217-2 M 61**

B1. 1/6/37 Wife submitted questions: "Constant pain - his left shoulder, arm, etc., are affected, across back to right shoulder...what is the trouble, he does not know, but wants you to tell him and its cure."

**TEXT OF READING 1217-2 M 61**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 11th day of January, 1937, in accordance with request made by the wife - Mrs. [1258].

1. EC: Yes, we have the body, [1217].
2. Now as we find there are disturbing conditions as prevent the nearer normal reactions to the system. The disturbances, or those portions from which the greater distress arises, as we find are indications rather than the causes.
3. For the disturbances of neuritis, and the attending conditions as those that arise through rheumatic reactions, are effects and not causes.
4. These then are the conditions as we find them with this body, [1217]:
5. In the blood supply we find the indications of toxic forces or poisons, arising from lack of the proper eliminations or ALL of the organs of activity in the eliminating system coordinating as one with another.
6. Thus we find, as portions of the system function, as through the caecum and the lower portion of the jejunum and the beginnings of the ascending colon, an indication that the disturbances in their beginning arise from this engorgement as indicated there. Thus the poor activity of the lymph circulation carries back into the system the effects of the activity, or lack of activity, through the area.
7. Hence we find the nervous system and the muscular forces through which this deflected energy flows, as through the shoulders, through the upper portion of the arm, through the neck and head at times, experience acute conditions or pains. These then are, as indicated, effects.
8. And we find that the blood supply in its analysis would indicate this character of disturbance.
9. Naturally with such conditions the liver in its activity, as associated with the action of the spleen, the pancreas, the gall duct, becomes involved.
10. Hence we have from the reflexes of these conditions disturbances at times; that is, producing the excess in the activity of the kidneys and bladder and at other times rather a sparseness and frequent reactions or activity from same.
11. These as we find are the disturbing forces, with their reflexes upon both the cerebrospinal and the sympathetic nervous system. And as we find these conditions may be materially aided by the addition of properties that from their radial activity with the system would produce a vibratory rate of activity to the circulation and the nervous system to induce the better action of the organs as well as portions of system involved in the condition.
12. Hence we would give first, we would prepare two portions of Toris Compound; one with the Simple Syrup and the other with the Spirits Frumenti, the quantity or proportions as indicated with each package of same. To be sure, each of these would carry the Sarsaparilla Compound. When prepared (separately), then put the two portions together, see? Take this two teaspoonsful thirty minutes after each meal for three to four days. Then rest a couple of days, then begin again. And after taking three to four days, rest a day between each period, until the whole of the properties are taken. Shake the solution each time before the dosage is taken.



13. We would also begin with enemas. Not high enemas but those as may be taken from an ordinary Fountain Syringe. And use the water (the full quantity) prepared with a level teaspoonful of table salt and half a teaspoonful of baking soda to each quart. Have the water (not by guess but by temperature) the same temperature as the body. This will not only then make for alleviating of this distress through the lower portion of the abdomen but will assist the activity of the Toris Compound to eradicate the poisons from the system and stimulate secretive activity of the organs of digestion and elimination, and not in too severe a manner.

14. Also once or twice a week we would massage into the body a compound of oils prepared in this manner:

15. To 4 ounces of Pure Olive Oil as the carrier, add - in the order named:

- Russian White Oil.....1 ounce,
- Oil of Wintergreen.....1 ounce,
- Oil of Sassafras Root.....1/4 ounce.

These will separate, but when the solution is to be massaged (about twice a week) shake together. Pour a small quantity into an open container. Massage into the spine and on either side of the spine, extending of course to the points of the shoulder blades. But begin at the base of the head on the cerebrospinal system, at the 1st dorsal, and extend to the end of the spine - from between the shoulder blades, you see, but extending outward and upward over the shoulder blades. The next time it is given, begin at the 1st cervical, or from the base of the brain, and extend around the neck and all the way down to the middle portion of the spine. Massage gently, deeply, but very firmly, just what the body absorbs. Then rub or wipe off (but not with water), and massage with a little pure grain alcohol. This is to drive the properites into the system, as it were, closing the pores of the skin yet furnishing food for the circulatory system over portions of the body. The oil rubs are to stimulate the activity of the structural portions of the body itself for a better reaction to the blood supply of the system from the very activity of the internal portions of the structural portions of the ribs, the spine, and all portions of the body itself. Twice a week, you see; one treatment beginning at the 1st cervical (which is the base of the brain itself, or the cervical axis), and extending to the 9th dorsal - or the middle of the spine. The other treatment beginning at the 1st dorsal and extending to the END of the spine.

16. In the matter of the diet: These we would give as precautions. Not that there is to be given what might be called a routine of just today this and tomorrow that, and the next day something else. But do not make bad combinations; that is, fried meats with starches or potatoes. Leave off any fried foods altogether. Do not use white bread, rice, potatoes, spaghetti, macaroni or the like at the same meal - any two of them at the same meal. Let the meats be rather fish, fowl or lamb. And the combinations of sweets - do not have too great a quantity of sweets with vegetables, but at times when meats are taken a little sweets may be taken. For this body, eat more vegetables grown above the ground than those below the ground. Each day, though, have at least two or three raw vegetables; whether celery, lettuce, tomatoes, carrots, turnips, or any of these. These may be grated together and combined with a salad dressing that is of an olive oil base.

17. As we find if these are done we will bring the better conditions for this body, Captain [1217].

18. Ready for questions.

19. (Q) Are there any organic or other conditions, as of blood deposits?

(A) Rather functional. Blood deposits arise from those conditions as indicated, that come from toxic forces and not clots.

20. (Q) What foods will constantly renew the body just as it needs renewal?

(A) As has been indicated for this body in the present. As we have given heretofore, a constant renewal of the body needs (for a balance to be kept) a twenty percent acid to an eighty percent alkalin-reacting diet. Not necessarily in this body in the present, for it's OUT of balance in the vibratory forces through the activities of those portions as indicated - but in a nominal body for its renewal keep such a diet. The variations arise from what might be said to be prenatal influences and the very vibrations set up from the beginning of inception.

21. (Q) What exercises, if any?

(A) Any of those that make for a renewal of energizings to the extremities with the torso of the body. Walking is the better exercise. The regular setting-up exercises are always good. With THIS body, these should be taken rather in moderation, but rather specific.

22. (Q) What spiritual healing?

(A) A constructive mental attitude for this body ever. Know that the influences of the spiritual aptitude and attitude of a body-mind, as related to the physical and mental and spiritual forces, are within. They coordinate; as does the mental body with the flexus of a physical body. And so with the constructive forces, as the body builds the reactions are those that are sown or given or exercised in every manner.

Let the meditation ever be:

"MAY THERE BE DONE IN AND THROUGH ME THAT WHICH GIVES, WHICH MAGNIFIES, THE INFLUENCE OF THE FATHER-GOD IN THE EARTH, THROUGH MY RELATIONSHIPS TO MY FELLOW MEN."

23. We are through for the present.

#### **REPORTS OF READING 1217-2 M 61**

R1. 7/15/63 Wife [1258], after many years of silence, again wrote becoming again a Sponsoring Member of A.R.E.

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**BACKGROUND OF READING 1287-1 M 70's**

B1. 10/22/36 "I am still making a poor out at walking; [rheumatism in limbs?] don't seem to improve any. If there is any remedy you would suggest I would appreciate it. I know I should not be in that shape, as my body is in good shape."

**TEXT OF READING 1287-1 M 70's**

This psychic reading given by Edgar Cayce, this 9th day of November, 1936.

1. EC: Yes, we have the body here, [1287].
2. Now, as we find, the disturbances in this body may be relieved a very great deal, and with care and precaution be brought to much nearer normal reaction. However, the conditions that cause or produce the disturbances are of long standing. Thus it will require, as help or assistance comes, that still there be kept the precautions and the insistency in following close to those necessary activities for proper eliminations of poisons that have been accumulations for long periods. Not only through the alimentary canal (the poisons), that have produced by reinfection and by cold, exposure, a congestion in the muscular forces of the lower limbs, through the lower lumbar and the sacral area, but the blood stream itself - in the diet and the creating of the proper balance in same.

3. There will be periods when the body will revert and have days or periods when there is the return of inability for the full, complete activity. But these, too, will pass and there will come better reactions - if the activities are sustained that may be indicated for the elimination and the helpful forces through the eliminations of the body.

4. The blood stream indicates how the toxic forces from the whole of the hepatic circulation, or from the liver and kidneys, and from the poor eliminations, cause a prolapsus in the colon area itself; how that the pressure from these is upon the organs of the lower portion of the abdomen, especially making for this taxation upon the locomotory muscular forces. Thus there is the neuritic effect, also a congestion of all the tissues through the area, and a rheumatic reaction that comes through the muscular forces of the lower limbs and through the torso. Thus at times there is the affectation of the kidneys and the activities of same, disturbing at times the bladder and the scrotum itself, and through the glands and the ducts about the eliminations. Thus as we find a pressure is produced upon the glandular forces, so that there is pain at times through or when there is the evacuation of the bladder itself; there is a swelling a little under the lower portion of the abdomen, and this general inability for activity.

5. As we would give then for these conditions, these in the present - and it may be necessary to change these after they have been used for three to six weeks, and then we will find the activities should be really relieved and a good deal of help brought to the body:

6. We would begin by the preparation of Toris Compound. Make two quantities, half a pint of each. One of the compounds would be made with the Simple Syrup, see. Take two teaspoonsful of same after each meal. Make the other compound with the spirits frumenti or whiskey, you see, and then combine the two together.

7. At least twice each week use a high enema. Whether the eliminations are begun by the taking of the Toris Compound, or whether these do not act so freely upon the alimentary canal, take enema regularly - twice a week for at least three to four weeks, so we may cleanse the colon and give the opportunity of the eliminating forces of the body to take from the system through the alimentary canal the poisons and accumulations there.

8. We would also find it helpful that we combine these together for massaging: Equal portions of Mutton Suet or Mutton Tallow (that is melted), Spirits of Camphor, Spirits of Turpentine and Tincture of Benzoin. Put these all together. Of course, heat the Mutton Tallow so that it will dissolve and the others mixed with this. Massage this across the hips, through the groin and over those portions of the body. And each evening when retiring lay an electric pad - not of the high temperature - across the lower portion of these, to drive this in, see? Massage this, all the body will hold, then apply the pad. Do this each evening for at least two to three weeks.

9. In the matter of the diet be MOST careful. DO NOT take pork in ANY form, other than a little breakfast bacon. Do not eat too much white bread. These tend to make for accumulations. Use rather either corn bread or whole wheat bread. These as we find are the things to abstain from. Beef, not fried but roasted, or

fowl or fish, these are the meats that may be taken. Do not eat FRIED potatoes. They may be taken at times boiled or mashed, but not too great quantities of same; just a little of these.

10. Be persistent with these, follow these through, taking all of the quantity of Toris Compound. Be sure these are prepared with the ounce of the compound of the Syrup of Sarsaparilla for EACH quantity, you see, making one with the Simple Syrup, the other with the Spirits Frumenti or Whiskey. Then put the two together. Dissolve each property thoroughly before being added. Then take the dose as indicated.

11. Ready for questions.

12. (Q) What should be used in the high enema?

(A) This should not be warmer than the temperature of the body, and should always be used with the soda and salt. Use the Fountain Syringe; that is, with the long tube, and the regular rectal applicator, and put in each application or each bottle of water a level teaspoonful of baking soda and a heaping teaspoonful of table salt. Dissolve thoroughly in water before it is put into the bag.

13. (Q) Should the colon tube be used?

(A) Not yet; only the rectal tube.

After this has been taken for three to six weeks, we would give further instructions.

14. We are through for the present.

### **REPORTS OF READING 1287-1 M 70's**

R1. 12/15/36 Letter: "I am improving in my walk and am still taking your treatment and think it is doing good. Of course I do not expect to walk as good as when I was young."

R2. 4/23/37 "My health is good except my walking. I can hardly walk without a cane... Brother [244] is fairly well but I can tell he is going downhill. There are just three of us [brother [244] and me and sister] left, and we are not here for long. We are having some real cool weather here. I have planted my garden but it is not doing much good except potatoes. Cut worms are as bad as I ever saw them.

"Edgar, I am going to ask you to read my case again for me. I know I am not old enough to be in this fix."

R3. 5/3/37 See 1287-2.

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RHEUMATISM

TOXEMIA

**BACKGROUND OF READING 1287-2 M 70's**

B1. See 1287-1.

**TEXT OF READING 1287-2 M 70's**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 3rd day of May, 1937.

1. EC: Yes, we have the body and those conditions as produce or cause disturbances in same.
2. There are some improvements from that as we first had here, but too soon has there been left off the eliminants as indicated that would relieve the poisons from the system that have been an accumulation - and which from same produce pressures in the locomotary areas that cause the disturbance in the activities of the lower limbs.
3. We would prepare then again the Toris Compound - two quantities; the one made up with the Simple Syrup and the other with the Spirits Frumenti; both, to be sure, using the ounce of the Compound Syrup of Sarsaparilla; then the two put together. Half a pint of the Spirits Frumenti (or Whiskey) would be used. The dose would be a tablespoonful four times each day, before the meals and before retiring.

4. Also we would prepare another form of rub with which we would massage not only the lower limbs but from the waist and above the hips and back downward. Such a compound would be prepared in this manner:

5. To a quart of White (or not discolored) Gasoline, dissolve half a block (the small size block) of Camphor Gum - this may be crushed and then stirred until it is thoroughly dissolved. Then add also:

Oil of Cedar Wood.....1 ounce,

Oil of Wintergreen.....1 ounce.

Shake the solution well, and - evenings when ready to retire, mornings before dressing - massage same, all the body will absorb, across the smaller portion of the back, across the lumbar and sacral area, down the limbs and especially under the knees (back portion of the limbs) and the feet. Do not massage too heavy but sponge off with lukewarm water after this has thoroughly dried or been absorbed by the body.

6. Occasionally - that is, say on Tuesdays and on Thursdays - before the morning meal we would take a teaspoonful of Eno Salts. While with the Toris Compound this causes the action of the alimentary canal or from the bowels to be over profuse especially on these days, there will be sufficient activity to the action of the lower hepatics or the kidneys - from the Eno - to assist in cleansing the system.

7. This done thoroughly we should find a great deal better control of the activities of the lower limbs, and a better assimilation of the foods.

8. Beware of hog meat, except crisp breakfast bacon. Do not eat too much of white breads. Preferably corn bread or whole wheat. Do not eat bread and potatoes (white potatoes) at the same meal.

9. Keep in the sun as much as the general activities permit.

10. Do that.

11. We are through with this Reading.

#### **REPORTS OF READING 1287-2 M 70's**

R1. 11/17/42 Niece's [[244]'s daughter] letter: "Uncle [1287] spent Sat. here, seems to be in good spirits and is looking forward to meeting at ... church."

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**BACKGROUND OF READING 1530-2 F 50**

B1. She previously obtained a Life Reading - 1530-1.

B2. 9/17/38 "For years I have had a doctor's examination at this time of year, so thought this year I'd keep the money in the family, so I am writing you for a reading instead.

Questions [besides those which got asked]: "What is causing the stiffness in my fingers? I suppose a diet will be given but if not I would like you to ask about one."

**TEXT OF READING 1530-2 F 50**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 26th day of September, 1938.



2. EC: Yes, we have the body, [1530].
3. Now as we find, disturbing conditions in the physical forces of the body are rather specific; yet the reaction of same through the system is rather of a GENERAL nature - in the present.
4. And if measures are taken to eradicate the disturbance, this may be prevented from becoming localized or becoming a condition of a nature where the system will have adjusted itself to same - or a chronic disturbance.
5. These are conditions as we find them with this body, [1530]:
6. The blood supply indicates that in the slowing up of the activity of portions of the system it has tended to leave drosses; owing to the lack of coordinations in the portions of the body where elements are created for coagulative forces; thus allowing such portions to become rather sources of infection.
7. Hence in the extremities - with the lack of this full circulation - we find that, with ANY undue reaction, or even after rest of an evening, there is the inclination for stiffening; and at times even the swelling of joints.
8. This occurs in hands and in limbs, knees and feet, as well as in the fingers and elbows and shoulders at times.
9. It is not a true arthritic condition, nor rheumatic, nor yet of the nature that there are truly the specific sources of infection. But as indicated, the causes are specific - and the reactions are of a neuritic, arthritic, as well as rheumatic nature of disturbance.
10. In the activities of the circulation, or to the circulation, we find that the superficial circulation has been slowed; and there are reflexes seen in the eliminating system, as well as the reactions where the GENERAL feelings of the body become involved in the disturbance.
11. These as we find make for repressions at times in the respiratory system - as a heaviness through portions of the lungs. At other times there is a reaction through the digestive system, and the inclination for foods to easily form gas.
12. All of these, as indicated, are specific disturbances and in the present produce a GENERAL reaction.
13. There is a slowed pulsation, and at times a slowed or low pressure.
14. These all affect, of course, the activity of the superficial reactions of nerve system TO the cerebrospinal system.
15. In making corrective measures then, as we find:
16. We find in the present it would be well to have a few GENERAL applications of corrective forces along the cerebrospinal system; rather NEUROPATHIC in nature, - that is: AS THE CORRECTIONS ARE MADE IN THE SEGMENTS OF THE CEREBROSPINAL SYSTEM, follow the impulse along all the sublaxations that are indicated - or the jamming BETWEEN the segments. Follow the nerve plexus to their reaction to organs themselves.
17. It would be well to have eight or ten such treatments; at first having one each day for three or four days, then they may be made once or twice a week until the full number are taken.

18. Now twice a week, during the period of taking the neuropathic treatments, there should be rather the low Diathermy, - that is, the low heat that will tend to correct vibratory forces of the nerve systems through the body. These should not be too high nor too long, but at least three to six of such treatments taken.

19. Then the diet, and the general activity of the mental as well as the physical forces of the body:

20. Well that the body take each day a certain amount of exercise, or as much as possible, in the open. Walking is the best exercise, but this - though - in the OPEN, when at all practical.

21. In the diet, keep to those things that are not excessive in starch, nor acid-producing foods; but let at least one meal each day - or a portion of one meal each day - be of GREEN and RAW vegetables.

22. We find that red wine in the afternoon - three or four o'clock - would be well, if it is taken as FOOD; NOT as a drink. Take about an ounce to an ounce and a half or two ounces of red wine or sherry wine - with brown or black bread, preferably. This will tone the digestive forces and make for better abilities for assimilation of foods.

23. But not great quantities of fats should be taken at all by the body.

24. Do these and we will bring the better conditions for this body, [1530].

25. Ready for questions.

26. (Q) Who would be suggested to give the corrective measures and manipulations?

(A) As we find, such as Dr. Mary Miller.

27. (Q) Why do I have a tendency to sleep when I read?

(A) The toxic forces from the lack of coordination, or the slowing up - as we have indicated - of the nerve impulses between the cerebrospinal and sympathetic system.

28. (Q) I seem to want to eat or sleep when I start to read.

(A) As just indicated, unless there is an activity of that necessary to create coordination between cerebrospinal and superficial circulation, sluggishness occurs from toxic forces.

Do these things then as indicated, and we will bring better forces, better coordination.

29. (Q) Why do I get so tired without any apparent reason?

(A) As just indicated, the toxic condition - and toxic means the lack of elimination of used energies by the slowed circulation.

It would be well for the body to take ONE drop of Atomidine in half a glass of water before the morning meal for three to four days, then leave off for about three to four days, and then take again. Do this about three to four such periods or rounds, but be persistent - don't take it all at once, or take it one day and leave it off the next! but take for three days and leave off for five, and then take about three days again. We are through for the present.

### **REPORTS OF READING 1530-2 F 50**

R1. 9/30/38 [1530]'s letter to EC:

Dear Mr. Cayce:

Received the reading yesterday and your letter today.

I found the reading very interesting and helpful - yes, I responded to it immediately. There seemed to be a coziness about the whole thing - a something familiar... Much of has been impressed upon me. About six years ago when we went upstate to live - I seemed to have been literally pushed out of doors. I have walked much during my life. And, when something crawled upon me during our stay in Syracuse and I had to have an operation - the surgeon said to me - and he was an entire stranger - "You are now collecting dividends for all the walking you have done." I used to think we had to go up there to contact this man - land only knows what would have happened if some of these experimenters here in N.Y. had a look in. So, every year since then I've had a general examination.

But no one could tell me why I was so tired. I think you will find this interesting - the nearest one to come to it was Dr. Hubbard/Homeopathist - they you know work on the causal body. I believe that is the only school of so-called medicine who recognizes another body. Their method of examination is unusual. They look for the reflexes - she said - "What is your hobby?" I told her it might sound funny, the thing I liked to do the most was to walk in the open and feel the breeze on my face - immediately she replied that - must be what I needed - it was nature forcing it. She was puzzled in the end though - as she said - "Well your attitude is right - you get the right reactions" - she just couldn't get to the cause of it - but did come the nearest of any. On page two of the reading [1530-2, Par. 20] it explains the reason of my wanting to get into the open... However, she did say that it was not rheumatic.

Last September I went to a specialist - and he said, "You are all right inside - stop thinking about it..." I later said to his head nurse - funny he didn't notice my finger, which was swollen - she looked at it and said "Let sleeping dogs lie..." Some remedy.

And the Diet... Well I've been playing around with that for the past few years, have read of Dr. Hay's diet, so that will make it a little easier to follow the food list you sent me - and of course I shall follow it to the letter. When I first met Hugh Lynn I asked him what had come through about food - what a subject. Like starting on the Bible...

I shall get in touch with Dr. Miller, I like her! so that fits in nicely - though I would have followed any direction... Thought as long as I am to have four treatments consecutively, it would be better to start next week - however I'm on the diet NOW... I shall be so glad to get rid of this tired feeling - 'tis well I have an enthusiasm for living - or I would have followed the lines of least resistance long ago - I can remember of walking down the boardwalk in Atlantic City, and being asleep on my feet. I had the day to myself and could have remained in bed but not me. It will be a relief to work work without putting forth such a tremendous effort...

I must add to someone - or something - that "I am grateful." Seems hard to get away from this letter - don't seem to be able to bring it to a close - hope you get all that this MUST IMPLY.

Sincerely, Mrs. [1530]

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**[edited]**

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**BACKGROUND OF READING 1564-2 M 44**

B1. 4/4/38 See his Life Rdg., 1564-1, Par. 56-A, 57-A indicating that Mr. [1564] had been healed of T.B. by using Capt. A. A. Nichoson's products, Acigest, Calcios, etc.

**TEXT OF READING 1564-2 M 44, 6/5/38**

2. Now as we find, while there are disturbing conditions that at times do and will cause anxieties if neglected, there are in the main those activities which if adhered to would keep the body near physically fit.

4. IN THE BLOOD SUPPLY, as we find, there are indications of there being the lack of the full purification of same through the pulmonary system.
5. Through these very activities the character of the blood stream needs to and does become changed, through the activity of the liver AND the lower or kidney circulation.
6. Consequently, with this overcharge that is necessary through such conditions, there becomes a chemical change in the ability of the system to produce the necessary eliminations from the blood flow itself.
7. Thus does the system then reinfect itself when these conditions reach such stages that the circulatory forces allow portions of the lung area itself to become, as it were, susceptible to infectious forces - which has been heretofore indicated by conditions in the system.
8. Then, it becomes necessary - with the activities of the properties that have been indicated for the body, through its own knowledge, through its association - to keep for the system not only a balance in the assimilating but in the ability for the distributing forces and the activity of eliminations; keeping coordination, to bring the better or the normal forces for activities of these portions of the system that are as the basis of the circulatory forces of the body.
9. With these activities then in the blood stream, with the effect upon organs of the body, there naturally becomes those conditions in portions of the cerebrospinal system through which the impulses for activities to parts of the system become involved - as has been indicated through the sensory system, or particularly to the auditory forces.
10. Hence we have the inclination through portions of same for a prolapsus of the Eustachian tube, especially in the areas on the right portion of the head or neck.
11. Owing to this slowed circulation, owing to the activities through other portions of the body, this becomes then static - or a bone reaction, by the very inactivity of the circulatory forces through the system itself.
12. By manipulative force, then, to remove the pressure, to raise the activities in the eustachian tube, we may prevent the conditions becoming SO static as to become a constitutional condition that would gradually cause the unbalancing of the oils - or the stations in the ear itself.
13. And removing those pressures will, through such means or manners, bring the better condition.
14. Then with the normal forces SET aright, and kept aright, in the circulation, these would not be ailments or hindrances in the system.
15. With the very nature of disturbances to the circulatory forces, and the lack of the purification being carried on through the system, as has been indicated through the lungs, we find that the liver and the kidneys all become involved - which is natural with any pulmonary disturbance or disorder. Hence we find a reaction arises at times through the LOWER hepatics - or conditions from the liver AND the kidneys - FOR the increased amount of the toxic forces, or uremic forces. Thus in their circulatory force through the body at times there are rheumatic OR arthritic reactions, or of that nature, produced through the lower portion of the body; by the very activity of the body sitting or walking or remaining within doors for long periods.

16. Hence these become involved with the general condition; and with the purifying and the clarifying of the ability for oxidization to carry on through the circulation and through the GENERAL building up of the system, we may also eliminate the disturbances through THESE portions of the system.

17. This back condition may also be materially aided by the use occasionally of the hydrotherapy methods; that is, the cleansing of the colon itself from the effect of toxic forces and the slowing of the circulation through portions of the system; and where centers or impulses along the cerebrospinal system become as it were a static influence. Not set forces, but short circuits - as it were - for impulses of activity through the whole system itself.

18. Hence we find, in making for improvements in the conditions for this body:

19. We would first give that there be an adherence to the diets, those purifiers for the circulation, for the assimilation and the distribution through the system; those things that have been indicated - or that have been applied.

20. Then, we would have the adjustments in the head and neck; and especially the specific treatment to the eustachians along the right portion of the auditory forces.

21. Also we would take the head and neck exercise consistently; not just take it one day and forget it the next, or take it once a week or three to four times a week and leave off, but take it morning and evening - two to three minutes. This will add materially to the ability to keep the equal balance, and it will prevent much of those inclinations for the body to FEEL the heaviness through the upper portion of the system. That is: Sit very erect. Move the head forward two to three times, then a circular motion; then to the left or to the right; then to the rear, and then the circular motion again. Do this gently, positively. Not just to be gotten through with, but for DEFINITE activity to be received.

22. Then as indicated, once a week for two to three weeks, and then they may be skipped to be given once a month, and then again two to three weeks, we would have the full work-out through the hydrotherapy methods. After the first two to three weeks, the frequency of such treatments will depend upon the general feeling of the body.

23. Do these, and we will find we will bring the near to normal forces for this body, Mr. [1564].

24. Ready for questions.

25. (Q) Right ear only 25% efficient. Is it true this is bone deafness, as the doctors tell me, and that nothing can be done about it?

(A) Rather WE find, as indicated, this character of disturbance becomes bone because of the poor circulation by pressures created in the system, see? and causing along the eustachian tube and the bone circulation LACK of flow of impulse for activity, which means lessening the circulatory forces. And with the applications of those natures indicated, we may increase this to at least eighty-five to ninety-five percent efficiency.

26. (Q) Still have a tubercular condition of both lungs. Have been following a system of diet and food the last year which has shown a remarkable improvement. Should I continue this system? or should any change be made? Anything to be added?

(A) As we find, as indicated, the condition will CONTINUE to improve if there is the CONSISTENT activity; and, as indicated, the activities sufficiently in the open to prevent there being those periods when the body becomes irritated by the excess need of activity of eliminations, etc.

If we were to offer ANY additional advice, it would be to use the inhalations from Apple Brandy. Not drink it, but the inhalations of the gas from the pure Apple Brandy; not Apple Jack but Apple Brandy in charred oak container, and kept at a temperature that is high - at least eighty to ninety - so that the gases thrown off may be inhaled into the lung. These act in this manner with the system:

They PURIFY the channels and areas, and lessen the disturbance from inefficient reaction of the circulatory forces. MOST of the disturbance, as we find, is in the right lung rather than in the left; though some clogging is in the left, the right as we find is the more serious....

28. (Q) Are the pains in small of back above kidney due to adhesions between lung and pleural sac, as doctors tell me?

(A) Rather as WE find, as indicated, that in the circulation between the upper and lower hepatic circulation there is - with the excesses of the poisons - uric acid! THIS is the pressure that is felt, rather than adhesions in the area. And with the use of all those things that are given in the hydrotherapy treatments, with the massage that comes with same - or should be given with same, at least; AND the taking of the properties indicated, and the relaxing sufficiently in the open - these will disappear.

29. (Q) What causes and what may be done for lack of vitality?

(A) Just as indicated, those pressures from toxic forces are the cause - or the uremic forces. If these are allowed to segregate themselves or to become located in portions, they may cause most any sort of disturbance - whether rheumatic or arthritic or a source of infection that would be neuritic in its reactions. But if these things indicated are applied consistently - not spasmodically - we will find conditions cleared.

30. (Q) Anything I can do about my low blood pressure?

(A) Just as we have been describing! Inhale the Brandy for a week, then take your blood pressure!

33. (Q) Should the osteopathic manipulations be taken also, as well as the hydrotherapy massage, etc.?

(A) As indicated, the osteopathic treatments are to be mainly for the head and ear; although, of course, they would include a GENERAL treatment - if the osteopath knows his business! and don't get one who doesn't!

The hydrotherapy treatments then, of course, would be different - and given by a different operator.

36. (Q) Any other advice?

(A) In making the applications of those things suggested, let them be made rather with the attitude that they are for a purpose; that is: AS there is given the better health, or better activity, USE it - not abuse it! We are through for the present.

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**BACKGROUND OF READING 1593-1 F 68**

3/21/38 Dr. Whiteside's ltr. to EC:

Dr. Sunora L. Whiteside Jackson Bldg., Church St. Nashville, Tenn.

Dear Mr. Cayce -

Patient - Miss [1593]

Res. ... South - First floor room faces N -  
window on No.} sleeps with head window on W.} to North?

Diagnosis: Disturbance of Digestive System, Chronic Catarrhal, inflammation of  
gall-bladder duct, small intestine and colon - Inactive liver - cystitis - following  
Colon Bacillus.

Kidneys function good - no alb. [albumin], no sugar at one time - [gram rods]  
specgrav [specific gravity] - good small pus - 1+ urine =  
reaction acid -} Stomach test spastic colon -} normal

History - Patient very Psychic - graduate of Weltmer [Ernest Weltmer D.S.T.]  
School of Suggestion Therapy, Nevada, Mo.

Has given Psychic treatment and Spiritual diagnosis - with good results. A  
Hindu guide appears when giving said treatments.

We are hoping you on the Physical side can give us material aid as special  
centers for Osteopathic treatment adjuncts as Diathermy Therapeutic lights etc.  
Food - as to what character neg - fruits - proteins - carbohydrates.

She can handle cream 'o' wheat - corn meal mush - orange juice better than  
grapefruit. also peaches and pears.

Meats - beef - broiled steak better than poultry

Some fish occasionally - depends on variety - too rich - as as rule.

Milk - Buttermilk - with Carnation evaporated- At one time I had her, Mrs.  
[1593], on entire milk (Holstein) 5 qts. daily - then 3 qts. daily for almost 2 (two  
years) with good results - gain in wgt., then for some reason, probably colitis -  
could not take it. After malaria some 30 years ago, in Tenn., developed Hay  
fever - no asthma.

As a child was nervous - had digestive troubles. Diphtheria at 6 yrs. - very  
severe measles at 8 yrs - serious whooping cough 12 yrs. - very sick.  
Some ear and throat trouble - pharyngitis.

Weight - 85# Height - 5 ft. 1 1/2 in. Age - between 65 and 70 Date of Birthday -  
Aug. 3, 1869

Any further details I will be glad to furnish.

Also will be deeply grateful for aid on this case.

With sincere good wishes for your successful work and kind regards for  
yourself.

Very truly yours

Sunora Whiteside 502 Jackson Bldg.

3/23/38 Letter from EC: "Dear Dr. Whiteside;. . .

"Thanks for the reports - but with years of experience behind me now think will  
have to try and set you right on a few things regards the work manifesting  
through me. Of course were I in your office, and the information was alone for  
you and your help toward helping others there you might be able to handle all of

these in one sitting or reading - but experience has taught me can only do two rdgs. in any one day and first rdgs. require a whole period, and too it is necessary the request come from the patient. Now this may muss up things for you, or may fit in with your work all right. Am sending you some data Dr. read each of the pamphlets carefully, and PLEASE know can I in any way be of help, in your being of greater help am anxious to do so. There may with the rdg. of the data be many questions you will wish to ask, then ask them, have nothing to hide, while may not know the answers to everything. Am glad to do my bit to help relieve suffering of humanity, and certainly have nothing to sell....  
"Know will be glad to try and help Dr. any way can. Thank you."

5/19/38 Dr. Whiteside wired: "Anxious for diagnosis concerning liver and urinary tract also what vegetables and milk proteins and starches most suitable Miss [1593] will keep appointment designated."

**TEXT OF READING 1593-1 F 68**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 20th day of May, 1938.

1. EC: Yes, we have the body here, [1593].
2. As we find, there are conditions which disturb the better physical functionings of the body. These have primarily, as we find, arisen from the unbalancing of the chemical reactions through the system.
3. Thus an unbalance has been produced in the functioning of organs, and in the creating of the elements for activity through the system as related to the organs' functioning. Hence the disturbances.
4. Then, these are the conditions as we find them with this body. And there must be taken into consideration all phases of this entity's experience in the present, if the conditions would be wholly understood.
5. For the Mind is the Builder, and - if there will be kept a balance - the physical mind AND the spiritual mind should cooperate, coordinate.
6. There are those forces which the entity, then (not merely the body but the entity - body, mind, soul), is meeting in itself, CALLED - by itself oft - karmic reactions.
7. But karma -
8. Well, these are the conditions as we find them in this body:
9. The body, the mind, the soul are one within the physical forces; for the body is indeed the temple of the living God. In each entity there is that portion which is a part of the universal force, and is that which lives on. All must coordinate and cooperate.
10. In the present we find the blood in this body indicates toxic forces being carried of the nature that are uremic in their activity.
11. Hence we find there are portions of the system through which rheumatic or neuritic and rheumatic effects or reactions are produced, in the muscular forces, by the pressure of the poisons as carried through the circulatory forces.

12. These become then those effects that arise from unbalancings in the assimilating and the distributing, or the digestive AND the assimilating forces of the functional portion of the organism.
13. In the nerve forces we find the effects rather than the cause of the disturbances through the physical body.
14. However, as we find, in the applications necessary for helpful influences for the body, the nerve plexus and ganglia may be stimulated to such an extent - in those areas where deficiencies have existed and do exist - as to aid in bringing equilibrium in the system to a great extent.
15. In the functioning of the organs themselves we find:
16. The mental forces or brain reactions are very good, when all the disturbances are considered and their natures that have existed, that naturally react upon the organs of the sensory forces through their receptive reactions in the sympathetic or vegetative nerve system.
17. In the mental reactions as related to body-building, these have become so disturbed as to bring a distortion through the activity of the coordinating forces or centers along the cerebrospinal system from which awarenesses may be gained by the rising of the spiritual forces through the glandular forces along the pineal to the brain forces themselves.
18. The body will understand, if it will analyze these as to its studies.
19. In the heart's activity, with the natural disturbance of the liver, spleen, pancreas and the activity to the kidneys and the bladder, there naturally is an irregularity. A great deal of this comes from SYMPATHETIC conditions. Others, that are noted, arise from the unbalancing between the katabolism and the metabolism of the system; the katabolism being in the greater distress.
20. Hence the very natures through the activity of the blood supply into functioning organs themselves cause distraughtness.
21. These as we find may be aided materially.
22. As WE find, then, THESE are the manners through which they may be aided to the greater extent:
23. First, we would have those preparations that will make or produce a better coordination between the upper and the lower hepatic circulation; or the liver, the digestive forces; and the natural effect as created upon the alimentary canal in relation to stimulations that may be given mechanically or osteopathically to portions of the system.
24. These two properties as we find should be active as a compound that will aid in creating a balance. Prepare two quantities of Toris Compound, or obtain two one-ounce packages as it comes. Prepare one quantity with Simple Syrup, the other quantity with Spirits Frumenti. Then put the TWO mixtures together! Prepare as indicated on the package, you see; except in one instance use the Simple Syrup, and in the other the Spirits Frumenti or Whiskey.
25. The dose would be two teaspoonsful before the meal, three times each day.
26. Each day after the heavy meal, whether this is morning, noon or night, take one-quarter teaspoonful of Alcaroid, first dissolved in a small quantity of water and then the glass filled with water and taken; then drink another glass of water afterward.

27. To be sure, both of these properties taken will make for greater activities upon the kidneys or the bladder. But we need to drain the system of these poisons.
28. Then, as for the manipulations or osteopathic adjustments:
29. These should be the stimulation for the EMPTYING of the duodenum, and for the activity of the kidneys and bladder to be allayed. Stimulate these from the points along the cerebrospinal system where, with the conjunction of the sympathetic AND the cerebrospinal, these organs receive their impulse. This would then be ABOVE but including the lower portion of the 9th dorsal plexus, then upward; and especially the vagus center plexus, but at each treatment (and these should be at least twice a week) coordinating those areas along the lumbar plexus and stimulating the centers for the activity of the drainage - or for the activity of the large nerve plexus down the limbs, as well as those nerve plexus to the arm and neck.
30. As to the diets, these are those things to be taken and to beware of:
31. Do not take citrus fruit juices with cereals or large quantities of starches at the same meal. However, these both should be taken, but alternated - the citrus fruits one day, the cereals or starches the next, and so on. When taking orange juice, add a little lemon or lime to same. Do not add lemon or lime to grapefruit, nor to the pine apple or grape juice; but add same to the orange juice.
32. Have at least two breakfast meals each week consisting of a whole cereal; as crushed wheat cooked WELL - or for at least two or two and a half to three hours. Have this crushed but the whole wheat, see? This may be taken either with Dry Milk or Carnation Milk, but not with cow's milk that is RAW, see?
33. At least a portion of the noon meal should consist of raw vegetables. Twice a week the Jerusalem artichoke would be taken; this to be cooked in its own juices - that is, when it is cooked put it in Patapar Paper to boil, and this will preserve the juices of same and thus the insulin which is a component part of same will act upon the system when this is eaten. Eat it as you would a boiled white potato.
34. Keep white potatoes AWAY FROM THIS BODY! Sweet potatoes or yams may be taken occasionally.
35. Onions boiled are very well for the body. These (the onions OR the artichoke) may be taken at the noon meal with the raw vegetables, or they may be a portion of the evening meal when leafy vegetables, well cooked, rather than those of the tuberous nature, would be taken. Have the proportion of at least five vegetables above the ground to one under the ground; and three of the leafy nature to two of the pod nature that grow above the ground. This does not mean that all of these varieties are to be had at one meal, but rather these proportions should be kept in the diet throughout.
36. With all of these kept, we should find changes that would be most beneficial for this body - by at least the time the second series of the Toris Compound is completed.
37. Ready for questions.
38. (Q) What proteins and starches may be taken?  
(A) The combinations as indicated are very well. Of meats, use fish or fowl or wild game; NEVER any hog meat of ANY nature!

Of course, proteins in their combinations - or the compounding of same - are very well. These, though, do not always supply the necessary elements. But if the stimulations are given in the treatments as indicated, and the combinations of medicinal properties are taken as outlined, we will find a gradual change.

To be sure, do not let a day pass that there isn't a full evacuation of the alimentary canal. Use enemas when necessary to cleanse the colon. These eliminations should be a little above the ordinary, or at least two evacuations each day, that we may cleanse the system of the poisons and not reabsorb same - as there are indications that the body often does, from the katabolism of the system being upset. We are through with this reading.

### **REPORTS OF READING 1593-1 F 68**

R1. 6/10/38 Ltr. from [1593]: "Have waited to write you until could see how your diagnosis and prescribed treatment worked out.

"The diagnosis is about the same as have had given me by other psychics, of whom I've had several. I've had osteopathic treatment for 30 yrs. but have developed this digestive trouble in spite of all that - has been done for me - in fact have had all kinds of treatment, have really never been well in my life. I have taken the Alkaroid as you suggested but find it too alkaline for me and had to leave it off, as it made me very nervous.

"I've just received the Toris Compound (as had to order it) and wondering if it too is an alkaline preparation? There are so many things that I'm allergic to that I'm the despair of Doctors.

"Dr. Whiteside says I'm living on 'borrowed time'. She doesn't see how I've lived on the small amount of food that I eat. I noticed you mentioned the Weltmer Institute.... I graduated there in July, 1925, great old place isn't it? Thank you for your interest in my case and will write you again."

R2. 6/14/38 Ltr. from EC to [1593]: "Thank you for yours of 10th - sorry you have not improved faster - or any - but our experience has been Miss [1593] if you have really tried the suggestions - and haven't gotten results, then ask the information what should be done about it, and have not in the whole nearly 40 yrs. of experience seen where a relief or cure was promised - if they would give an honest try - but what was promised from the first received, that may sound a pretty big claim, but true.

"Why not reduce the dose of the Alcaroid - but of course if you have an aversion to same - any amount will be bad.

"Toris-compound is not an alkaline if properly prepared, hope you will find help but will be glad to try again if you wish it. 'Borrowed time' is it not that you have and do live a purposeful life and so long as we are useful here - we have work to do for HIS kingdom.

"No I did not go to the Weltmer Inst. - but met several of the people there years and years ago - including Mr. Weltmer.

"Thank you for letting us hear - Know our whole purpose is to try to help if possible.

"With all good wishes - asking to be remembered to Dr. Whiteside."

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**RHEUMATISM**

**BACKGROUND OF READING 1633-1 M 52**

B1. 6/24/38 He wrote: "I am under a certain strain from my disorder which is increasingly difficult to bear."

B2. 7/4/38 "May I say that, fortunately, I have found great relief, since writing you, from a form of chiropractic; he has been working on my spine and adhesions in my abdomen. A very thorough examination last week by one of the finest neurologists in N.Y. [Fenton Taylor, M.D.] showed my in almost perfect health, a puzzling fact in view of the suffering I have been going through.... I wish mainly to correct my physical state so that I may work which is my principal interest in life though, like most mortals, there is very much which I do not understand and I look for enlightenment. Can you help me?"

**TEXT OF READING 1633-1 M 52 (Artist), 7/8/38**

2. As we find, while many conditions in the reactions of the physical forces of the body appear to be near to normal, there are those conditions which exist between the lymphatic and the sympathetic nervous system that without correction cause reactions which are at times called neuritis or rheumatic conditions. These cause a great deal of distress in local or specific portions of the body.

3. And these may change according to the position of the pressures upon the sympathetic nervous system.

4. These conditions as we find arise from the after effects of what was intestinal flu, wherein the lymphatic and emunctory circulation was effected; through the lymph forces of the whole of the abdominal area, covering not only those areas along the caecum but portions through the colon and jejunum.

5. Thus we find adherent conditions, and the inclination for there to be disturbances with the eliminations; and pressures upon the nervous system cause a great deal of distress.

6. Taken in time, and with persistent and consistent reactions or applications, we may eliminate these causes and thus bring a great deal nearer to normal forces for this body than those which disturb in the present.

7. The circulatory forces as related to heart's action are near normal. Most of the nerve reflexes are good. The heart's action only at times gives disturbance.

8. The liver excretory forces and as related to the assimilation in general are good. However, at times when there are those pressures or inclinations for the forming of clots and adherence through especially the right portion of the system and as related to the jejunum and through the ileum plexus, these may cause an intermittent or an abnormal flow to the activity of the heart - and thus produce an abnormal pressure.

9. As we find, we would keep the manipulative forces AND the corrections; though we would have, with the corrections; more of the vibrations from the electrically driven vibrator along the cerebrospinal system and over portions of the abdominal area; especially along the right side and across the diaphragm area. If the sponge applicator is used on the bodily forces, and the suction or rubber applicator along the cerebrospinal system, it would be the better.

10. Also we would take internally a compound prepared in this manner:

11. To 4 ounces of Distilled Water add 2 ounces of Strained (Pure) Honey. Allow this to come to a boil. Skim off the refuse forces before it is entirely cool, and add 2 ounces of Gordon's Gin. Then add:

Essence (or a fusion) of Wild Ginseng.....1/2 ounce,  
Essence of Wild Ginger (now, there's a difference in these; one is  
Ginseng, the other is Ginger!).....1/4 ounce,  
Essence (or fusion) of Indian Turnip.....1/4 ounce,  
Tincture of Stillingia.....1/2 ounce.

Shake the solution before the dose is taken, which would be a teaspoonful three times each day, just after the meals.

12. Do these; taking the compound, the manipulations and the massage with the electrically driven vibrator; and take care as to the diet:

13. Eliminate all of white bread and white potatoes, unless the jackets of the white potatoes are taken. No fried foods of any kind. Beans - that is, dried beans - should not be seasoned too highly. All of the vegetables that grow above the ground are preferable, though those under the ground if taken raw would be very well; and there should be raw vegetables as a portion of the meal once each day. For such a salad carrots, onions and the like may be used, with radishes - but use the tops of the radishes also. Grind these together with celery, lettuce and the like. This should be a part of some meal during the day.

14. No hog meats ever of any character. Not too much of coffee or tea, but preferably cereal drinks. If coffee is taken at all, not with milk in same.

15. Do these, and by the time the second quantity of the compound is taken, the conditions should be eliminated from the system.

16. When there is any trouble with the eliminations (which at times will arise), depending upon the physical and mental reactions as well as the character of the diet, we would use enemas rather than laxatives or cathartics.

17. And we will bring the normal forces, or near to same, for this body, [1633].

18. Ready for questions.

19. (Q) Should the corrections be made osteopathically or chiropractically?

(A) These will depend upon the body itself; but if the corrections are made by adjustments chiropractically, then USE the vibratory forces with same as indicated. If the osteopathic method is used, with the general massage that goes with same, the vibrator treatments would not be so necessary; though the vibrator may be used by the body itself - except, of course, along the portions of the spine. We are through for the present.

### **REPORTS OF READING 1633-1 M 52**

R1. 5/1/39 He wired EC cancelling a Life Reading appointment.

R2. 5/18/39 Mrs. [1468]'s letter to EC: "[1633] liked you tremendously and was looking forward to his readings. He told me in confidence of course, but it is so nice that I feel I can tell it, that he had to cancel them for the time being because a close friend of his was in much trouble and he felt he had to give him the money he was going to spend on his rdgs. Think that pretty sweet myself - but it is merely postponed. Have an idea his clients aren't paying as promptly as they might..."



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**BACKGROUND OF READING 1655-1 F 24**

B1. 8/1/38 Ltr.: "Mrs. [1654] and I have both been in rather poor health for several years... For the past several months I have been ill, though not acutely so, with ailments of a rather indeterminate nature which seem to concentrate in the duodenal region, the right lower quadrant and the right leg. For several years I have suffered with muscular rheumatism but that is now almost entirely gone. At the present, various doctors I have consulted seem to disagree as to the exact source of my ill health, which is probably not serious. But I am very tired of not being entirely well and am hoping very deeply that you will be able to help both Mrs. [1654] and me."

**TEXT OF READING 1655-1 F 24**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 8th day of August, 1938.

2. Now as we find, the disturbing conditions in the physical forces of the body are from definite disturbances; and their reactions are the effects.
3. Thus we have a complication, for the disturbing forces within this body are produced by the deflection of energies owing to adhesions as well as subluxations that exist in the cerebrospinal system, from lesions having formed from the disturbance through the periods when the temperature was high.
4. These then are the conditions as we find with this body, Miss [1655].
5. First, as we find:
6. Some time back there were those conditions produced by an intestinal flu; and the condition produced in the ascending colon, and in the areas of the caecum as well as those farther up - or as related to the emptying of the duodenum; and also from inflammatory conditions - the right ovary.
7. All of these have produced and do produce the conditions where a neuritic, rheumatic effect has existed; and the effects of the poison, and the pressures upon the tissue through the area and the activity of same upon the organs of assimilation, are the seat and the cause of the disturbance.
8. The lesions as formed from same, as we find, are in the 8th and 9th dorsal; as well as reflexes from the 4th and 5th dorsal areas. These also affect sympathetically those in the lumbar axis. For as the body has given way in the structural activity to these, there tends to be an unbalancing in the pelvic bone. Thus we have a disturbance in the lumbar axis.
9. All of these are the disturbances through the activities for this body. While, through care and attention, these do not produce so much disturbance, we find that at times - with the lack of proper eliminations, and overactivity mentally OR physically - the body tends to tire easily. Also a reaction is caused from the lack of the full eliminations; as does cold or congestion of any nature; upsetting the digestive system as well as the activities of the organs of the pelvis during Periods; and the general tired and headachy feeling, with an aching all over when there are disturbances.

10. These as we find, then, may be entirely eliminated - if there is sufficient time and precaution taken for the body to bring about the near to normal forces in the activities of those disturbances; producing those activities which will eliminate the cause and thus allow the body to become normalized through proper eliminations, proper assimilations and building up of general resistance in the body.

11. First, then, as we would find:

12. We would have at least eight to ten deep osteopathic manipulations and adjustments for the areas indicated; the dorsal, lumbar AND the areas through the cervical and the rest of the dorsal, making for coordinating with the general activities.

13. In taking the manipulations osteopathically, have a GENERAL treatment once a week and a specific treatment once a week; that is, make the corrections in the 4th and 5th and 6th dorsal, 9th dorsal, 4th lumbar once a week, with a general coordination; and then have a GENERAL treatment throughout the whole of the cerebrospinal system another time during the same week. Hence two treatments a week should be given, and fourteen or fifteen such treatments - half general and half specific - should be sufficient.

14. Also we would begin with the use of Codiron as a tonic. Take two tablets each day, one at noon, one at evening - until at least fifty have been taken.

15. For the disturbance through the colon, and the activity for the general forces of the repressions produced in the ovary activity, we would prepare and take a compound which will - with the properties in the Codiron - work well with the body. Prepare same in this way and manner:

16. To 2 ounces of Strained Honey add 2 ounces of Distilled Water. Let this come to a boil. Skim off all refuse, and when nearly cool, to this as the carrier, add - in the ORDER NAMED:

Pure Grain Alcohol.....1 1/2 ounces,  
Fusion or Elixir of Wild Ginseng....1/4 ounce,  
Essence of Indian Turnip.....1/2 dram,  
Tincture of Stillingia.....1/4 ounce.

Shake the solution well before each dose is taken, which would be a teaspoonful before the morning meal and one just before retiring - until the whole quantity has been taken.

17. When there is pain or repressions, during those periods of activities in elimination from the body, use the saturated solution of Epsom Salts in Packs across the small of the back and over the lower portion of the abdomen. There will not be required more than the change once or twice for same, and such Packs should be applied hot - to the body direct. Use heavy cloths, you see, with other dry cloths or towels laid over same.

18. The diet should be well-balanced. Keep away from too much of sweets, too much of starches. Use rather the honey in the honeycomb as the sweet. Most of the starches should be rather in whole wheat, or such natures. Vegetables, nuts and fruits should form the principal portion of the diet. As to potatoes or such starches, only eat the jackets or that part close to same - or eat more of the peel than the pulp itself.

19. In the activities of the body keep in the open as much as possible.

20. Do these and we will find we will bring normal forces for this body, Miss [1655]. We are through for the present.

#### **REPORTS OF READING 1655-1 F 24**

R1. 8/12/38 Letter from [1655] to EC: "Thank you very much for your very kind letters and for the rdg. which arrived today. I was greatly interested and certainly believe that the diagnosis is eminently reasonable. I shall start on the line of treatment you prescribe immediately. Mrs. [1654] has asked me to tell you that her reading has also arrived and she will write to you soon as she is somewhat puzzled about one or two details."

R2. 8/25/38 [1655]'s letter: "I'm very glad to be able to report that I'm feeling better every day. I am having the osteopathic treatments and taking the Codiron. The prescription which I ordered from the Virginia Beach drug store you recommended has not yet come."

R3. 9/5/38 She referred her friend, Mrs. [1678], for readings.

R4. 9/6/38 [1655]'s letter: "Thank you for your ltr. I am very glad to give you a case history. It's rather long and involved so I shall try to simplify it but if you would like more details than I give I shall be glad to supply them.

"I first got sick a little over three years ago - in Aug. 1935. The diagnosis was intercostal neuritis and the first pain was on the left side of my chest in front. The pain grew worse rather than better and I was finally hospitalized for 2 months and then spent two more months in bed at home, with all sorts of heat treatment, intravenous typhoid injections (fever therapy), and injections of alcohol into the nerve roots. The doctors here finally said I had better go to a warm climate if I didn't want to spend the winter in bed. So I spent from Jan. to June in Honolulu. I felt better there until the end of April when I developed an acute pelvic inflammation and acute cystitis [?]. I was hospitalized a month there. I spent the summer resting and in Sept. 1936 went to work although I still had many pains which at that time I considered to be neuritis - from the first intercostal attack it had spread so that I had aches and pains in my arms, legs, back and throughout the intercostal region. In Jan. 1937 I had an attack of flu which increased the pains and I was forced to stop working. In March 1937 I went to the Mayo Clinic where a diagnosis of fibrositis (muscular rheumatism) and sacro-iliac arthritis was made. They prescribed heat, massage and a vaccine which I took for a year. In March and April 1938 I felt better than I had for years, discontinued treatment and had very little pain. About the end of April I began to have pains in my right side and in the duodenal region, which finally extended into the right leg and groin. I was in bed during the month of May and hospitalized for a short time (in Detroit, Mich.). After many examinations a doctor in Detroit diagnosed it as an infection in the right tube. On my way home in the middle of June I stopped at the Mayo Clinic where I was told I had a SLIGHT pelvic infection concentrated in the right ovary. Late in June when the pain continued I consulted a doctor here

who could find no signs of pelvic infection and diagnosed the trouble as nerve congestion in the groin and a stomach complaint - probably hyperacidity. He put me on a strict milk diet and I have spent much of the summer in bed. As you know, I began your suggested osteopathic treatment August 13 and have felt much better since then. This is very long. I hope it is not too long and tells you what you wanted to know.

"The osteopath who is treating me is Dr. J. O. Thoreson [John O. Thoreson, D.O.] and his address is 200 1/2 Fourth St., Bismarck. He has read all the data you have sent me and seems to be much interested.

"I am sorry to bother you with this but the prescription you sent me I ordered from the druggist you recommended in Va. Beach more than three weeks ago. I have heard no word from him and very stupidly sent the prescription with his name and address on to him without copying his name and address. So I have no way of writing to him to see why I haven't received the prescription. Would you please be so kind as to send me his name and address as soon as possible?

"Mrs. [1654] has received her radioactive appliance and is already finding relief from it, I believe.

"I understand Mrs. [1678] had rdgs. yesterday. I do hope and pray that you will be able to help her.

"I forgot to say in my case history that I have for several years had a hypothyroid condition and that in June 1937 I had some necrotic jawbone removed. It had been caused by a root tip left after a wisdom tooth extraction and was considered the focal infection responsible for my rheumatism.

"With every good wish."

R5. 9/21/38 [1655]'s letter to EC: "Thank you very much for your last ltr. and for all the trouble you took over my prescription. It was extremely kind of you. The prescription has not yet reached me but no doubt they will send it as soon as possible. I only thought that perhaps my letter had not reached them.

"I think Dr. Thoreson would be glad to have any information you might care to send him.

"I am sorry to report that I haven't been feeling at all well for the past ten days, and really felt very ill yesterday. The pains in my right side, which had almost entirely disappeared, have been returning and were very severe yesterday. I am staying in bed for a few days, and feel somewhat better today. Dr. Thoreson agrees with you that the difficulty is in the right ovary and has been giving me short wave heat treatments, in addition to osteopathic manipulations. I wondered if you might have any suggestions or advice to give. It's rather discouraging to have this setback when I've been improving so rapidly, though of course I know I will eventually recover.

"Thank you again for your very kind letter.

"With every good wish..."

R6. 10/13/38 [1655]'s letter to EC: "I can't possibly tell you how very deeply grateful I am to you for your ltr., which was kindness itself. Thank you for more than I can say I shall, of course, be extremely glad to take advantage of your

generosity, with the understanding that I shall repay you as soon as I am able to - which may not, I fear, be very soon. I have been at low ebb financially for some time, due to illness and consequent unemployment, and have been trusting that God would provide what was needed. Your ltr. is ample evidence to me of God's provision and I am equally grateful to Him and to you.

"I am feeling better than last time I wrote you. I'm not sure whether the improvement is due to the medicine, the short-wave treatments, or the combination, but at any rate it exists. According to your original reading I am to have only one more osteopathic treatment. I shall have that one and then await the results of the check rdg.

"I'm sorry that I am unable to get in touch with my doctor in time to have him list any questions for you, but I think I can ask enough to keep you busy without his help. I shall number them so that it will be easier to detach them from the ltr. if you wish to."

R7. 10/13/38 Questions:

1. What is the cause of the persistent pain in my right side, and what is the cure? 2. Should I exercise, walk, etc? This SEEMS to aggravate the side pain. 3. Lately I have been having a good deal of headache (the past 10 days). What is the cause of this? 4. Do I need surgery? 5. Can the condition in my side be ENTIRELY cleared up without surgery? 6. Is part of my seeming illness mental? I have been ill so much for the past few yrs. that I sometimes think my subconscious is full of fears and that I pamper myself more than I should. It is hard when one is unwell to draw the line between under-activity and over-activity. I certainly seem to tire easily and have very little resistance, but perhaps I should push myself more than I do. If you honestly believe I would be all right if I simply forgot about myself, I will try my best to do so.

"I think those are the important points. Of course I want to know how the spinal and pelvic lesions are but I know they are much better. The right sacro-iliac lesion and attendant pelvic rotation seems the most troublesome place now, but it's not bad.

"You are the most sincerely devoted healer I have ever encountered, Mr. Cayce, and I feel that I am greatly privileged to know you, if only through letters. I mean 'healer' in a broad sense, including doctors, etc. I can't tell you how much I thank you.

"May God bless and guide you..."

R8. 10/18/38 See 1655-2.