

**Circulating File**

## **SCARS AND ADHESIONS**

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

**Edgar Cayce Readings Copyrighted by  
Edgar Cayce Foundation  
1971, 1993-2009  
All Rights Reserved**

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

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

## SCARS AND ADHESIONS CIRCULATING FILE

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

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

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

Library: Circulating File Desk

A.R.E.

215 67<sup>th</sup> St

Virginia Beach VA 23451 Or e-mail: [CirculatingFiles@edgarcayce.org](mailto:CirculatingFiles@edgarcayce.org)

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

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

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

Blessings, A.R.E. Member Services Team

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

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

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

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

**Scars and Adhesions\***

<u>Contents</u>	<u>Pages</u>
A. Introduction to the Edgar Cayce Readings on Health & Healing	5
B. Overview on Scars and Adhesions	9
C. Remedy 2015-10: Scar Formula	13
D. Scarmassage and Camphorated Olive Oil	14
E. Extracts from the Readings	15
F. Case Studies from the Readings:	
1. Reading # 475-1, 16-year-old girl (acne, psoriasis)	19
2. Reading # 1165-1, 10-day-old girl (birthmark)	22
3. Reading # 1377-7, 66-year-old woman (post-surgery)	28
4. Reading # 1377-8, same woman	31
5. Reading # 1706-1, 49-year-old woman (external injury, internal scar)	34
6. Reading # 1765-1, 52-year-old woman (skin blemishes)	38
7. Reading # 1771-5, 24-year-old woman (pulled tendon, no scars)	42
8. Reading # 2015-6, 1-year-old girl (burn heals with no scars)	45
9. Reading # 2305-1, 82-year-old woman (injury, internal scars)	48
10. Reading # 2423-1, 52-year-old man (old injuries)	51
11. Reading # 2679-1, 24-year-old woman (car accident, facial scars)	54
12. Reading # 3334-1, 51-year-old woman (adhesions and old scars)	57
13. Reading # 3661-1, 60-year-old man (internal scars lead to asthma)	61
14. Reading # 4003-1, 45-year-old man (foot injury, calcium/scars)	65
15. Reading # 5092-1, 30-year-old woman (acne scars)	68
16. Reading # 5436-1, 30-year-old man (injury, internal scars, bronchitis)	71
G. Reports from Members	73

---

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

SCARS AND ADHESIONS CIRCULATING FILE

**Edgar Cayce Readings Indexed under "Adhesions"**

05-1	533-7	719-2	1344-1	1905-1	3050-1	4432-1
06-1	533-8	728-1	1352-5	1940-2	3072-1	4440-1
19-2	533-9	728-2	1352-6	1951-1	3076-1	4461-1
48-1	533-10	728-3	1371-2	1954-1	3136-1	4465-1
55-1	533-11	744-1	1371-3	1964-2	3156-1	4468-1
63-1	533-13	760-1	1377-7	1980-1	3156-2	4523-1
64-1	533-14	769-1	1377-8	1980-2	3157-1	4530-1
64-2	533-15	791-1	1377-9	1982-3	3160-1	4556-1
121-1	533-16	805-1	1377-10	1984-1	3217-1	4583-1
129-1	533-17	805-2	1409-1	2028-1	3217-2	4624-1
129-2	533-18	805-3	1422-2	2032-1	3217-3	4746-1
161-3	538-39	821-1	1446-1	2050-1	3221-1	4758-1
163-1	538-40	825-1	1446-3	2078-3	3231-1	4769-3
195-44	542-1	828-1	1467-11	2097-1	3247-1	4799-1
195-48	549-1	838-1	1472-2	2123-1	3247-2	4818-1
195-71	556-2	844-1	1472-15	2129-1	3302-1	4884-1
219-2	556-4	845-2	1480-1	2140-2	3330-1	5004-1
244-1	557-1	851-3	1482-1	2149-1	3334-1	5021-1
244-2	558-7	854-1	1485-1	2153-1	3398-2	5054-1
244-4	558-8	854-2	1488-1	2153-2	3415-1	5069-1
251-1	561-1	880-1	1495-1	2153-4	3423-1	5094-1
256-3	561-2	898-1	1498-1	2153-5	3465-1	5097-1
257-221	570-1	924-1	1498-2	2153-6	3475-1	5110-1
257-224	571-4	927-1	1511-1	2153-7	3479-1	5111-1
259-7	574-1	944-1	1523-2	2153-8	3484-1	5139-1
260-1	578-5	946-1	1523-12	2153-9	3517-2	5140-1
260-2	578-9	947-2	1544-1	2153-10	3521-1	5184-1
263-1	578-11	951-6	1548-1	2153-11	3565-1	5203-1
263-3	578-12	952-1	1548-3	2153-12	3603-1	5205-1
264-1	578-13	954-2	1551-1	2158-1	3604-1	5212-1
287-10	583-5	959-1	1590-1	2175-2	3630-1	5232-1
287-13	583-8	964-1	1594-1	2185-3	3675-1	5234-1
288-55	585-3	965-1	1594-2	2190-1	3721-1	5266-1
294-76	585-8	972-1	1594-3	2209-1	3814-1	5360-1
294-79	595-1	977-1	1594-4	2276-1	3836-1	5374-1
294-99	596-1	977-2	1594-5	2276-2	3841-1	5390-1
294-104	601-1	1017-1	1594-6	2276-3	3842-1	5410-1
294-106	601-17	1019-1	1609-1	2277-1	3866-1	5418-1
294-109	607-1	1023-1	1614-1	2292-1	3882-1	5421-2
294-111	611-1	1024-1	1625-1	2297-1	3914-1	5422-2
294-113	611-2	1025-1	1625-2	2304-2	3917-1	5438-1
294-184	617-1	1025-2	1625-3	2330-1	3977-1	5448-1
294-209	624-1	1025-3	1630-1	2330-2	4002-1	5458-1
294-211	624-2	1034-1	1631-1	2330-3	4008-1	5468-1
294-212	624-3	1055-1	1633-1	2354-1	4009-1	5474-1
310-5	631-7	1055-2	1652-1	2360-1	4017-1	5474-2
320-1	632-1	1055-3	1655-1	2374-1	4042-1	5487-1
330-1	632-2	1055-4	1655-2	2376-1	4051-1	5490-1
338-1	632-3	1061-1	1683-2	2376-2	4072-1	5490-2
340-36	632-4	1068-1	1688-7	2376-3	4076-1	5495-1
343-1	632-5	1090-1	1688-12	2430-1	4078-1	5504-3
343-2	632-6	1117-1	1699-1	2441-1	4080-1	5515-1
348-16	632-7	1117-2	1703-1	2447-1	4111-1	5527-1
357-1	632-8	1121-1	1713-13	2519-1	4122-1	5536-1
372-3	632-9	1128-1	1713-15	2529-1	4125-1	5611-2
394-1	635-2	1144-1	1713-16	2561-1	4164-1	5621-1
442-5	642-1	1146-1	1713-19	2571-2	4174-1	5646-1
449-1	650-1	1155-1	1746-1	2609-1	4175-1	5647-1
487-15	650-2	1161-1	1766-1	2670-1	4201-1	5664-4
495-1	653-1	1163-1	1768-1	2737-1	4206-1	5671-1
521-1	667-1	1164-1	1798-4	2758-1	4249-1	5675-1
523-1	667-7	1186-1	1806-1	2766-1	4268-1	5700-10
530-1	667-13	1280-1	1806-2	2816-1	4270-1	5700-11
533-1	668-1	1306-3	1807-1	2885-1	4371-1	5709-1
533-2	683-3	1314-2	1834-1	2885-2	4380-1	5724-1
533-3	693-1	1320-1	1836-1	2932-1	4390-1	5732-1
533-4	704-1	1322-1	1845-1	2992-2	4403-1	5736-1
533-5	710-1	1322-2	1857-1	2995-2	4410-1	5738-1
533-6	710-2	1328-1	1901-2	3011-2	4430-1	

## 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.

## SCARS AND ADHESIONS CIRCULATING FILE

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

Library: Circulating File Desk

A.R.E.

215 67<sup>th</sup> St

Virginia Beach VA 23451 Or e-mail: [CirculatingFiles@edgarcayce.org](mailto:CirculatingFiles@edgarcayce.org)

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 on Scars and Adhesions

### I. Physiological Considerations

Scars are such a common occurrence in everyone's experience that little attention is paid to them unless a large area is involved or a cosmetic or functional problem results from the location of the scar.

Scars are regarded as products of the natural repair of injured tissue. The healing of surgical incisions or lacerations which are closed by approximation with sutures differs from the healing of open wounds such as third-degree burns, stasis ulcers, or decubitus ulcers. Other types of scars may be produced by infections or certain inflammatory diseases.

The healing of surgical wounds begins with the body's outpouring of blood and serum into the defect, the formation of fibrin from fibrinogen, and the migration of fibroblasts and blood vessels into this matrix. New collagen is laid down by the fibroblasts, and a new epidermal surface forms from the migration of epidermal cells across the wound gap. At first the newly formed collagen is very cellular and richly supplied with blood vessels, but in time both the cellularity and blood vessels diminish. The bright red color of the new scar gradually fades to a pearly color in a year or so, and at this point the scar remains more or less stable.

In superficial wounds, where only a portion of the dermis is destroyed, epithelial cells may migrate from the remnants of sweat glands or hair follicles to form the new surface. The final healing might be a slightly depressed scar such as often is seen in acne or the deeper infections of impetigo or chicken pox. Large boils or papular or cystic acne may produce considerably deeper scars, sometimes of the "ice-pick" variety.

Large deep wounds - where the dermis is destroyed, such as in third-degree burns - pose a different problem for the body. In the absence of adnexal structures such as hair follicles, sebaceous and sweat glands, repair of the defect is by way of granulation tissue. Granulations are capillary buds extending upward to the surface and carrying with them fibroblasts and inflammatory cells. Once a good granulating surface is established, epidermal cells may migrate across to cover the healing surface, but if the wound is large, grafts may be required. Beneath the new thin epidermis new collagen is laid down. The resulting scar may be smooth, but often it presents an irregular, sometimes ropy surface. Shrinkage of the tissue may result in contractures and deformity.

Keloids and hypertrophic scars result from an abnormal growth of collagen tissue in a scar. They are elevated, swollen, tense, and sometimes painful. Usually keloids and hypertrophic scars develop in recently healed wounds. Keloids may be quite massive and deforming; excision frequently results in an even larger keloid. This type of growth is most commonly seen in the black race, and often they are found on the upper portions of the trunk, neck, or ears. Unlike keloids, hypertrophic scars may regress spontaneously after a few months, but at times the distinction between hypertrophic scars and keloids is impossible to make.

Of the 16 readings [previously] in the Circulating File on scars, only two touch on the physiology of scars, and thus comments necessarily will be brief. Do scars impair the normal functioning of the body?

Apparently some do, as in 487-17, "any scar tissue detracts from the general physical health of a body, for it requires a changing in the circulation continually." In contrast, in 440-3, when asked if apparently extensive scars on the abdomen and legs were detrimental, Cayce replied, "little or no hindrance." The same reading also gives a tantalizing hint on the origin and nature of scar tissue: ". . . where tissue has been in the nature of folds-or scar tissue, produced from superficial activity from the active forces in the body itself, in making for coagulation in any portion of the system, whether external or internal."

Just what is meant by "folds" is difficult to guess. Perhaps it refers to an as yet unappreciated feature of scar collagen. The term "coagulation" is used repeatedly in the readings. [2423] had a lack of it, and healing could not take place. [1377] had an

abnormality of coagulation, and adhesions resulted, and in reading 440-3 it appeared to refer to a healing property. It seems to be a broader term than simple clotting of blood, and might be referring to complex biochemical processes involving fibrinogen and other serum proteins and numerous enzymes. (Further study of many more readings mentioning coagulation may be necessary to clarify Cayce's meaning. In Dr. William McGarey's commentary on "Leukopenia-Leukocytosis," coagulation is seen as the rebuilding of cells throughout the body.)

The essential, practical point in these readings is that scars are not necessarily the end point in the healing process. In some cases, at least, total eradication is possible; "remember the whole surface may be entirely changed if this is done persistently and consistently ... in the course of two to two-and-a-half years, a new skin!" (440-3) Some scars, however, cannot be entirely eradicated. In 3167-1 regarding the scars from abscesses which had been lanced, "Can't pull out nail holes! . . . may pull out the nails, but we can't pull out the holes!" This would seem to indicate that incision and drainage of abscesses indiscriminately would be a poor practice, although Cayce did recommend at times lancing of boils.

## *II. Rationale of Therapy*

The treatment of cutaneous scars is covered in all readings but two which deal with adhesions and chronic inflammation. These two will be discussed separately at the conclusion of this review.

In most of the readings on cutaneous scars, by which is meant healed wounds, camphorated oil was suggested, either alone, or alternated with olive oil and tincture of myrrh, or diluted with other oils. The best description of the effects of these prescribed medicines is given here:

**... olive oil - properly prepared (hence pure olive oil should always be used) - is one of the most effective agents for stimulating muscular activity, or mucous membrane activity, that may be applied to a body ... tincture of myrrh acts with the pores of the skin in such a manner as to strike in, causing the circulation to be carried to affected parts [scars] ... camphorated oil is merely the same basic force [olive oil?] to which has been added properties of camphor in more or less its raw or original state, than the spirits of same. Such activity in the epidermis is not only to produce soothing to affected areas but to stimulate the circulation in such effectual ways and manners as to combine with the other properties in bringing what will be determined, in the course of two to two-and-a-half years, a new skin! (440-3)**

The muscle activity stimulated by the olive oil may refer not only to striated skeletal muscle, but also to the smooth muscle in the intestinal walls, and in the walls of small arteries and arterioles. Perhaps such activity stimulates the circulation within the scar tissue leading toward that activity which is necessary to absorb the scar collagen. Both the camphor and tincture of myrrh were also described as stimulating the circulation. Camphor is also called a soothing force. Camphor is classified by Goodman and Gilman as a hydroaromatic gum obtained from the bark and wood of the tree, *Cinnamomum camphora*, which is grown in Taiwan and Japan. It is classed as a rubefacient, which means it produces capillary dilatation, in accordance with the Cayce information. If taken internally it causes nausea and vomiting, and large doses of solid camphor in children may cause convulsions. Therefore, camphor lotions should be kept out of the reach of children.

## *III. Suggested Therapeutic Regimen*

Since camphorated oil appears to be the key to the treatment of cutaneous scars, it is important that it be accurately defined. Camphorated oil is no longer made commercially as it was in Cayce's day. At that time, it was made with natural gum camphor in olive oil.

## SCARS AND ADHESIONS CIRCULATING FILE

Presently available is a synthetic camphor in cottonseed oil; therefore, it may not be a satisfactory substitute for the camphorated oil referred to in the readings.

Case [440] was experiencing extensive scarring on the legs and abdomen. Massage was suggested alternating equal parts of tincture of myrrh and olive oil on one day followed the next day by camphorated oil. (The olive oil is to be heated before adding the tincture of myrrh, and only enough for the day's massage is to be prepared.) This sounds like an ideal program for extensive scars.

The successful removal of severe burn scars on [2015] was accomplished with a formula that has become a classic Cayce remedy:

- Camphorated oil, 2 ounces
- Lanolin, dissolved, 1/2 teaspoon
- Peanut oil, 1 ounce

Dr. James L. Rowland, D.O., Ph.D., of Kansas City, apparently has used this lotion successfully in wound scars and keloids. The lotion should be gently massaged into and around the scar with the fingertips once or twice a day.

For active acne in case [528], an interesting lotion was prescribed:

- Camphorated oil, 2 parts
- Witch hazel, 1 part
- Russian white oil, 1 part

This lotion must be shaken very well and massaged for several minutes into the acne areas twice a day. It was said to help clear the skin and treat and prevent scars as well. (Nujol is one form of Russian white oil.)

Note that the camphorated Oil is diluted about in half in the last two formulas. A similar dilution was suggested in a burn scar case (48717), but the diluent was sweet Oil (olive oil).

Case [40031 had severe scarring, Possibly with calification and contractures, which followed an injury. Treatment was aimed at removing the scar by absorption and excretion through the respiratory, perspiratory, and alimentary systems. Local therapy consisted of hot Epsom salts packs followed by massage using cocoa butter. Exercise, hydrotherapy, colonics, and diet were also part of the program.

Finally, in any healing, the spiritual status of the patient may be most important.

**Let the scars be removed from the own mental, the own spiritual and mental self. Turn to those things of making application of the fruits of the spirit of truth, love, patience, gentleness, kindness, long-suffering, brotherly love, putting away those little tendencies for being "catty" at times or being selfish or expressing jealousy and such.**

**Let that mind be in thee as was in Him, who is the way and the truth and the light, and He will make the light of love so shine through thy countenance that few, if any, will ever see the scars made by self-indulgence in other experiences. (5092-1)**

### A. Adhesions

Body cavities, such as the peritoneal cavity, are lined with serous membranes which extend around the organs in the cavity and allow them to slip over each other freely. Inflammation of the serous membrane may cause it to lose its slippery character and stick to itself forming an adhesion. The Cayce concept is much in accord with the traditional, but goes a bit further in defining the problem as system-wide.

**As indicated by that as has been given, the inflammation as produced in system that caused irritation to the general plasm of the blood supply tends to make the scar tissue [inflamed serous membrane?] become adhesive in its nature. (1377-8)**

## SCARS AND ADHESIONS CIRCULATING FILE

Treatment of adhesions was to be accomplished by vibratory applications to the back.

**These will keep the conditions so that the adhesions will be broken entirely by the absorption that is created in the active forces of the blood supply circulation; circulation here meaning not just blood supply but the lymph and emunctory circulation, and nerve circulation as well. (1377-8)**

In addition, malt and codliver oil (in Pure Food tablets) were recommended for [1377] to "carry those vitamins in such quantities to assimilate best with the system." An improper coagulation in the blood apparently could be remedied by such vitamin forces.

### B. Chronic Inflammation (Infection?)

The situation in [2423]'s case is difficult to diagnose from this distance. It may have represented a chronic paronychia or perhaps a granulating wound. The finger had been sprinted, and this may have led to the diminished flexibility mentioned in a subsequent letter to Cayce. The reading virtually ignored the finger, instead getting to important systemic disturbances:

**... first an unbalancing of the chemical system, until little reaction, or assimilation of values of vitamin B-1 is possible, or the coagulating elements; then poisons from hydrochloric acid, or excesses of same in the system, as combined with influences without. Hence the inability for the coagulation, or for abrasions or injuries to heal. (2423-1)**

Treatment consisted of Atomidine and the "triple salt" combination:

- Rochelle salts, 1 level tablespoonful
- Sulfur, 1 level tablespoonful spoonful
- Cream of tartar, 1 level tablespoonful

These are to be mixed with a mortar and pestle. The use precipitated sulfur rather than sulfur flowers is suggested. Precipitated sulfur is much finer grained, and thus presents a larger active surface for the same amount of sulfur. A level teaspoonful was to be taken first thing in the morning for five days.

The same prescription has been found in readings on acne, boils, and psoriasis. At times the warning was given to avoid chills or wet feet while taking the prescription, and in some cases osteopathic treatment was to follow. However, in [2423]'s case, the use of small doses of x-ray was to follow five days on the "salts." Local treatment was almost incidental. Cayce suggested "cocoa butter that is dissolved or rubbed in with olive oil; as this will aid in preventing scars, even upon the areas where old sores and injuries have been so disturbing to the body." In addition the apple diet for three days was suggested for cleansing the system. At the end of the three days a tablespoon of olive oil was to complete the purge.

This case is indexed under "scars" because of the advice on prevention of scars with cocoa butter and olive oil. Physiologically it may be more closely related to other cutaneous conditions such as boils or psoriasis.

Note: The preceding overview was written by Robert Forbis, Jr., M.D. and is excerpted from the *Physician's Reference Notebook*, Copyright © 1968 by the Edgar Cayce Foundation, Virginia Beach, VA.



## Remedy 2015-10: Scar Formula

<http://www.meridianinstitute.com/eherb/Files/2015-10.html>

### DESCRIPTION

A scar formula based on Cayce reading 2015-10 is commercially available. The original formula given in reading 2015-10 specified camphorated oil, peanut oil, and lanolin. The commercial versions of this formula now also contain olive oil.

### CLINICAL PHARMACOLOGY

Unknown.

### INDICATIONS AND USAGE

Used to prevent or remove scars.

### CONTRAINDICATIONS

No known contraindications.

### DOSAGE AND ADMINISTRATION

Apply daily alongside the scar or stretched area all that the body will absorb.

### BRAND NAME

Scar-Ban – Baar Products  
Scarmassage – Heritage Store

### HOW SUPPLIED

4 oz liquid (Baar Products).  
3 oz liquid roll-on (Heritage Store).  
2 oz cream (Heritage Store).

---

### CAYCE QUOTE ON REMEDY 2015-10

(Q) Will continued use of Camphorice [recommended in 2015-6, Par. 10-A] gradually eliminate scar on arm (resulting from severe burn 2 years ago)?

(A) Camphorice, or better - as we find - Camphorated Oil. Or make the own Camphorated Oil; that is, by taking the regular Camphorated Oil and adding to it; in these proportions:

Camphorated Oil.....2 ounces,  
Lanolin, dissolved.....1/2 teaspoonful,  
Peanut Oil.....1 ounce.

This combination will quickly remove this tendency of the scar - or scar tissue.

## Scarmassage and Camphorated Olive Oil

<http://www.caycecures.com/pdf/scarmassage.html>

Scarmassage is our name for the Cayce formula most commonly used for scars. It appears in only one reading, although in most of the 16 readings on scars, variations of this formula were suggested.

This "classic" combination, from reading 2015-10, has been used successfully in reducing the appearance of severe burn scars. It consists of camphorated olive oil, lanolin and peanut oil.

The central ingredient in most of Cayce's treatments for scars is camphorated oil, either alone or in combination with other oils. Several readings stated that camphorated oil should be prepared from camphor and olive oil rather than the commercially available camphorated cottonseed oil. The following reading describes the effects of the camphorated olive oil on the skin:

*Olive oil, properly prepared (hence pure olive oil should always be used), is one of the most effective agents for stimulating muscular activity, or mucous membrane activity, that may be applied to a body . . .*

*The camphorated oil is merely the same basic force (olive oil) to which has been added properties of camphor in more or less its raw or original state [rather] than the spirits of same. Such activity in the epidermis is not only to produce soothing to affected areas, but to stimulate the circulation in such effectual ways and manners as to combine with the other properties in bringing what will be determined, in the course of two to two and a half years, a new skin! [440-3]*

Undiluted camphorated oil is rather strong and was more often indicated for older scars. In treatment of recently formed scars the readings suggested dilution of the camphorated oil with substances such as cocoa butter, compound tincture of benzoin, peanut oil, lanolin, and olive oil itself. The purpose of this dilution is to avoid "burning" the scarred area, and the amount of dilution would depend on the tenderness of the skin. Whether camphorated oil is used plain or diluted, the recommended procedure is to rub it gently into the affected skin once daily, concentrating on the edges of the scarred areas rather than the scars themselves. This should prevent the formation of permanent scar tissue and allow the normal healing process to occur:

*Use camphorated oil "to prevent or remove scars, as the tissue heals. [2015-6]*

*. . . we would massage the body -- not so much over the area itself but **along** the sides of same and over those areas from which this portion of the body receives its impulse for circulation to the superficial portions of the body -- with camphorated oil. [1165-1]*

*If he wants to relieve much of the scar tissue on the left limb, we would use sweet oil (olive oil) combined with camphorated oil (equal parts). Massage this each day for three to six months and we would reduce most of this. [487-15]*

Complete healing of old scars should be expected to require months or even years of consistent treatment, *"but remember the whole surface may be entirely changed if this is done persistently and consistently."* [404-3]

In the approximately 80 readings in which camphorated oil was recommended, it was also given other uses, particularly in cases of cold and congestion:

*First we would massage as much camphorated oil in the spine, chest and throat, as the body will take up. [324-1]*

*Then, be sure that the body is massaged well with camphorated oil between the shoulders and around (the) throat, between the eyes and around the head and the places where there is the soft tissue in (the) face - all that it will absorb . . .*

*Well that in the evenings before retiring, for the next two days, the feet be bathed in hot water and then rub them well to the knees with the camphorated oil also. [415-3]*

*Keep the camphorated oil rubs for the body, as it will assist in strengthening the spine and aid the development of the structural portions of the body. The massaging across the chest, around the ribs, also aids in the circulation for more and better blood. [1200-6]*

In one case of congestion, camphorated olive oil was recommended for massage in combination with equal parts of mutton suet, spirits of turpentine and spirits of camphor:

*The variation in the camphorated oil (which is, of course, camphor added to olive oil) will make for an opening to the pores of the body, you see. [566-3]*

## Extracts from the Readings

### **487-15, M 15, 1/6/34**

. . . If he wants to relieve much of the scar tissue on the left limb, [After effects of severe burns on 11/22/26 - see 487-9, 487-10] we would use sweet oil combined with camphorated oil (equal parts). Massage this each day for three to six months and we would reduce the most of this.

(Q) Would it be to the better physical condition of this body to remove this scar tissue?

(A) Any scar tissue detracts from the general physical health of a body, for it requires a changing in the circulation continually. Not that the massage would injure the body, but would make for better physical health generally.

### **568-5, M 29, 10/27/43**

Fall from a horse

(Q) What should I use on face to prevent scars?

(A) Camphorated Oil.

### **1566-4, F 5, 5/19/43**

(Q) What should be done to dissolve scar on forehead?

(A) The use of Camphorated Oil twice each day is the best application for removing scar or scar tissue on any portion of the body.

### **810-1, F 50, 2/3/35**

(Q) Did the radium treatment which I had over ten years ago leave any bad effects? If so, how should it be treated?

(A) As we have indicated, use the Castor Oil packs. Make for the increasing of the circulation in such measures and manners as to allow for the flow of the lymph circulation through the affected portions. This has been gradually on the improve, but still leaves the forms of scar tissue areas in the pelvic portions of the system.

### **1567-4, F 57, 11/29/43**

(Q) What will improve scar which causes pain in chin?

(A) Camphorated Oil, with occasionally carbolated Vaseline. This should be put on before the oil is rubbed in.

**440-3, M 23, 12/18/33**

(Q) Are the scars on the legs or stomach detrimental in any way to the proper functioning of the body?

(A) Little or no hindrance. These may be aided in being removed by sufficient time, precaution and persistence in activity; by the massage over those portions of small quantities at a time of Tincture of Myrrh and Olive Oil, and Camphorated Oil. These would be massaged at different times, to be sure; one one day and the other the second day from same - see? In preparing the Olive Oil and Tincture of Myrrh, heat the oil and add the myrrh - equal portions, only preparing such a quantity as would be used at each application. The Camphorated Oil may be obtained in quantity. Only massage such quantities as the cuticle and epidermis will absorb. This will require, to be sure, a long period, but remember the whole surface may be entirely changed if this is done persistently and consistently. In the massaging, do not massage so roughly to produce irritation. The properties are to be absorbed. Do not merely pat the solution on, but do not use tufts of cotton or other properties to dab it on - dip the fingertips into the solution, and it won't hurt the fingers either - it'll be good for them! and massage into affected portions.

(Q) Would an electrical instrument be of assistance in removing the scars?

(A) There are those instruments that may be helpful, but it would require their use in the hands of experienced individuals - and then the results would not be as effectual or as well done as nature's methods in applying properties such as outlined. For, the therapeutic value of the properties given to the skin itself is as follows: As given, as known and held by the ancients more than the present modes of medication, olive oil - properly prepared (hence pure olive oil should always be used) - is one of the most effective agents for stimulating muscular activity, or mucus-membrane activity, that may be applied to a body. Olive Oil, then, combined with the Tincture of Myrrh will be very effective; for the Tincture of Myrrh acts with the pores of the skin in such a manner as to strike in, causing the circulation to be carried to affected parts where tissue has been in the nature of folds - or scar tissue, produced from superficial activity from the active forces in the body itself, in making for coagulation in any portion of the system, whether external or internal. And, as indicated in the specific conditions referred to in relation to this body, will be MOST effectual. The Camphorated Oil is merely the same basic force [as Olive Oil?] to which has been added properties of Camphor in more or less its raw or original state, than the spirits of same. Such activity in the epidermis is not only to produce soothing to affected areas but to stimulate the circulation in such effectual ways and manners as to combine with the other properties in bringing what will be determined, in the course of two to two and a half years, a new skin!



**5718-1, M 49, 1/10/28**

IN THE PHYSICAL FORCES AND THE FUNCTIONING OF THE ORGANS, brain forces good. These show in their reaction great abilities of the body, physical and mental, to expand and to control through the sensory and the cerebro-spinal. Through these forces much may be added to the body, physically and mentally, for the body may control through these manners the reactions of the sensory organism to the body. Hence the body, physically, mentally, may be builded as one of exceptional psychic forces within self....

In the lower limbs and in the functioning of the centers radiating from the lower pelvis and sacral and the locomotories, here we find the greater effect exhibited, from the lack of the full perfect eliminations through the system from the physical standpoint. Hence the tiredness felt at times across the lower portion of the back, or about the upper part of the pelvic region. This the result of pressure produced by non-eliminations in the body through this sympathetic reaction in the body.

Then, to meet the needs of these conditions, first - as given - see that at least two to three times each week the body is physically tired, by exercise - either of walking or of PHYSICAL gymnastics that relieve the pressure; and well that at least twice each week the body exercise through the rotarian motion of the lower portion of body to relieve this pressure in the pelvic region and keep better coordination between liver and kidneys and the capillary circulation. Before retiring, take the exercise in this manner: Rest hands on floor, feet against wall, and circulate the body by swinging same, first right then left, at least five to ten to fifteen such movements of the body, two to three times each week. Drink plenty of water before the exercise is taken, that the system may be thoroughly flushed. Do that. We will find we will bring better conditions for the physical forces of the body, by bringing about the perfect coordination between the eliminating systems and organs of the body....

(Q) Can anything be done to relieve the eye where scar is - that will assist the body to see? the right eye?

(A) With the correction of eliminations, and with that control as the body has through the sensory forces - for remember, the action of the physical body through the sensory reaction is, as given, exceptional within this individual - these may be builded by the body itself to bring resuscitation to the body in this direction. Direct then mentally to self that the body physically will so create within the physical forces of self that necessary replenishing force to overcome any disturbance within any of the sensory functionings of the body. Watch the change as will come from same!

**1000-22, F 50, 3/25/39**

Now as we find, there have been acute conditions arising from injuries [had fallen] to the body, - in the face and especially to those areas about the forehead, the nasal passages and in the upper portion of the cervical area....

To aid in reducing the strains, we would have three or four good general osteopathic treatments given; with special reference to the corrections needed in all the cervical and upper dorsal areas. These would materially add to the efficiency and the ability of the body to respond to those other applications.

These, though, we would keep as has been indicated, for the better forces of the body; only adding the osteopathic treatments in the manner indicated....

(Q) Will the swelling subside?

(A) When such conditions and applications are made as will allow for the corrections of those pressures producing the shock to the nervous system, and to remove the impingements through the areas indicated, this should subside much faster.

(Q) Will the scars on the face disappear?

(A) This will depend upon the manner in which the applications are made that will correct same. As we find, the Camphorated Oil applied to same will be the most beneficial, - this applied, and then the Black and White Cream applied afterward (the genuine Black and White), every evening just before retiring.

**2423-1, M 52, 12/30/40**

Use any character of ointment. Preferably, though, we would suggest Cocoa Butter that is dissolved or rubbed in with Olive Oil; as this will aid in preventing scars, even, upon the areas where old sores and injuries have been so disturbing to the body.

**3167-1, F 21 Months, 8/21/43**

(Q) What can be done to remove the scars from the abscesses that have been lanced?

(A) Can't pull out nail holes! Camphorated Oil will aid same, of course, more than anything else, but we cannot remove nail holes. May pull out the nails, but we can't pull out the holes!

**INDEX OF READING 475-1 F 16**

ACNE

Circulation: Lymph: Psoriasis	Par. 4
Diet: Psoriasis	Par. 7, 9, 11, 13
Electrotherapy: X-Ray: Psoriasis	Par. 8, 9, 13

ELIMINATIONS: INCOORDINATION

Habits: General	Par. 16-A
: Nails: Biting	Par. 16-A
Liver: Sluggish	Par. 7
Physiotherapy: Massage: Camphorated Oil: Scars	Par. 15-A
Prescriptions: Olive Oil: Psoriasis	Par. 11, 12
: Saffron Tea:	Par. 12, 15-A

PSORIASIS

Psychosomatics: Acne	Par. 5
Scars: Preventive	Par. 15-A

**BACKGROUND OF READING 475-1 F 16**

12/26/33 Mother's letter: "A terrible thing has happened recently which has made [475] very unhappy. She has developed a bad case of acne, and no matter what we do the condition remains. It is giving her a terrible inferiority complex and she just hates to meet people, etc."

**TEXT OF READING 475-1 F 16**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 2nd day of January, 1934, in accordance with request made by her mother, and father, Mr. [4124], Members of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 10: 45 to 11: 00 A. M. Eastern Standard Time. ..., N.Y.  
(Physical Suggestion)

1. EC: Yes, we have the body here, [475].

2. Now, as we find, there are conditions that disturb the better physical functionings of the body. These are rather the specific nature, but are rather hidden as to the causes; and the effects rather than the causes are being ministered to.
3. These, then, are the conditions as we find them with this body, [475] we are speaking of:
4. In the BLOOD SUPPLY there are the indications of the disturbances that exist in the eliminations in the system, and of the thinned condition that has existed and does exist in the intestinal system, especially in the jejunum, where the thinned walls make for a very poor circulation of the lymph and emunctories. Hence this has produced in the circulation, in the capillaries and in the emunctories, such a condition as to produce those forces that manifest themselves in the cuticle and in those portions of the body as related to the circulation in the exterior or superficial circulation of the body. Hence the throwing off of refuse or poisons, that produces in this particular condition the abrasions that make for corruption and for roughness of the skin, and discoloration - or redness and spots over various portions of the body, in the exposed parts as well as in the secret portions and in the various portions over the trunk part of the body, more than extremities - save on upper.
5. As to the NERVE FORCES, these are involved, as we find, in the condition - but are not the causes of the condition, as is the thinned or poor circulation that has been illustrated or shown in other portions of the body; produced, as we find, by the body becoming lacking in elements that made for - first proper coagulation (from used forces of the system). Then the condition arose wherein the seepage, as might be said, began through the very thinned portions in the system, by an exercise and by the character of diet. And, to be sure, the sympathetic system becomes more involved on account of the tendency for the body to worry or to be aggravated by the disturbance that is very distressing to the mental forces of the body, [475].
6. As to the ORGANS of the body themselves, we find these are involved somewhat - to be sure. For, if the glands and the organs of the system are in accord - or cooperative in their activity, and if the diets are kept any way near normal, the necessary balance in the elements would be kept; because the body does produce - with the glands and the organs of the system - the necessary elements by absorption, or digestion and absorption and assimilation for the system.
7. Hence we find both the liver and the spleen involved in the condition; the spleen sympathetically, the liver rather scant in activity through the bile ducts that act upon the lacteal forces that are created for assimilation in the body. And great stimulation as of greases or any condition as in candy, that produces a wrong reaction in the digestive fluids for the body, makes the tendencies for the accumulations in this particular body that produce or aggravate the condition.
8. Then, in meeting the needs of the conditions for this body, as we find, the applications that are being made for the superficial circulation (by the activity of high voltage of electrical forces) will STOP the condition, but ONLY drives same internally - unless there are those activities within the body to produce a normalcy for the tendencies that have aggravated or caused the disturbance.

9. Hence, the application of the high voltage or X-Ray or any electrical forces is beneficial, but the diets - as well as the influences that make for assimilation - must be watched closely.

10. Hence, as the changes have been given for the diet at the present time, these are good. However, as we find, if we will add these properties to the system ALL will be more effective in their activity, and the sooner the relief for the body:

11. Take, then, as an addition to what has been given - but be consistent, more consistent with the diets of the body, see? olive oil in very small quantities, but often, during the day. Take a quarter teaspoonful at least every two or three hours, see?

12. We would also, morning and evening, take at least an ounce of Yellow Saffron water - or Saffron to which has been added water as a tea, which would be not only effective to the digestive forces but with the gastric forces that naturally arise in the stomach and digestive area - added with the small quantities of the olive oil - would supply food for the system and cause a tendency for an accumulation of those forces that will aid in not only ridding the condition from the blood but will aid the supply of lymph and emunctory circulation through the digestive system, and bring healing to internal forces of the body.

13. Be most careful that the X-Ray is not too severe so as to burn tissue; and no quantities of sweets either candies or pastries - should be taken, ESPECIALLY while the electrical treatments are being applied.

14. Ready for questions.

15. (Q) Will this treatment relieve the condition without leaving scars?

(A) As there is the tendency for the stopping of the accumulations in the skin, it would be well to massage these portions with Camphorated Oil, as this will tend to soften the skin and aid in keeping scar tissue from forming. Not too often, but when ready for retiring massage gently over those portions affected.

Camphorated Oil. But we would add the other things as suggested.

In preparing the Saffron, the American Saffron is efficient. We would put about a heaping teaspoonful of the Saffron in six ounces of water, and let it steep much as tea would. This is more preferably taken when warm, but if the taste or palate acts better when it is cold, it is all right - but it is more effective warm.

16. (Q) What should be done to correct the nail-biting habit?

(A) As indicated, this is the effect of nervousness - from the gnawing that has been indicated that has been existent for some time in the system, see? And with these corrections, and with the tendency for the body to watch or be careful with self, this may be eliminated from the habits of the body. For, if we take away the cause the habit is more easily changed. For, we correct habits by forming others! That's everybody!

17. That is all the questions.

18. We are through for the present.

**INDEX OF READING 1165-1 F 10 DAYS**

Clairvoyance of E.C.: Action & Places Par. 1, R1  
 : Incorrect? Par. 1, R1

Individuality & Personality Par. 15, 20

**KARMA: PHYSICAL: SCARS**

Physiotherapy: Massage: Camphorated Oil: Scars Par. 10, 17, 18, 22-A  
 : Oils, Olive: Par. 11, 17, 18  
 : Wine, Red: Par. 11, 17, 18

Prophecy: Personal: Warnings: Physical:  
 Assimilations Par. 9, 23-A

**SYMBOLOLOGY: BIRTHMARKS**

**BACKGROUND OF READING 1165-1 F 10 DAYS**

5/5/36 Aunt [954]'s letter:

This morning's mail brought me some very sad news...but my great confidence in the information you bring may turn it into good news, I hope. My sister-in-law has had a little baby girl, (born April the 30th) and she writes me that she is heart broken for the baby has a bad red mark along one cheek and on the forehead. Tragic as that is (or would be) always, I feel particularly for the mother in this case. For my own mother (her mother-in-law) has very little love for her...and the tendency will be, I am much afraid, to lay some blame on the mother, stupid as that is. The mother is a person of high development and feeling, coming of an Italian-Albanian blood, which of course displaced my mother at the time she married into the family. I am sure you see the cross section of jealousy and love here.

I had been dreaming that first of all I should have a life reading on this little girl...such a new experience in a limited family that knows no babies of its own. But now I come asking for a physical reading. Both mother and child are still in the hospital, and probably the reading would best be taken during a nursing period when the mother might have the child with her normally. Please discuss the matter with Hugh Lynn. If he and you think we should try to take a reading in that atmosphere, I shall go there on SUNDAY, THE TENTH. Otherwise I have wired my sister asking that she allow NO EXPERIMENTATION with the little face whatever, until we get proper information.

My sister writes that she is so sweet looking...as to her little features...and has quantities of black hair. I have a decided drawing to these here black haired people, you see, so I'd love to see her beautiful to look on.

Please let me have your and Hugh Lynn's counsel on this... I know your readings are well filled now, but do hope you can fit this in. Wire me collect here in care of [...], if it appears necessary. The reason I question the advisability of

taking the reading in the hospital is the surroundings, for these folks have little money and probably one or more sick people are in the same room as my sister, so that some intrusion is apt to take place. See?

Much love to all of you...and good health...

As ever, [954]

P.S. Again - I understand the problem is very difficult and want to make as much spiritual preparation among friends (and myself) as possible, hoping the Light will open on this dear little face - through you - .

**TEXT OF READING 1165-1 F 10 DAYS**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 10th day of May, 1936, in accordance with request made by the aunt - Miss [954], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading Germantown Hosp., 11: 15 to 11: 30 A. M.  
Eastern Standard Time. Philadelphia, Pa.

(Physical Suggestion)

1. EC: Yes. We have the body, [1165], and those conditions that surround the body. It is with its mother.
2. Now, in reference especially to those conditions that are indicated by the mark on the forehead and the cheek or side of head:
3. This might be expressed or manifested in many a way, or much might be given as respecting same - as to the pathological effects, as to the influences that arise from the psychological effects and the psychopathic effects that had to do with those things which manifest in this way and manner.
4. Rather would we approach same from that which we have indicated through these sources heretofore, as to how each individual in its manifestations in the earth bears within its physical expression the marks of that which has been or may be termed as an expression of a development in the soul and spiritual forces.
5. This is being sought, however, more from the material experience or expression; and that is being sought that may remove or may cause or may effect a change in the personal appearances that are to be a portion of the experience of the body - if it is to carry on in this experience.
6. These then, as we would give:
7. From the pathological changes, these are pigments that are active in the texture and in the conditions in the physical forces of the body.
8. To apply injections, or to apply that which would change these in any MATERIAL way and manner would be to effect an effacement of that which would make for a full expression of that to be met by the body and those about same - in that which would make for the real, greater development.
9. Be rather mindful of those conditions physical that are arising with the body in its ability for assimilation, for those conditions that will make for the regular body-development as to its digestion and assimilation.

10. As for body activities in making for a helpful experience, we would massage the body - not so much over the area itself but ALONG the sides of same and over those areas from which this portion of the body receives its impulse for circulation to the superficial portions of the body - with Camphorated Oil.
11. And we would massage the whole portion of the body from the lower lumbar area to the head with Olive Oil AND Wine.
12. These will make for a change sufficient to assist the effacement that is the most helpful in the experience.
13. But it is more of an activity upon the part of those that are in the material sense the expression of that manifested in this body, [1165].
14. For the individual experiences of the body - if it is to carry on - are to be such that these will be lost sight of in that as may be builded from the spiritual forces. And in its expression in meeting those things that to most minds, or to the material-minded, become as an effacement - or as a marring of the influences that bear upon its own personality.
15. Then, aid in giving the expression more and more of that individuality that is shown here. And we will find this will bring to all a real blessing that may make for a greater and greater understanding of the relationships of individuals to Creative Forces and the manifestations of same in a material world.
16. In the applications, these we would do each evening as it is prepared for its evening rest.
17. The equal portions of Wine - Red Wine - and the Olive Oil; stirred together in such a way and manner as to make for the absorption to those portions of the body from the lower lumbar area to the base of the brain.
18. And the face, the head, those portions of the neck, even to the vagus centers or those about the upper portions of the thorax, or extending even to the breastbone, massaged very gently with the Camphorated Oil.
19. These, as we find, offer the better opportunities for the expressions in the present.
20. As conditions change, or when it has reached those periods of its full expression - or at nine months - then we would give those changes; if there remains within the innate desire of those that seek in the present for those periods when there begins then the developing of the INDIVIDUALITY, rather than the personality of THIS soul expressing and manifesting itself as [1165].
21. Ready for questions.
22. (Q) Should the Camphorated Oil be massaged just around the edges of the mark?
  - (A) Just round the edges as indicated, rather than over the place; for with the massage and the proper assimilations and digestions that will make for the building of blood forces and the pigments in portions of the body, this will aid in the effacement of the disturbance; or it becomes less and less perceptible - save at periods.  
But most, hold to the spiritual expression and not the physical.
23. (Q) Any other advice regarding care?
  - (A) This at the present. Be mindful of those conditions regarding the assimilation and digestions, see? These are under care, but be mindful of same.
24. We are through for the present.



**REPORTS OF READING 1165-1 F 10 DAYS**

R1. 5/15/36 Miss [954]'s letter to EC:

My dear Teacher:

I suppose that wonder piles on wonder with you...and that such a reading as you took last Sunday for little [1165] does not seem as remarkable to you as it does to me. Frankly I was rather prepared for the psychic interpretation. During the reading I had the most unique experience I have ever had with my brother. He sat, together with the mother of the child and with me, in perfect quiet. What was going on in his mind I do not know. But I do know that he allowed me to dominate the room...and that I even explained to two noisy friends who came in at a time when they were not supposed to be there...exactly what was going on...and my Brother did not protest.

He is a much disturbed spirit...even more than I have been. His disturbance has lead him into devious ways...and physical suffering that has included many operations and some three or four years of continuous hospital treatment. He and I have no point of common interest at all... I try to be patient and quiet with him, but often after we have been in the room together for an hour or so (we meet only a couple of times a year)...I feel distracted beyond words...as if I must tear the room apart and get out of it. Yet I have tried to be intelligent about him...and perhaps I understand better what he has gone through than anyone else.

So you can well imagine what it meant to have a full hour (we kept almost the whole time)...of quiet, and then of words of good cheer, and then see him so delighted to look on the baby. Of course we must give my own development of the past year a little credit for this...but certainly I give him lots of credit, too. He speaks of the marks on her face very softly, with a little kind of awe, even a sob in his voice. But he is not at all ashamed of the marks. I am so grateful for that. If our family can be said to have a tradition, certainly that of "handsome" people is a main one. So I know it is a shock to him to look on the child like this.

As to the reading itself: I do wish I might talk to you about it. I recognize the importance of it...and the tremendous responsibility of its warning. I have found it hard to take and keep wondering how I may best pass it on to the two most closely interested...the mother and my brother. It is a tremendous responsibility. I think the only thing to do is to go to Philadelphia and talk it out.

Then as I visualize the next step, I hope to get them to ask for a life reading. I could ask for it, and had intended to do so. But it becomes more evident that the only one who can do much about the "conditions around [1165]" are her father and mother. They can ask for it, and I can pay for it as that becomes possible.

I wonder about this statement..."It is with its mother." [1165] was not actually in the room with its mother during the reading period. But of course it was in the hospital. Also this might be interpreted as being spiritually with its mother, for the mother is a very religious Catholic and had closed her eyes and was praying at that time...particularly intensely during the fifteen minute you give as the time of the reading. However, ask Gladys to check her notes in case it should read "it is not with its mother." You see it was in the baby's ward...while the mother was in her room.

Do I need to tell you how deeply grateful I am for the reading? I am sure you know well how I feel about it. And if her father and mother can cooperate to given ends...(or if indeed I can help myself at this distance in New York)...then it looks as though we may expect lovely things indeed of little [1165].

Give the enclosed poem to Mrs. Cayce...no one has seen it as yet. Perhaps she would like it. When I meditate in my small way during the readings, poetry drips easily off my pencil.

This is a selfish, personal letter. Forgive it... I know you understand.

Much love to all of you...and gratitude... [954]

P.S. I find the question of the personality versus individuality at nine months an interesting thing, don't you? If we can take the life reading, perhaps we shall ask more about that... [...]

R2. 5/21/36 EC's letter to Miss [954]:

Dear Miss [954]-

Thanks for yours of the 15th, am so glad the reading was a help to you, and am sure you can be able to make it helpful to the Mother and Father tho realize it will be no easy JOB, but were you to look at it as being a job at all then you have already most defeated your whole purpose, God is the natural thing and it is the others that are unnatural. Am sure the experience you had with your brother will make it all the more reasonable thing to approach him and may God direct you in your undertaking.

Wish we might talk about the information, but that will come in time and as we study it over we possibly will be able to pass something that is helpful on here and there, to each other as well as to others. After all not what we know but what we do about what we know.

Yes, can they but come to the seeking for the information that may come in a life reading then there may be the help for all. One can't help but draw parallels. Was quite interested to me, letter I received the same mail as yours of 15th - don't mean to be telling you another tale, but on this wise - Some 15teen years ago had a very dear friend [953] in Chicago, an Official in the Western Union. He had a chief Clerk [2265] whose Religion forbids his interest in a work of this nature, finally tho he was induced by his superior to ask for a reading, tho they had no children and was assured they never would have any, and asked the reading should the adopt one they were told they might have their own. So when the first one [1939] was born, they were very happy, yet their convictions kept them from making much ado about it all. But the day your letter came had a letter from a man in Peoria, Ill., who had seen this Father, and he had plead with him to have a reading for his son [1168] who has an affliction, not unlike this baby, tho this is mental rather than physical, but the real source arises from something of the same nature. So, can you see how to me there was a remainder, perhaps this may to some appear far fetched, but to me it appeared as the circle almost completing itself at least lending some encouragement. The statement "It is with its Mother", I do not think it meant in person but rather in personality. We often mistake, in names things for conditions. Please understand I am not trying to hedge, but am reminded what a very well known Physician once said many years ago. "If you want to say there is nothing in the

readings, well you can take the words themselves and prove there is not, but if you are looking for reality, and the deeper things, and will study the information you will find the most enlightening things imaginable, and most of all help" then the circumstance of the letters may be what convinces me that is what was meant in the words, that have no connection what ever unless taken in that manner, and had she been with her Mother in person would have been taken to have meant just that and not considered from the spiritual stand point at all.

I pray God the information may be just as helpful to every one as it should be, if it is His way and His will it will be am sure, if not of HIM then it has little or no place in the affairs of any.

Thanks for the verse, Gertrude appreciated that more than you can imagine, she is very sentimental, in some ways, the condition of the baby appealed to her, her heart just went out to it when she heard the information and to the Mother and Father, and when she had that verse she has read it am sure numbers and numbers of time shown it to several until she felt they did not get what she felt then have seen her read it in silence and alone and really weep over it all. A great heart not always understood, but is making a brave effort to do her part.

Thanks, Miss [954], for every thing you do not realize how much help you have been and are to this household. A great strength to all of us. Yes you may want to say different, but remember oft, the weakness of men is the strength of GOD.

Love to you and yours from all here.  
Ever the same [signed] Edgar Cayce

R3. 1/10/39 Aunt, Miss [954]'s letter: My little niece, [1165], came to visit me on Sunday...and I feel you will be interested in a story about her. As you will recall the physical reading which we took soon after her birth indicated that she would be a means of showing the mercy of Creative Force in the world. She appears to me to have the make-up of a psychic already...highly sensitive...most gracious in her attitudes...with great eyes which she rolls at you on the slightest provocation. Her mother took this adorable little piece to see a lady who had been hurt in an auto accident. That night as she knelt to say her prayers she added a new one..."Please God make Kitty all well..." Her mother was so touched and delighted she told me about it. That little mite is two and a half years old.

**INDEX OF READING 1377-7 F 66**

ADHESIONS

Electrotherapy: Ultra-Violet Light: Adhesions Par. 2, 3

Kidneys: Bladder: Urine: Retention: Adhesions Par. 2

LOCOMOTION: IMPAIRED

Osteopathy: Adhesions Par. 3

Physiotherapy: Applications: Aconite: Sedation Par. 2

: Laudanum: Par. 2

: Packs: Epsom Salts: Sedation Par. 2

SCARS

Sedation: Hypnotics Par. 2, 8-A

SURGERY: INCISIONS: AFTER EFFECTS

Surgery: Preventive Par. 2

**BACKGROUND OF READING 1377-7 F 66**

See 1377-6 on 12/8/30.

**TEXT OF READING 1377-7 F 66**

This psychic reading given by Edgar Cayce at his office, 105th St. & Ocean, Va. Beach, Va., this 11th day of January, 1932, in accordance with request made by self - Miss [1377], Active Member of the Ass'n for Research & Enlightenment, Inc., and an Official Representative.

P R E S E N T

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

R E A D I N G

Time of Reading 12: 00 Noon - Eastern Standard Time. ..., N.J.

(Physical Suggestion)

1. EC: Yes, we have the body here, [1377]. As we find, conditions are not so good. There should be rather that of the attendance of one, or nurse, that would make for EASING more of those conditions from the PRESSURES as are being created from some of the old incisions, and of the plethora or the swelling again that comes from inflammation in scar tissue area, internally - see? making for those excruciating pains in the lumbar region.

2. There should be given a hypnotic that would ease the pain, then applications of Epsom Salts - very hot - first bathing body over with equal parts of laudanum (tincture of laudanum) and aconite, laying a cloth over this so it makes it steam -

not enough to take the skin off, but so that it (a dry cloth, see?) is over this portion that is so painted, and then apply the heat. This would ease. Will this be done, and those precautions taken that would bring down the temperature of the body, this may prevent the further accumulations, and we may set up eliminations sufficiently that the body may not have to have an operation; but if temperature arises, and the pains continue, then this pain and this inability to use the lower limbs, this inability to control the activities of the eliminations in the bladder and in the other portions of system, will NECESSITATE operative measures to correct same, see? but with the use of these two or three times a day, then applications occasionally of the ultra-violet ray DIRECTLY over the portions affected, too, will be alright - see? or to opposite portions of the body; that is, instead of on the back from the front - let it strike through; from three to five minutes, at least thirty-eight to forty inches from the body, if the heavy or Standard light or lamp is used - see?

3. We would also be mindful that the diets are kept much in the way and manner as is well known by the body for such things. Manipulative measures will be helpful, but those of the applications externally - and the lights - will be the MORE necessary. The manipulations will aid in QUIETING the body. Do that. Ready for questions.

4. (Q) Is anything the matter with my shoes?

(A) More the matter with the ligaments and the conditions in the feet, why the body can't stand or walk, from the pressures as come from the lower lumbar and dorsal region.

5. (Q) Shall I keep off my feet?

(A) VERY NECESSARY, especially in the PRESENT.

6. (Q) Are there any adhesions?

(A) More from the pressures from scar TISSUE. The adhesions are not so severe. There ARE SOME adhesions. These would break up by the addition of those properties as outlined.

7. (Q) Will my legs ever be normal?

(A) That DEPENDS upon the conditions as may arise! If we can remove those pressures in the lumbar and sacral, so that there are not an accumulation or a pressure to the locomotories, they may become normal again.

8. (Q) What hypnotic?

(A) That depends on whose going to give it! There are various forms, and if given under the direction of a nurse or of one that is looking after same, then that that is the most generally used by that individual. Those that are even of the coal tar are not HARMFUL to the heart of THIS body. Preferably those of the adonidin [adenine or adenylic?] or allylene [allylamine?] variety. These are more from the kola plants, see? or hemp product - with the kola. We are through for the present.

#### **REPORTS OF READING 1377-7 F 66**

R1. 1/15/32 [1377]'s ltr. to EC:

Dear Mr. Cayce:

Yours received. I should have written you before but the intense suffering that I experienced left me very weak. I am much better in that respect now.

SCARS AND ADHESIONS CIRCULATING FILE

My trouble began very suddenly with intense pain and swelling of abdomen with some fever. Much as I was taken once before when I had tomaine [ptomaine] poisoning. I knew of nothing I had eaten that could cause it but proceeded to do as I did then. Which was to drink a bottle of Hawthorne Water No. 2 on an empty stomach, the action of which relieved pain materially and of course, lowered temperature. I thought then that I was going to be all right, - Hence, telegram "to hold check", as pain seemed to return I repeated the dose, lessening the pain and fever, but left me sore as a boil, from pain & fever. So I wired to proceed, as I began to mistrust trouble from the operation. The soreness had left me before reading came. I began treatments as directed on its arrival and am pursuing them religiously three times a day, with rays twice a week.

The pain I can stand or take something to deaden it, - but I can NOT lose the use of limbs. I can walk about the Apt. WITH SHOES ON. With very little discomfort, - but to walk a block on the street I could NOT. That you are right - about - pressure on lumbar & dorsal region. I KNOW you are RIGHT. I am wondering if these treatments will relieve the pressure. A year ago now I was taking treatment which you recommended. Osteopathic & other, and rubbing with a prescription which you gave of Russian Oil, & oil of Mustard. Which I also used in this emergency. The treatment last year relieved me immensely and for two or three months was much better, then it came on again.

I was thinking of renewing the Oil treatments, when this trouble came, but refrained because of financial reasons. The operation makes it impossible for me to earn my living again and as all I have to live on is nearly gone. I am faced with the fact that I may need food MORE. I think long & hard before spending one cent, - I can not finance an operation, nor can I treatments if it takes very many. I have an idea O'p [osteopathic] treatments would help, but then again would it be bad for the adhesions and there I am.

I have had no Dr. If I had he would have given me aspirin, run up a bill, and I would be just where I started from. I have applied the painting & hot Epsom Salts myself, and it is surprising what one can do if they have to. I do it better & better every time. If only the pressure on lumbar & dorsal nerve can be lighter. I'll get a long. The M.D.'s are very rabid about here and I am very cautious in what I do....

Give my warmest regards to Mrs. C & family also Miss Davis. Thanking you heartily for interest

I am Sincerely, [1377] Jan 15/32

**INDEX OF READING 1377-8 F 66**

ADHESIONS

ANEMIA

Electrotherapy: Vibrator: Adhesions Par. 2-A

LOCOMOTION: IMPAIRED

Prescriptions: Codliver Oil: Anemia Par. 4-A--7-A

SCARS

SURGERY: INCISIONS: AFTER EFFECTS

**BACKGROUND OF READING 1377-8 F 66**

2/6/32 "The treatment as the result of your reading and advice I think has done wonders. I am unconscious of any disturbance in the abdomen, and my limbs are MUCH better. As to the adhesions, condition of blood and pressure in the lumbar region, your checking up will reveal that condition. Mr. Taylor came in one day and said he thought he might relieve that pressure on lumbar nerves. He gave me a vigorous treatment with good results. I followed the treatment for 18 days 3 times a day except days when I took violet ray."

**TEXT OF READING 1377-8 F 66**

This Psychic Reading given by Edgar Cayce at his office, 105th St. & Ocean, Va. Beach, Va., this 10th day of Feb. 1932, in accordance with request made by self - Miss [1377], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 12: 20 Noon - Eastern Standard Time. ..., N.J.

(Physical Suggestion)

1. EC: [1377]. Ready for questions.

2. (Q) Are the adhesions broken? If not, will they break?

(A) As indicated by that as has been given, the INFLAMMATION as produced in system that caused irritation to the general PLASM of the blood supply tends to make the scar tissue become adhesive in its nature. With the application of those things as has been given, as has eased the body, these have tended to relax the system so that the irritation and pain is not so severe. As indicated by the manipulations as were given with these conditions existent, the carrying away of these forces ease the body still more. Hence we will find that with the electrically driven vibrations applied daily for a few minutes, these would be most helpful - but in giving same apply directly (the vibrations to the body) on the body

itself, see? using the sponge or the cup appliance; preferably the sponge. Begin from those centers over the area of the 9th and 10th dorsal and go to the extremities. Then back (that is, to the lower extremities, see?). In the upper portion of the body begin with the top of the head and the finger tips and arms, going TOWARD the body. Then to the central portion of body, or to the 10th and 11th dorsal. Then back; giving these treatments for ten to fifteen minutes. These will KEEP the conditions so that the adhesion will be broken entirely by the absorption that is created in the active forces of the blood supply circulation; circulation here meaning not JUST the blood supply but the lymph and emunctory circulation, and nerve circulation as well.

3. (Q) What caused the inflammation in scar tissue?

(A) As has been described. Irritation, by refuse forces producing in the plasm that of irritating forces.

4. (Q) Would it add to my limited store of blood to take a course of Malt Cod Liver Oil?

(A) Malt AND Cod Liver Oil would be well. These taken at the extremes of each day. Malt in the form of any that affects the active forces of digestion (which is better in the evenings), while the Cod Liver Oil - preferably that prepared in tablet form, as of the Pure Food tablets - see? These are most effective, and carry those vitamins in such quantities as to ASSIMILATE best with this system.

5. (Q) These to be taken in the morning?

(A) These to be taken in the mornings.

6. (Q) What dosage?

(A) One to two tablets.

7. (Q) What condition is my blood in?

(A) Much bettered than as we had before, but still that tendency for the slowing up - or of coagulation in a form, but IMPROPER coagulation see? Now this stimulated by the use of these properties, as will build up these vitamin forces, these vitalities will make for much bettered conditions. We would do that.

8. (Q) Must I still keep off my feet as much as possible?

(A) This may be gradually increased as the strength from the proper manipulations, the proper blood suppling, is added.

9. (Q) Do you see evidences of my limbs becoming normal?

(A) If we will follow these as we have outlined, we will find the activities will be gradually aided, and a near normal reaction. Do that.

10. That is all the questions.

11. We are through for the present.

### **REPORTS OF READING 1377-8 F 66**

R1. 3/27/32 [1377]'s letter to EC:

Easter Sunday

My Dear Mr. Cayce: -

I want to tell you how much I appreciate my recent readings. Through them and a treatment by Mr. T. I am quite comfortable. Abdominal trouble quite gone. Of course I can not say whether adhesions are remedied, but I am perfectly comfortable, and am able to walk with the greatest comfort.



SCARS AND ADHESIONS CIRCULATING FILE

It is really hard not to over do as I have been handicapped so long.  
I feel that the Cod Liver Concentrate Tablets advised have been of great benefit.

I rather expect that you will hear from a friend of mine this week. Mrs. [5592] called me up and asked for your address.

I hope this finds the Cayce household all well and happy.

With kind regards to them all  
I am gratefully [1377]

R2. 6/29/33 She referred Mrs. [360] for first Physical Reading.

R3. 5/1/34 "I have been miserable this winter, not ill but incapacitated as the result of the operation I underwent some 5 yrs. ago, and my strength has not been equal to the demands upon it. My finances, too, have been somewhat of a factor, as worry is not exactly a tonic, and at the present time we are breaking up our home as we can afford it no longer, as both of our incomes [Miss [347] and [1377]] have shrunken badly."

R4. 5/5/34 EC's letter to [1377]:

My dear Miss [1377]

I was, indeed, very glad to have yours of the 1st.

Sorry to know that you have been feeling so badly this winter. It would seem to me, Miss [1377], that Dr. Brown [Cornelia J. Browne, D.C., N.D.] should be able to keep the drainages so active in your body that these lesions and the scar tissue as naturally form from operations, so as to prevent these distressing conditions arising at this time, though I am sure you may be one of those individuals that under the stress and strain of financial conditions felt you had no right to ask that such be even attempted, but this, I think, you should not stand back on.

Sorry, too, that in all probability you will break up from your present surroundings. Be sure to let us keep in touch with you and know that we are very desirous of continuing to send the literature on to you if you are desirous of having it, for if it can be of any help or aid to you, why we want to send it on to you, and I would like for you to give us the address as soon as you get settled. Of course, if you feel that you do not want to have this, why we do not want to insist, but we appreciate the efforts that you are making.

With love and regards from each one here, I am  
Sincerely

**INDEX OF READING 1706-1 F 49**

ACIDITY

Digestion: Indigestion: Nervous	Par. 16--20
Electrotherapy: Frequency, High: Eliminations : Sinusoidal: Not Recommended	Par. 25--28, 31-A, 33-A Par. 25--28, 31-A, 33-A

ELIMINATIONS: INCOORDINATION

Eyes: Glasses: General	Par. 32-A
Glands: Scars	Par. 6--8, 12
Healing: Magnetic	Par. 25--28, 31-A, 33-A
Nervous Systems: Sympathetic	Par. 9--11, 15
Pelvic Disorders: Acidity	Par. 33-A, 34-A, R1
Physiotherapy: Hydrotherapy : Massage: Eliminations	Par. 25--28, 31-A, 33-A Par. 25--28, 31-A, 33-A
Scars	Par. 6--8, 12
Uricacidemia: Tendencies	Par. 21, 33-A

**BACKGROUND OF READING 1706-1 F 49**

None.

**TEXT OF READING 1706-1 F 49**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 10th day of October, 1938, in accordance with request made by the self - Mrs. [1706], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by her father, [...], and sponsored by her aunt, [...].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [1706] and aunt [...], and father [...].

R E A D I N G

Time of Reading 3: 55 to 4: 15 P. M. Eastern Standard Time. ..., New York.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body. You will answer the questions she may submit, as I ask them.

2. EC: Yes, we have the body here, [1706].
3. Now as we find, rather there would be warnings given for the body respecting disturbances which have been a part of the experience of the body; and the effect these are gradually producing in the system - that may be in the present eradicated or corrected, and thus prevent greater disturbances later on.
4. Hence those things as we find that would be the more beneficial would be the protective or preventative influences, - from the inclinations and weaknesses that arise from conditions which have existed.
5. These then are the conditions as we find them with this body, [1706] we are speaking of, present in this room:
6. IN THE BLOOD SUPPLY OF THE BODY, here we find conditions very good save where, in portions of the side, there has been the effect of scar tissue from external injury; that at times shows the lack of the proper activity of the glandular forces as related to the secretions of those forces which prevent a great quantity of building up of scar tissue.
7. These as we find have gradually begun, through the pressures upon the soft tissue, to make inroads into the activity of the soft tissue; as in portions of the lung and a part of the lower pleural cavity.
8. We do not find these showing other than an infectious condition, or of the nature that there is the lack of the glandular secretion sufficient to remove the tissue in such a manner that the system may be builded to normal conditions.
9. IN THE NERVOUS SYSTEM, here we find the body very good in most respects. But through those areas where there have been and are those inclinations for the pressure upon the sympathetic or superficial portion of the circulatory forces, the conditions become at times rather aggravating, - in that the body becomes aware OF organs in their functioning.
10. And this inclination at times tends to upset the digestive system; especially at the periods of activity, and the inclination for the formation of conditions wherein - through the very activity of the nerve forces - if there is an overactivity of the mental or the physical body - the excesses of the acid, as produced by the activity especially with the condition in the blood supply, upset the body as to eliminations and as to the ability of the body to obtain rest PROPERLY through the nerve reactions.
11. These then, as may be indicated, are SYMPATHETIC conditions to the general reaction, as we find.
12. IN THE ORGANIC FUNCTIONINGS OF THE BODY, brain forces as we find respond nominally, as do the reflexes; save as to those awarenesses which become indicated at times to the conditions through the side - where the injuries have been.
13. Through the throat, bronchi, lungs and larynx - we find, as indicated, that the organs themselves here are not involved; though there is the awareness at times of the lower portion of the pleural cavity being in the condition of not AT EASE - though not diseased!
14. This is the natural consequence of those effects of the overacidity produced by the conditions indicated.
15. In the heart's activity we find a near normal balance. The metabolism of the body we find near to normal. There is at times the quickening of the pulse, but

this is NOT a condition other than sympathetic from the nervous reactions of the body.

16. In the digestive forces we find very good reactions save as indicated, - that there becomes a reflex activity from the over nervous conditions at times - during those periods when the nerve reactions produce some little upsetting.

17. As to the activity of the organs of assimilation and digestion - spleen, pancreas, liver; all of these we find near to their normal reaction when the general conditions are considered.

18. The over nervousness, with the activities of the digestive forces being disturbed at times, produces a TENDERNESS in the areas about the gall duct - but no disturbance of a nature that could be said to be organic in its nature.

19. In the eliminations as related to the digestive forces we find some little bit of upsetting that at times causes some disorder.

20. But all of these disturbances should be included in a part of the correction by the general activity of the system in adjusting itself.

21. Coordinations between the upper and the lower hepatic circulation are very good, though with the excess of acidity there becomes at times an excess of the uric acid force or influence in the body.

22. Hence the awareness or the feelings as of a heaviness through the lower portion of the abdomen and through the pelvic areas; and across those areas along the small of the back.

23. With the correction of the other conditions, we find that these should of themselves be corrected.

24. IN MAKING APPLICATIONS FOR THIS BODY, THEN, AS WE FIND:

25. We would use the Hydrotherapy measures as combined with the Low but High Frequency Electrical Vibrations for the body.

26. If these would be taken twice a week for the first few weeks, then once a week for the next four or five to six weeks, we find that they should make for those conditions which would bring about a near NORMAL body in regard to these disturbances.

27. In the application of the Hydrotherapy and the character of same needed, we find that there should not be such DEEP manipulations as to make for any great changes, but ESPECIALLY the areas from the 9th dorsal to the upper portion of the cervical area would be the PARTICULAR areas for not adjustments but MASSAGE; while those through the lumbar AXIS would need the corrections, so that there is not this heaviness nor the activity as to cause a disturbance from the improper balance through the hepatic circulation.

28. The character of electrical forces, as indicated, would be of the LOW form but of the HIGH FREQUENCY; and these should be about once a week applied - while the general manipulation and the full hydrotherapy treatments would be about twice a week, as indicated.

29. Do these, and we should bring the normal forces for this body.

30. Ready for questions.

31. (Q) Is the sinusoidal the electrical treatment referred to?

(A) No; it is rather as indicated, the low current of the high frequency machine - it's applied with the hands!

32. (Q) May anything be done to strengthen eyes so as to prevent wearing glasses?

(A) These as we find will be materially aided by corrections through those portions of the dorsal and cervical area, as indicated.

But each individual should gain this understanding, - that the repression upon the nervous system, as there is the activity or the use of the organs, necessitates often that there be helpful influences through such - when there is the close activity or use of the organs of the sensory system.

These treatments or applications as suggested, however, will materially aid the whole conditions to the head and throat - or to the sensory system.

33. (Q) Anything abnormal in the uterus?

(A) No thing ABNORMAL, as we find, considering the general condition of the system. As indicated, there is an excess of the uric acid in the system that at times produces some irritation in the area, when there is an excess of activity or the attempt of the body to adjust itself to the overamount of acid.

But with the adjustments indicated, with the corrections through the use of the high voltage - or the high FREQUENCY and the LOW activity - these should make for corrections in these directions....

Do these, and as we find we will bring the better conditions for this body, [1706].

35. We are through for the present.

**INDEX OF READING 1765-1 F 52**

Appliances: Radio-Active: Circulation: Incoordination	Par. 17
CHOLECYSTITIS	
CIRCULATION: INCOORDINATION	
ELIMINATIONS: INCOORDINATION	
Glands: Circulation: Incoordination	Par. 6
: Gonads: Eliminations: Incoordination	Par. 11
: Thyroid: Hypothyroidism	Par. 8
Halitosis: Eliminations: Incoordination	Par. 7
HYPOTENSION	
Intestines: Colonics: Eliminations: Incoordination	Par. 16
Meditation: Appliances	Par. 17
NERVOUS SYSTEMS: INCOORDINATION	
Osteopathy: Spine: Subluxations	Par. 15--17
Physiotherapy: Massage: Benzoin, Compound Tincture Of: Scars	Par. 20-A
: Camphor:	Par. 20-A
: Sweet Oil:	Par. 20-A
Prescriptions: Atomidine: Glands	Par. 14, 16
Scars	Par. 20-A
Skin: Blackheads: Circulation: Incoordination	Par. 7, 20-A
SPINE: SUBLUXATIONS	
Vertigo: Hypotension	Par. 7
Work: E.C.: Formulas: Hair: Color Restorer	Par. 21-A, B2

**BACKGROUND OF READING 1765-1 F 52**

12/19/38 Is any gland preparation of value for me - apparently change of life just about complete - Any special doctors indicated or type of treatments, diets or exercises. General health good - tendency to low blood pressure - and feeling of fatigue - Wish for advice as to best means to overcome blackheads in complexion - and discolored spots in skin of face - For about 15 years 4 or 5 times a year blisters appear in different places on back with swelling of nearby glands - remain a week and leave scabs? Any method to remove unsightly scar arm & neck caused by burns - also this burn left contractions affecting back of neck??

I do not know whether question about vocation belongs here or after the Life Reading.

Yours sincerely [1765]

**TEXT OF READING 1765-1 F 52**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 22nd day of December, 1938, in accordance with request made by the self - Mrs. [1765], Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Dr. Mary Miller, and Mr. David E. Kahn.

P R E S E N T

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

R E A D I N G

Time of Reading 10: 50 to 11: 15 A. M. Eastern Standard Time. ..., III.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions she has submitted, as I ask them:

2. EC: Yes, we have the body here, [1765].

3. Now as we find, there are some disturbing conditions with this body. And with the correction of the now existent disturbances, much that might become more serious may be averted; as well as making for a great deal of relief in some directions.

4. These as we find arise primarily from incoordination between the superficial and the deeper or internal circulation as related to eliminations in the system; or incoordination, it may be called, of the eliminating systems of the body.

5. Then, these are the conditions as we find them with this body, [1765].

6. First, in the blood supply, - this we find tends to be slow, especially in the superficial circulation or the portions near the epidermis. And this slowing naturally causes a subnormal blood pressure; and the extremities become numb or inclined to fag easily; at times often finding same as it were asleep or the like. This is the effect of conditions as related to portions of the glandular system and pressures existent in the lumbar and sacral axis; and in the coccyx portion of the cerebrospinal system.

7. The effects are to cause at times the superficial blemishes, in the form of blackheads or blisters, or abrasions; as to cause at other times the indications as given in the extremities; at times bad breath even; at other times a lightness in the head as it were, or a little dizziness; upsetting of the digestive forces, - all may be a part of this condition.

8. And there is the inclination for deficiency in certain PORTIONS of the activity of the thyroid.

9. In the nervous system, - these disturbances naturally produce pressures upon the coordinating centers between the superficial and cerebrospinal circulation, as related to nerve IMPULSES now, rather than circulation of blood or lymph supply.

10. These as we find are the areas indicated in the structural portion of the body. These cause at times the inclinations for the body to feel or to have a depressing

reaction, or become supersensitive to the conditions from others, or their reaction to the body.

11. In the functioning of the organs themselves, - as we find, there are the drosses from the eliminating forces in the glandular reaction as to reproduction. And these at times cause a depression, or nervous reaction.

12. These all as we find would respond to a glandular clearing, a purifying of the blood stream, a correcting of those conditions where pressures exist; and the proper coordinating between the nerve forces and the blood supplies of the body.

13. Then, in making applications as would bring the better influences and forces for this body, as we find:

14. We would give first that there be the beginning of small doses of Atomidine; one minim in half a glass of water each morning before any meal is taken, for at least ten days. Then leave off for at least three weeks.

15. And during that three weeks have, at least twice each week, the manipulations and adjustments osteopathically to correct those subluxations in the lumbar-sacral and coccyx area; to be sure coordinating - each time the adjustments are made - the areas of the central and upper dorsal and throughout the cervicals; stimulating the upper dorsal and cervical FOR the drainages THROUGH the alimentary canal. For the osteopathic adjustments, as we find such as Dobbins would be MOST satisfactory.

16. When the osteopathic adjustments are begun, have at least THREE colonic irrigations to purify the alimentary canal, so that the activity of those properties taken previously (the Atomidine), as well as the manipulative forces, may have a clear field as it were for the system to respond and rebuild those influences for the more perfect coordination.

17. We find that the use also of the Radio-Active Appliance would be MOST beneficial, in creating a normal balance between the extremities of the body and in producing and aiding in bringing about a balance in the sympathetic and cerebrospinal nervous system. This, too, would be begun after at least the first week of the adjustments. It will make better rest, more quieting for the body. When it is used, for thirty minutes to an hour each day, in relays or periods of two to three weeks and leaving off for an equal period, such periods would be used for the real meditation and prayer. It will be found to aid the body in EVERY direction.

18. These done, as we find we will make for bettered conditions throughout the system, [1765].

19. Ready for questions.

20. (Q) Any special doctors indicated, in N.Y. or Chicago, for treating facial blemishes and troublesome stiffness of neck?

(A) As indicated, the Dobbins' method in New York.

As for the clearing of the skin blemishes or scar tissue, it is necessary that there be the services (if it is to be done) of one skilled in such activity.

As we find, if the body were to have the services of a masseuse about three times a week, and THEN the use of a combination such as we may give here for a gentle massage, we may WITH the improving of the circulatory forces - relieve a great deal of the scar in the neck and shoulders and portions of the body.

Use a combination of oils prepared in this manner:



SCARS AND ADHESIONS CIRCULATING FILE

Sweet Oil.....1 ounce,  
Spirits of Camphor.....1/2 ounce,  
Compound Tincture of Benzoin.....1/4 ounce.

This would be massaged in and left, or as it is massaged in and left on for a while; with a general - not too hot, but the covering of first hot and then cold towels, see? This, just as the improvement of the circulation, will aid in a better scalp tone.

21. (Q) If possible, suggest improvement for formula of gray hair remedy I am considering putting on market, and which is now undergoing laboratory experiments. A bottle of this preparation I hold in my hand.

(A) It's better that the laboratory experiments be carried forward. THEN, when it is near to satisfactory conclusions, such a question might be more readily answered.

The BASIS of this is very well, but sage of course - must be the active principle.

22. We are through for the present.

**REPORTS OF READING 1765-1 F 52**

R1. 3/2/39 Dr. Dobbins' reply to Questionnaire:

ASSOCIATION FOR RESEARCH AND ENLIGHTENMENT, INC., Virginia Beach, Virginia

Date of Reading 12/22/38 Case No. 1765-1

Note: As a research organization we are endeavoring to make a thorough study of psychic information in relation to human ailments. We will deeply appreciate your cooperation in securing a thorough report on this case.

Name Mrs. [1765]

(1) (A) Did the Reading presented to you describe the condition of the patient?

(b) Explain any variation. (c) Give technical diagnosis. (A) Yes. (b) None. (c) Chronic Cholecystitis.

(2) Were the suggestions for treatment in your opinion proper for this condition? Yes.

(3) For what period of time has the patient followed directions given in the Reading under your care? 1 Month.

(4) What results have you observed? Definite improvement.

(5) Comment. [No response]

Date March 2, 1939 Signed Frank P. Dobbins, D.O.

**INDEX OF READING 1771-5 F 24**

Electrotherapy: Infra-Red: Knees: Sprained	Par. 5
Eliminations: Injuries	Par. 12
Exercise: Injuries: Fractures: Kneecap	Par. 3
Eyes: Asthenia	Par. 20-A
<b>INJURIES: FRACTURES: KNEECAP: CURED KNEES: SPRAINED: CURED</b>	
Muscles: Tendons: Pulled	Par. 14-A, 15-A
Physiotherapy: Massage: Lanolin: Knees: Sprained	Par. 8, 9
: Peanut Oil:	Par. 8, 9
: Pine Needles Oil:	Par. 8, 9
: Salt & Vinegar, Apple:	Par. 6
: Sassafras Oil:	Par. 8, 9
Scars: Preventive: Knees: Sprained	Par. 4

**BACKGROUND OF READING 1771-5 F 24**

B1. See 1771-4 on 5/5/42 for torn ligament in left knee.

B2. 8/8/42 Letter see under 1771-4, Par. R2 asking for further advice.

**TEXT OF READING 1771-5 F 24**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Virginia, this 11th day of August, 1942, in accordance with request made by the self - Miss [1771], Associate Member of the Ass'n for Research & Enlightenment, Inc.

**P R E S E N T**

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

**R E A D I N G**

Time of Reading 10: 20 to 10: 30 A. M. Eastern War Time. ..., Washington.

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

2. EC: Yes, we have the body here, [1771].

3. As we find, while there is a great improvement in the acute condition of the knee, such a strain or pulling of ligament is as severe as a break. However, with the applications that have been given the body is allowed to use same; though there should not be such use as to cause twisting or straining of any kind.

Regular routine, as walking on same, and a regular activity, is very good; but for the present the body should not engage in such activity as bowling, dancing, skating, skiing, etc.

4. We will find that there is no scar tissue internally, unless there is the lack of carrying out those applications that have been suggested.
5. We would keep the light treatment, though a little farther apart now, - possibly once a week or once in ten days. This should be applied from three to five to fifteen to thirty minutes; depending upon the time and regularity and as to the strength and the distance of light from the body.
6. We would continue with the salt and vinegar rub, at least once a day, - this preferably of evening.
7. Also each day, of mornings, we would use a rub with oils, combined in this manner:
8. To 4 ounces of Peanut Oil as the base, add - in the order named:
  - Oil of Pine Needles.....2 ounces,
  - Oil of Sassafras Root.....1 ounce,
  - Lanolin, dissolved.....1 tablespoonful.
9. These will tend to separate, but shake well before using - and massage with same very thoroughly each morning.
10. As we find, if these are kept consistently, we should bring about the near normal condition.
11. There will be tendencies for weaknesses for some time, but this should not hinder the body, nor should it prevent the body from using the limb in any way desirable - in a year or so; as in skiing, bowling, dancing or the like.
12. Do those things, then; being mindful to keep the general eliminations, for these naturally are necessitated to eradicate those accumulations from the healing forces that are the body-building tissue portions of activity in eliminating disturbances from the body.
13. Ready for questions.
14. (Q) What is condition of left knee at present?
  - (A) Just as indicated, it is much improved. But there is still that weakness that naturally arises from tendon being pulled.
15. (Q) What causes the tightness and congestion?
  - (A) The use of the limb and the natural indication of some little swelling that comes where tissue or tendon adheres to bone structure.
16. (Q) Is there any cartilage torn loose?
  - (A) Not torn loose; there is hardly the correct position in the present.
17. (Q) Any obstruction in the joint?
  - (A) Only where there is the tendency for inflammation, as indicated, as healing takes place.
18. (Q) Please recommend a local doctor.
  - (A) Not necessary for a doctor unless it is desired on account of other conditions for the body. If then, it should be a choice by the body itself.
19. (Q) Should a further reading be necessary?
  - (A) Not unless there is NOT the full adherence to those things indicated, or there are some usages that cause other disturbances.
20. (Q) Please report on my vision.

(A) This is very good, save at times when there is the general strain in the body.

21. (Q) Is there a permanent weakness in this knee?

(A) Not necessarily so, as has been indicated. For some time, - six to eight months or a year, - there will be the tendency for weakness; and it depends upon the care that is taken and how the administrations are made, as to whether this will remain or be only a minor or temporary condition.

22. (Q) Any further advice?

(A) Do those things indicated, if there would be the better conditions for this member of the body.

23. We are through for the present.

#### **REPORTS OF READING 1771-5 F 24**

R1. 10/31/42 Letter: "The oil rub was most helpful. I haven't been very faithful with the hot compresses or oil, but hope to reform on that score too. Even so there has been a continued improvement, which I am very happy to report. I had an amusing time trying to get the oil compound made up. After several attempts I finally bought the various ingredients and put them together myself. I had no success with the insurance company. I could have any doctor I chose, but he must be an M.D. So that was that. Thank you for the letter of reference."

R2. 7/21/51 Answer to questionnaire: "From a skiing accident on 3/1/42 the main ligament in left knee was torn loose. The doctor advised soaking in hot Epsom Salts, which gave no benefit at all; it might have prevented inflammation from getting worse, but certainly did no healing. A week later the doctor advised surgery, that it was all that could be done. That's when I got the reading 1771-4. It worked! Marked Improvement within a month, gradually possible to have complete flexibility in knee. Didn't go back to the doctor who was supposed to be the best, after he suggested the operation. That fall I went on trail walks, which were long but not difficult. For about a year I abstained from dancing, bowling and skating (I never skied again). I've climbed mountains, etc., never had the slightest trouble only early July this year, during a second pregnancy, in walking down steps especially I noticed a pain under the kneecap on the inside of the left leg. I used the oil massage and it disappeared."

**INDEX OF READING 2015-6 F 1**

EYES: BURNS

Humor Par. 8-A

INJURIES: ACCIDENTS: BURNS

Physiology & Anatomy: Burns: After Effects Par. 5, 10-A, 11-A

Physiotherapy: Applications: Camphorated Oil:  
Burns Par. 4, 10-A, Reports  
: Tannic Acid: Par. 4, 7-A--10-A  
: Unguentine: Par. 4, 10-A, Reports

Prescriptions: Calomel: Eliminations Par. 5, 11-A  
: Podophyllin: Par. 5, 11-A

Scars Par. 4, 10-A, Reports

**BACKGROUND OF READING 2015-6 F 1**

B1. 10/11/40 A.M. Phone request by [1005]: [2015] pulled over a pan of boiling water onto her face, stomach and feet - all burned very badly; Dr. Gaither [Gant Gaither, M.D.] thinks one eye is burned.

**TEXT OF READING 2015-6 F 1**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 11th day of October, 1940, in accordance with request made by the father - Mr. [1005], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 4: 10 to 4: 20 P. M. Eastern Standard Time. ..., Ky.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions, as I ask them:
2. EC: Yes - we have the body here.
3. While these appear very serious in the present, because of the blister or the water, we do not find the injury to the eyes, but rather to the lids.
4. As we find, we would cleanse and use the tannic acid; followed with the Unguentine and the Sweet Oil (Camphorated) to prevent or remove scars, as the tissue heals.
5. Be very mindful that eliminations are kept above the normal. Use BOTH the Podophyllum and the Calomel as a base for eliminants, at various times; not together; but under the direction of the physician. While these would not be used

under most circumstances for a child, these would be the better in this case - because of the poisons from so much area covered with the burn, and the shock to the system, as well as the kind of poisons to be eliminated, and the need for the excess lymph.

6. Ready for questions.

7. (Q) Apply tannic acid?

(A) Tannic acid; the light, to be sure; this is understood by the physician.

Cleanse it first, then apply the tannic acid.

8. (Q) How should it be cleansed?

(A) Would you ask how to tell a doctor to cleanse a thing!

9. (Q) Are they using the tannic acid in the way suggested here?

(A) Not using it as yet, but these are a part of the bandages.

10. (Q) Then after the tannic acid apply the Unguentine?

(A) AS it heals; not, of course, while the tannic acid is being used, but as it heals. See, this cuts away air, produces dead skin, and leaves a scar. Then the Oils from the Unguentine, and the Sweet Oil and Camphorated Oil are to take away scar tissue, see? These are to follow within ten days to two weeks, see?

[GD's note: 11/30/42 See 2015-10, Par. 7-A, giving follow-up treatment to eliminate scar.]

11. (Q) The eyes themselves are not injured?

(A) As indicated, the lids; though there will be, of course, some inflammation.

But keep down the excesses of poisons by increasing the eliminations, to remove these poisons that are as natural accumulations from such an area burned.

12. (Q) Any suggestions for relieving the pain?

(A) As just given, this will relieve the pain when it cuts off the air!

13. We are through for the present.

## REPORTS OF READING 2015-6 F 1

R1. 10/18/40 Mother [23]'s card: "Baby getting along fine - tho' far from being out of the woods as yet. So grateful for reading! - it was the first thing I thought of when I saw what had happened - She's so well & healthy (thanks again to the readings) that she's responding rapidly to her treatment. Don't think her face will be scarred, and so thankful for her eyes.

"Will write soon all the details - Love to each of you..."

R2. 10/19/40 Father's letter to Edgar Cayce:

"Just want to write you and thank you for the Reading. We have followed it to the letter and you should see the response we have gotten. [2015] has improved 100% and her little face has entirely cleared up without leaving any sign of scar.

"We got a good scab over her little body and arm with the Tannic Acid. Then yesterday the scab started coming off and we cut it away a little at a time as it loosened up. We found that the burns are healing nicely under the scabs. For the last couple of days she has been itching pretty badly and she didn't sleep much last night as a result of this. However she is asleep now and has been for several hours. Didn't even wake up for her supper tonight. Dr. Dade [Randolph Dade, M.D.] has marveled at the way she has responded to the treatment. He

has followed the treatment outlined in the Reading with the exception of the Podophyllum. Said he considered it too strong for her and the way she was responding to treatment she did not need it. He used the Calomel however with excellent results.

"Don't know whether anyone wrote you about how she got burned. She pulled the bottle warmer over on her while [23] was boiling an egg in it for her. It was just one of those accidents that happened so quick no one knows how it happened. It certainly wasn't through any carelessness on [23]'s part for she sure has devoted all her time to the baby. She has felt awfully bad about it but she couldn't have helped it any more than I could have.

"Must close as it is late. All of us send love to all of you. Kiss Gertrude for me."  
Love, [1005]

**Extract from the Text of Reading 2015-10, F 3, 11/30/42**

(Q) Will continued use of Camphorice [recommended in 2015-6, Par. 10-A] gradually eliminate scar on arm (resulting from severe burn 2 years ago)?

(A) Camphorice, or better - as we find - Camphorated Oil. Or make the own Camphorated Oil; that is, by taking the regular Camphorated Oil and adding to it; in these proportions:

Camphorated Oil.....2 ounces,  
Lanolin, dissolved.....1/2 teaspoonful,  
Peanut Oil.....1 ounce.

This combination will quickly remove this tendency of the scar - or scar tissue.

[GD's note: The treatment was followed and the child developed into a healthy, perfectly normal, exceptionally beautiful young lady. The scars from her severe burns were completely removed, even the final one referred to above [Par. 7-A].]

**INDEX OF READING 2305-1 F 82**

Appliances: Radio-Active: Circulation: Incoordination	Par. 19
Assimilations: Eliminations: Incoordination	Par. 8
Circulation: Lymph: Scars	Par. 8
Diet: Toxemia	Par. 15
<b>INJURIES: FRACTURES: AFTER EFFECTS</b>	
Life: Opportunity	Par. 4, 9
<b>LOCOMOTION: IMPAIRED</b>	
Mechanotherapy: Injuries: Fractures: After Effects	Par. 16, 18
Meditation: Affirmations : Appliances	Par. 19, 20 Par. 19
Naturopathy: Injuries: Fractures: After Effects	Par. 16, 18, 25-A
Osteopathy: Locomotion: Impaired	Par. 25-A
Physiotherapy: Baths: Fumes: Atomidine: Toxemia : Witchhazel: : Massage: Peanut Oil: Locomotion: Impaired	Par. 16, 18 Par. 16, 18 Par. 17, 18
Prophecy: Prognosis: Locomotion: Impaired	Par. 21, 24-A
<b>TOXEMIA</b>	
Will: Motivation	Par. 11

**BACKGROUND OF READING 2305-1 F 82**

B1. Had accident 2 yrs. ago; slipped down step, cracked ankle bone, etc.

**TEXT OF READING 2305-1 F 82**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 12th day of July, 1940, in accordance with request made by the self - Mrs. [2305], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Miss [1703].



P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [2305].

R E A D I N G

Time of Reading 10: 50 to 11: 10 A. M. Eastern Standard Time. ..., New York.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body. You will answer the questions, as I ask them:

2. EC: Yes, we have the body here, [2305].

3. Now as we find, there are many conditions that are very good, especially as related to the functionings of the organs of the body; yet there are disturbances which at times cause a great deal of distress. And these for the most part CAN be relieved, thus giving a much better physical body for the functioning of the mental and spiritual forces of the body.

4. For, there ARE before this body many opportunities for bearing witness as to the activity of Creative Forces through this material plane.

5. These, then, are conditions as we find them with this body, [2305] we are speaking of, present in this room:

6. First, in the blood supply, - we find this very good, as indicated from the functioning of organs, especially as related to the diets that have been a part of the experiences of the body. Yet, owing to strains, stresses produced upon the structural portions of the body, through those segments in the cerebrospinal system as well as the ligaments and tissues in the locomotories, we find that the blood becomes at times charged with excesses of dross, or of used tissue NOT at all times eliminated.

7. Hence in the nerve system we find the sources, or the greater stresses that cause discomfort to the body at times.

8. Owing to the nature and the positions of the nerve centers as related to the locomotion, especially in the lumbar, sacral and coccyx area, and the limbs as related to the sciatic, there are those indications of scar tissue as related to lymph and emunctory activities, - as combined with the blood force, - that, with atmospheric pressure, changes, certain disturbances or distresses - either the easily unbalanced assimilating forces of the body or the lack of perfect elimination - easily cause disturbances and distresses through pressures; thus hindering the body in its locomotion and activity.

9. As to the functioning of the organs, - we find there are opportunities through the mental forces and abilities of the body, as indicated, for a great deal of good.

10. Through the discernments for the mental and physical reaction, a great deal of gain has come to the body for better mental and spiritual understanding of purposes and relationships of individual activity in the material world.

11. Thus we find, though there are physical disturbances, reflexes are off in the positions of functioning the better by sheer will, AND the flow of better energies by the MANNER of attitude and activity of the mental and physical forces of the body.

12. The ORGANS throughout are VERY good, save as indicated that at times the eliminations become somewhat clogged or disturbed.

13. The administrations that have been made for assisting in correcting these disturbances have been VERY good; though we do not find that these have reached quite deep enough to eliminate the causes, and to correct the disturbed conditions where there have been the injuries through the structural, ligament and tendon portions of the system, such as to overcome and to meet the needs for the better conditions of the body.

14. Then, in making administrations for the body:

15. First, we would not alter those purposes as to the diet, nor the oft turning to the raw vegetables and fruits as an aid to the better balance and better elimination, and better supply for renewing energies in the system. We would adhere to these in the regular periods, and as consistently as practical.

16. Before the attempts for the corrections by mechano-therapy (which as we find might be better made by the NATUROPATHIC adjustments), we would have the light Fume Baths. These we would have once each week, one time using Atomidine fumes (three-fourths teaspoonful of Atomidine to the pint of water used in the Fume Bath - as in a Cabinet Sweat or Sheet Gown, using the fume cup, croup cup or the like and allowing the fumes to settle over the body), and the next time using Witchhazel (a level teaspoonful to the pint of water for the fumes).

17. Following such a Fume Bath give the adjustment, followed by a rubdown with Peanut Oil; especially in the areas of the lumbar, the sacral, the coccyx, and ALL the way down the spine - what the body will absorb of Peanut Oil.

18. Two adjustments would be given each week; one a general treatment, and the other following the Fume Bath - followed by the Peanut Oil rub.

19. As an aid to equalizing the circulation through the body, we would use the Radio-Active Appliance. Use this whenever tired, or when desiring to sleep well. Keep the attachment plates very clean. When this is applied, use that period for meditation and prayer. In thy own words, let this be as the basis of thy meditation:

20. "FATHER - MOTHER GOD! USE THOU ME AND MY ABILITIES IN THE WAY AND MANNER THOU SEEST FIT! LET MY PURPOSE AND MY DESIRE, IN EVERY WAY, IN EVERY DAY, BE IN KEEPING WITH THY WILL - IN JESUS' NAME!"

21. Doing these, consistently, we should find in a few months better activities of the body, the relief from the distress at those periods of atmospheric pressure, and the ability to use the limbs in an active way and manner.

22. Do that.

23. Ready for questions.

24. (Q) Will following this treatment eliminate lameness?

(A) Will eliminate the lameness, and the body can become a very good danseuse if she so desires!

25. (Q) Should I go on with the osteopathic treatments I have been having?

(A) As indicated, those more of the naturopathic nature would be better; though the osteopath who has given these is extra good. If he will combine with his treatments those others as indicated, at least once each week, it would be very well.

26. We are through for the present.

**INDEX OF READING 2423-1 M 52**

ASSIMILATIONS: POOR: CURED

Diet: Apples: Eliminations Par. 15  
 : Assimilations: Poor Par. 18, 19  
 : Cooking Utensils: Aluminum: Not Recommended Par. 18

Electrotherapy: X-Ray: Abrasions Par. 11, 16

HANDS: FINGERS: INFECTIONS: CURED

INJURIES: AFTER EFFECTS: CURED

Physiotherapy: Massage: Cocoa Butter: Scars Par. 12  
 : Oils, Olive: Par. 12

Prescriptions: Atomidine: Glands Par. 7, 8, 15, 16  
 : Cream Of Tartar: Eliminations Par. 8--10, 16  
 : Olive Oil: Par. 15  
 : Rochelle Salts: Par. 8--10, 16  
 : Sulphur: Par. 8--10, 16

Prophecy: Prognosis: Injuries: After Effects Par. 17

Scars Par. 12

**BACKGROUND OF READING 2423-1 M 52**

B1. 12/2/40 Friend [2290]'s ltr.: "He has an infected index finger. It has been very bad for many weeks & he & his wife are very much worried about it. The doctors seem not to know what to do for it... Should it be massaged? How much longer should be kept in splint? What can bring back flexibility of end joint? How long before he can use the finger in playing the piano?"

**TEXT OF READING 2423-1 M 52 (Piano Teacher)**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 30th day of December, 1940, in accordance with request made by the self - Mr. [2423], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [2290].

P R E S E N T

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

R E A D I N G

Time of Reading 3: 50 to 4: 05 P. M. Eastern Standard Time. New York City.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body.

2. EC: Yes, we have the body here, [2423].
3. As we find, there are disturbing conditions which prevent the normal functioning and reactions in the system. These arise from TWO disturbances; first an unbalancing of the chemical system, until little reaction or assimilation of values of Vitamins B-1 is possible, or the coagulating elements; then poisons from hydrochloric acid, or excesses of same in the system, as combined with influences without.
4. Hence the inability for the coagulation, or for abrasions or injuries to heal. And these have become, and do find, a disturbance; and form the disturbance through the system.
5. If there will be the administration first of these properties we will suggest, we find that these will so react upon the system as to cause a purification for the body.
6. We would begin first, then, with these, and follow in this manner:
7. Each day take one drop of Atomidine in half a glass of water, before the morning meal, for five days.
8. At the end of the five days, begin on the next day with a mixture prepared in this manner:
  - Rochelle Salts.....1 level tablespoonful,
  - Sulphur.....1 level tablespoonful,
  - Cream of Tartar.....1 level tablespoonful.
- Mix these thoroughly; not merely stirring together, but put the ingredients in a mortar and stir and grind these thoroughly together with a pestle.
9. Each morning then before a meal is taken, take a level teaspoonful of this mixture, either dry or in water. Do this for five days.
10. Then leave off for three days.
11. Begin then with the X-Ray treatments to the areas where the disturbances are indicated in the present. These are to be given only as flashes, and not LONG exposures. Only give them once a week, but keep them up for at least five periods - that is, five weeks.
12. Use any character of ointment. Preferably, though, we would suggest Cocoa Butter that is dissolved or rubbed in with Olive Oil; as this will aid in preventing scars, even, upon the areas where old sores and injuries have been so disturbing to the body.
13. A massage of the body once in a while; once or twice a week, or once or twice a month; will be HELPFUL to ASSIST the system in the eliminations.
14. During this whole period we would be careful of the diet.
15. First, have a cleansing diet, - that is, during the first five-day period of taking the Atomidine, go on an Apple Diet for three days. Take all the body may eat for three days, ONLY raw apples - this the entire diet for three days, you see. Then, on the evening of the third day, at time of retiring take a tablespoonful of Pure Olive Oil.
16. After the cleansing of the system in this manner, with the Atomidine first, and then the compound, we will find we will have changed entirely the reaction of the chemical forces of the system; purifying the glands, changing the chemical forces entirely through the alimentary canal; so that the X-Ray will then become effective.

17. By the time this series of treatments is finished, or before, we should find the conditions will have disappeared.
18. As to the diet after the first cleansing with the apples, - we would have plenty of carrots - raw as well as cooked; oranges, oatmeal - but preferably the steel cut oats and these cooked a long time, but in enamel or glassware, NOT in aluminum - for this body. For this body, do not eat foods prepared in aluminum at all; for, from the natural conditions and the supercharges of acids, the body will be allergic to the effects from aluminum upon foods, - especially tomatoes or greens of any character or kind.
19. Have plenty of vegetables in the diet, then; little of meats, but plenty of those especially as just indicated. All of those, especially, that are yellow in color carry the vitamins and forces necessary to prepare the proper chemical balance in this body.
20. Do these, if we would bring the better conditions for this body.
21. Ready for questions.
22. We are through for the present.

**REPORTS OF READING 2423-1 M 52**

R1. 6/28/43 Mrs. [3954]'s letter: "I went on Sat. to call upon a sick man in a Chicago Hospital. His name is [2290]. I found he knew you and some years ago had a reading from you for his friend, [2423], who recovered. Mr. [2423] has been a friend of mine for some years. He and his wife [...] spent their summers at ... where I went to paint. Mr. [2423] asked me to call on his friend [2290]. We found a mutual interest at once in you."

**INDEX OF READING 2679-1 F 24**

Chiropractic: Not Recommended	Par. 7
Diet: Injuries : Vitamins: Upjohn	Par. 8--11, 16-A, 17-A Par. 16-A
<b>INJURIES: ACCIDENTS: AFTER EFFECTS</b>	
Lesions: Tendencies	Par. 4
Osteopathy: Lesions: Tendencies	Par. 7
Physiotherapy: Massage: Cocoa Butter: Scars : Peanut Oil: : Witchhazel:	Par. 6, 15-A Par. 6, 15-A Par. 6, 15-A
Psychosomatics: Healing	Par. 20-A

**BACKGROUND OF READING 2679-1 F 24**

B1. 1/29/42 Husband [1173]'s letter to EC:

Dear Mr. Cacey:

It is good to be writing you again, even though a result of an automobile accident which my wife and I experiences shortly ago. We had good care at the hospital, but I feel that a reading for my dear wife is in order as a means towards speeding and perfecting her recovery. Of course she already knew about your work and is glad to have a reading. It is not a life and death matter, but on the other hand, the sooner the better. There follows the necessary data about her and a list of questions. They cover the subject pretty thoroughly, but I would like to leave Mrs. Cayce free to add any questions which may arise during the reading.

Physical reading for: [2679] born May 6, 1917, in Minneapolis, Minnesota, and now resident at ..., Ohio, where she will probably be at the time of the reading.

Questions: 1. Can you prescribe an ointment to apply to my face? 2. Should the present cocoa butter applications be continued? 3. Should vitamin capsules Upjohn Unicaps and Upjohn Jeculin be continued? 4. Are there any cooked or raw foods especially to be recommended? 5. Should there be any message? 6. Any further advice? 7. Has the surgery of Dr. W. Brandon Macomber of 1430 Western Ave., Albany, New York, been adequate for a perfect recovery? 8. If further surgery proves necessary would Dr. Kazanjian of Boston be better for me than Dr. Macomber? 9. Was our accident pure accident, or was there any under lying cause in spirit? 10. Any further comment?...

With joyous wishes to you for the year and likewise to your family, [1173]

**TEXT OF READING 2679-1 F 24**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 5th day of February, 1942, in accordance with request made by the husband - Mr. [1173], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 3: 30 to 3: 45 P. M. Eastern Standard Time. ...., Ohio.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body. You will answer the questions, as I ask them:
2. EC: Yes, we have the body here.
3. As we find, there are some disturbances of a local nature, - and there are those refractory disturbances to which the injuries produced from without have contributed.
4. While we do not find fractures, there are some centers in the cerebrospinal system which need correcting in their impulse. If this is done before full lesions are formed it will be much more beneficial, and prevent a great deal of disturbance later on.
5. Those administrations being made for the face and body, - bruises and cuts, - as we find are well.
6. And while we would continue the use of the massage with Cocoa Butter, we would alternate this with a massage using three parts Peanut Oil and one part Witchhazel, - which would prevent there being so much scar tissue and less apt for any recurrent conditions from same. While the Peanut Oil and one part Witchhazel do not mix, put them in a container sufficiently large to shake well before being poured out to be massaged, - all about the areas of those injuries and bruises, and where there have been these. It will not only be soothing but, as indicated, will aid in prevention of further disturbances in the future. Alternate these, using the Cocoa Butter one time and the Peanut Oil-Witchhazel combination the next time, see?
7. We would have the corrections osteopathically, - not chiropractically but osteopathically administered, - with special reference to the sacral and lumbar axis AND the areas in the 7th dorsal to the first cervicals.
8. In the diets, also, much may be accomplished. Necessarily, there must be plenty of those properties that aid in keeping a correct balance in the production of lymph, leucocyte AND the red blood supply.
9. Then, have especially those foods that carry more of the calcium and of the vitamins A, D, B-1 and other B complexes.
10. Hence we would have plenty of fish, fowl, lamb and liver; these alternated as parts of the diet.
11. Use plenty of whole wheat grain, - as cracked wheat, crushed or steel cut oats, and plenty of citrus fruits. However, DO NOT use citrus fruits AND cereals at the same meal. Rather alternate these, having one on one day, the other the next, and so on.

12. These as we find, if adhered to, and with keeping good eliminations, should bring the bettered conditions for this body.

13. There should not be the needs of any further grafting or undoing of any incisions already made, if the areas are kept soft in the proper relationships one to another, - which may be better accomplished with the application of those things suggested.

14. Ready for questions.

15. (Q) Can you prescribe an ointment to apply to my face?

(A) This combination as we have indicated SHOULD be better than any other ointment, if we would keep away from scar tissue, see?

16. (Q) Should vitamin capsules Upjohn Unicaps and Upjohn Jeculin be continued?

(A) For the time being. But, as there is the more ability to assimilate vitamins from the food values, these are much preferable to the concentrated form. While these may be taken, and we would take them for at least ten days or two weeks longer, we find that AS the proper food values are obtained from the character of the diet these should be left off, - for they may be overdone, to be sure, by not being assimilated. Hence the assimilation of the vitamins through the use of the proper food values is much preferable.

17. (Q) Any raw foods especially to be recommended?

(A) Especially carrots, celery, lettuce. Especially these, or some of these, every day. Not necessarily all at once, but some of these at one meal every day.

18. (Q) Has the surgery of Dr. W. Brandon Macomber been adequate for a perfect recovery?

(A) As has been indicated.

19. (Q) Was our accident pure accident, or was there any underlying cause in spirit?

(A) Accident.

As we find, those purposes and combinations here are good. [See [1173]'s previous readings in re choice in marriage, etc.]

20. (Q) Any further advice?

(A) Keep in those attitudes not only of being constructive in the thinking but in the application of the principles of same in contact with others day by day.

21. We are through for the present.

#### **REPORTS OF READING 2679-1 F 24**

R1. 2/28/42 Husband, [1173]'s letter: "We are pleased that the reading was so clear, concise and encouraging. We are proceeding according to its advice. Best to all the Cayces and Miss Davis."



**INDEX OF READING 3334-1 F 51**

Adhesions ARTHRITIS	Par. B1, 13-A
Clairvoyance Of E.C.: Action & Places	Par. 2
Cold: Common: Acidity: Alkalinity	Par. 18-A
DEBILITATION: GENERAL Diet: Toxemia	Par. 8
Emunctories: Menopause Head Noises: Emunctories Menopause	Par. 4--6, 11-A, 14-A Par. 11-A Par. 4, Background
Mouthwash: Glyco-Thymoline : Lavis	Par. 17-A Par. 17-A
Perspiration: Toxemia	Par. 15-A
Physiotherapy: Baths: Fumes: Witchhazel: Toxemia : Massage: Camphorated Oil: Scars : Lanolin: Arthritis : Nujol: : Oils, Olive: : Peanut Oil: : Pine Needles Oil: : Salt & Soda: Gums : Usoline: Arthritis	Par. 6 Par. 16-A Par. 6, 12-A, 14-A, 15-A Par. 6, 12-A, 14-A, 15-A Par. 6, 12-A, 14-A, 15-A Par. 6, 12-A, 14-A, 15-A Par. 6, 12-A, 14-A, 15-A Par. 17-A Par. 6, 12-A, 14-A, 15-A
Scars	Par. 16-A
Surgery: Preventive: Tumors	Par. 14-A
TOXEMIA	
Tumors: Lymph	Par. 14-A

**BACKGROUND OF READING 3334-1 F 51**

B1. 6/21/43 [3334]'s letter:

My Dear Mr. Cayce:

I am fifty-one and have had a life of illness and setbacks, always searching for health. About fifteen years ago Dr. Hay's book and the help of a physician who believes in diet, put me on my feet, after years of invalidism, caused chiefly from auto-intoxication due to a repressed liver and generally slow bodily reactions.

## SCARS AND ADHESIONS CIRCULATING FILE

Five years of dieting had me well on the way to recovery from the ill effects of my many years of wrong living - and then the menopause hit. I went down to death's door with complete nervous breakdown, but made a "phenomenal recovery" due chiefly to my understanding of diet.

Since then life has been a struggle to keep going; so far I have just about managed to keep afloat.

Two years ago I had a bad setback when I was given a shot in the leg and the needle penetrated the covering of the bone, depositing the dose in this covering instead of in the bloodstream. The whole pelvic region and the glands of the spine were badly burned over a period of weeks as the fluid spread slowly instead of being distributed quickly thru the whole system, and on top of that the osteopath treated my burning spine, and I have never fully recovered, tho I am very active as far as my strength allows. I am a practical nurse and love my work, but am always hampered by lack of endurance. My vitality is good, but there are so many inner drains upon it.

One of my chief troubles is a bad spot in the intestines in the left side, which was greatly aggravated by the accident with the hypodermic. I surmise from the sensations that the bowel is stiffened and full of adhesions and works with continual difficulty which drains the blood and energy from the rest of my body. When that bowel begins to twitch people can actually see the blood drain from my face and I can feel the energy drain from my brain. My doctor says "no" to an operation, tho admitting he might advise it sometime - I presume if I were dying. He says that now I would regret it only once and that would be all the time.

X-rays show an arthritic condition of the spine and I have a malformed vertebra, but I am told that this does not matter, as only the spine of the vertebra is missing and the inner part that holds the cord is all right. But there is a very bad spot in the spine at the lower edge of the waistline, which was greatly aggravated by the accident two years ago and the breakdowns that followed. Heat applied to the spine at night is the best I have been able to do for it - only when I am tired. I also use a heating pad on the bad side and the left hip when it's especially sore.

I have a calcified lump in my chest which has been there for nearly thirty years and may be tubercular, but gives me very little trouble.

I have also badly receding gums which has not yet developed into pyorrhea, but I fear for the future.

More than anything else in this world I want the fullest degree of health I can get from my body. I still adhere to a pretty good diet of plenty of citrus fruit, cooked vegetables and meat at noon, and a raw salad at night. I have taken vitamins, but last winter they began to overstimulate and I had to stop.

I have at various times taken many, many osteopathic treatments but found them only palliative and not constructive for any permanent improvement, and with the arthritic condition I am advised to have no adjustments made - by the osteopath as well the Xray doctor....

Yours sincerely and hopefully, [3334]

**TEXT OF READING 3334-1 F 51**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 3rd day of November, 1943, in accordance with request made by the self - Miss [3334], new Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading ..., Pa., 11: 10 to 11: 20 A. M. Eastern War Time. near Phila.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:

2. EC: Has been a very lovely person!

3. We have the body and those physical disturbances about the body.

4. In these conditions we find there have been times, through periods of the life experiences, when the entity has overtaxed itself; especially through the beginnings of the menopause, when taxation and exposure made for congestions in the superficial circulation. These have caused at times the chilly sensations or congestion in the emunctory patches through the body, as in the extremities and over various portions of the body.

5. These not coordinating, then, with the general lymph circulation have caused varied forms of toxic or dross conditions, used energies, to not be eliminated from the body. With the changing in glandular secretions and activities, there have come periods of general debilitation; not in the mental abilities of the body but physical debilitations, causing reflexes of a neuritic, arthritic nature - as in hands and feet and lower limbs at times. These become quite painful, and at other times are just heaviness, aching in those portions of the body.

6. We find there should be taken systematically the hydrotherapy treatments, each including a Fume Bath with witchhazel using at least two teaspoonsful of witchhazel in a pint of water boiling in the Cabinet. Follow this with a thorough massage, in a rotary motion rather than pulling or beating, as to produce a real stimulation to the whole circulation - especially those centers where the emunctories and the lymph circulation coordinate with cerebrospinal, as well as where these are active forces through the torso and trunk portion of the body - just below the breast bone or the upper portion of this - just below the clavicle and through the whole area of the diaphragm, and then just above the pubic center. Also massage on either side of the hips, at the coordinating centers of the lymph circulation with the sciatic centers in the back portion of the hips and especially throughout the sacral. Have such a massage using this combination of oils, adding these in the order named:

Usoline or Nujol.....6 ounces,  
Olive Oil.....1 ounce,  
Peanut Oil.....2 ounces,  
Oil of Pine Needles....1/2 ounce,  
Lanolin (liquified)....1/2 ounce.

7. Give these treatments at least once a week until six to ten have been taken. Then leave these off for a while and then begin all over again.
8. Through these periods have good eliminations with the active principles of the diet. Plenty of figs, prunes, oatmeal. These should be a part of the diet. Citrus fruit juices, but never take these at the same meal that cereals of any kind are taken. Do not take too much meats, but fish and soups, broths, plenty of those - even though they may be made from fowl, lamb or beef. But there should not be too much meats for this body.
9. If we will do these, we will make for much better conditions for this body.
10. Ready for questions.
11. (Q) Is there anything to do for the trembling and ringing in ears?  
(A) All of these things that we have indicated you are doing for this. For, as indicated, this is the lack of the lymph circulation, caused by congestion of the emunctory patches through portions of the body centers.
12. (Q) What is the bone condition of left thigh?  
(A) While not entirely knitted properly, the elimination set up and the massages - especially as indicted for those portions of both thighs - will aid in making conditions much better.
13. (Q) Should there be an operation for intestinal adhesions just below ribs?  
(A) There should not be, until after at least three to four series of these other treatments have been given. For these should enable these adhesions to be broken up, if the oils are used properly - especially over the diaphragm and lower abdominal area.
14. (Q) What is the large lump in my chest?  
(A) A glandular condition or a secretion of lymph that, with emunctory patches, has just accumulated. This should be dissipated. Do not bruise but dissipate, with the gentle massage and the oils.
15. (Q) The chin stays wet all the time is there anything I can do for this?  
(A) This is just a part of the poor circulation. Use the massages and the Fume Baths. After the second or third series, the condition should be much better.
16. (Q) Is there anything to improve scar tissue on fingers?  
(A) The use of Camphorated Oil will improve these conditions if consistently used from day to day.
17. (Q) What should be done for gums and health of teeth?  
(A) Preferably use an equal combination of soda and salt as a massage, and then rinse the mouth with an alkaline antiseptic such as Glyco-Thymoline or Lavioris.
18. (Q) How can I keep my body free from colds?  
(A) Keep the body equally alkalized, or do all the things indicated and we will find betterment.
19. We are through with this reading.

**REPORTS OF READING 3334-1 F 51**

None.

**INDEX OF READING 3661-1 M 60**

Acidity: Alkalinity: Asthma	Par. 4
ASTHMA	
Bible: Books Of: James 1: 17	Par. 6
: Matthew 7: 12	Par. 8
: Psalms 103: 3	Par. 6
Chemical Imbalance	Par. 4
Diet: Asthma	Par. 17-A, 18-A
: Sugar: Chocolate: Not Recommended	Par. 12
Eliminations: Poor	Par. 13
Environment: Atmosphere: Asthma	Par. 4
Healing: Spiritual: Asthma	Par. 5, 7, 8, 14
Karma: Physical: Asthma	Par. 5
LESIONS	
Osteopathy: Spine: Subluxations	Par. 11
Prescriptions: Atomidine: Asthma	Par. 10
: Ragweed: Eliminations	Par. 13
: Senna:	Par. 13
: Simmons' Liver Regulator:	Par. 13
Psychosomatics: Asthma	Par. 5, 7, 8, 14
Scars: Asthma	Par. 4
Work: E.C.: Quotations & Similes: "First Things First"	Par. 8, 19-A

**BACKGROUND OF READING 3661-1 M 60**

B1. 12/15/43 [3661]'s letter to EC:

Association for Research and Enlightenment  
Gentlemen

Enc. please find my application for Associate Membership, also my check for one year dues and a reading from Edgar Cayce.

I have had asthma for about ten years and had to give up my business last year on account of health, I have spent most of what I had saved on doctors, hospitals, and change of climates, and have had very little relief, but I still have "Faith".

Very truly, [3661]

B2. 1/5/44 [3661]'s letter:

..., Illinois

Mr. Edgar Cayce, Virginia Beach, Va.

Dear Sir:

I will be pleased to have a reading on February the 15th at 2: 30 to 3: 30 C.W.T.

I will be at home, and will be in prayerful meditation at the time you mention.

The doctors say that I am allergic to so many things. I have had lots of skin tests made three hundred or more and they don't show that I am positive to any thing, only feathers.

While in Colo. Springs, Colo. I had some more tests made with a hypo. needle, the doctor there said that I was positive to a lot of vegetables. On a separate paper I have listed some questions to be asked, if too many and not the right kind, please let me know and I will send the kind you want.

Hoping that your service will benefit me.

I am Sincerely, [3661]

Questions: Here are some of the questions that I would like asked. Is there any way to rid me of asthma? What can I do for my Bronchial tubes? Why can't I sleep on my right side? It seems that is where my asthma started in my throat? Are vegetables good for me to eat? Is chicken good for me? Are eggs good for me? Does chocolate hurt me? Does milk hurt me?

**TEXT OF READING 3661-1 M 60**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 15th day of February, 1944, in accordance with request made by the self - Mr. [3661], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by the article in Coronet.

P R E S E N T

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

R E A D I N G

Time of Reading 3: 50 to 4: 05 P. M. Eastern War Time. ..., Illinois.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:

2. EC: Yes, we have the body here, [3661].

3. As we find, there are disturbances in the physical forces of this body.
4. These as to being helped will depend upon many factors. And if the body would find real help, these must be considered as a part of the whole condition. As there are scars from hindrances that have long existed in the body, from these deflections where pressures in the upper dorsal and through the cervical have prevented the proper circulation through bronchi and trachea, these have made for a thickening of the walls of tissue. Thus when there are changes of pressure in atmosphere, or when there are certain characters of foods taken, when there is the least cold or that which produces an unbalanced chemical condition in the body in the acids and alkalines, we find that there are recurrent spasmodic reactions through those areas where these scars or hindrances have been produced from this deflection. It is called an asthmatic condition, or asthma.
5. These are partially karmic. While the age in the present and the longstanding conditions are against the body-physical, we find that the body mentally and spiritually can - through the spiritual and mental attitude of the body - change these to a great measure.
6. For who healeth all thy diseases? Who giveth life? Who is patient and kind? Who giveth every good and perfect gift?
7. Faith, hope and then the use of those measures that contribute physically to keeping this equal balance, and those mechanical changes that will correct the condition, will bring ease and help and eventually a complete cure - if these applications are carried forward coordinantly for the body.
8. Do the first things first. Make thy peace with thine own conscience and with thine own environ, and with those things that would hinder thee in any manner from being everything to thy neighbor, thy brother, thy friend, thy foe, that ye would have them be to thee if conditions were reversed.
9. Then make physical applications as follows:
10. Begin with taking internally only one drop of Atomidine each week, in half a glass of water before the morning meal. Take this at some regular period, once each week. This will cause irritation at first. Gradually increase the quantity - not the amount taken but the frequency. Don't begin to increase the number of drops taken during a week until the body has begun to adjust itself to the variations by its use. Whether the one drop is taken each week for two or three weeks will depend a great deal upon the mental and spiritual attitude of the body. Then gradually increase, taking at first two days in succession each week for two or three weeks, then three days in succession for two or three weeks.
11. Also we would have mechanical corrections made (preferably osteopathically) in the 1st, 2nd, 3rd, 4th dorsal and throughout the cervical areas, until there is perfect alignment in each segment of that portion of the spine that controls circulation through those areas of the body that are afflicted. These corrections we would have twice a week.
12. In the diet beware of too much sugar. Beware of any chocolate or of any sweets of that nature or of too much starches. Beware of cold or drafts, or of getting the feet wet.
13. Do keep good eliminations, even though it is necessary that a vegetable compound having a senna base, and a mineral salts occasionally to change

these so that the body does not become too much of an addict to any one eliminant. Variations may be had by the use of compounds carrying other properties, but those with the senna base are preferable - and the ambrosia weed, or such as Simmons Liver Regulator.

14. Do these and we will gain better control - slowly; for the damage has been done. It must be rebuilt, spiritually, mentally and physically. It may not be done without cooperation in all phases of the experience of the body in these directions.

15. Ready for questions.

16. (Q) Why can't I sleep on my right side?

(A) Because of those conditions where the lesions draw upon a portion of the esophagus and stomach.

17. (Q) What vegetable should be stressed in the diet?

(A) All of those that are of the leafy variety, cooked and raw.

18. (Q) What about chicken, eggs and milk?

(A) All of these should be taken in moderation, not fried, however.

19. (Q) Any other advice?

(A) Do all of that suggested. Do the first things first - the spiritual, the mental and the mechanical things first.

20. We are through with this reading.

#### **REPORTS OF READING 3661-1 M 60**

R1. 3/16/44 [3661]'s letter to EC:

..., Illinois

Mr. Edgar Cayce

Dear Sir:

I was at my post on Feb. 15th for my reading, and would of written sooner but have been waiting for some good weather so I could go out for a treatment.

I haven't selected a doctor yet as I would have to make an appointment and it has been so cold here and lots of snow, now we are having lots of rain, and I have to be so careful, when the weather is bad.

I started with my Atomidine, one drop for two weeks, this week I started with two. I do think that I feel a little better. I haven't been able to find that vegetable compound with senna in any of the drug stores, can you tell me where I can find it? Very truly yours,  
[3661]

R2. 3/23/44 Card sent: Senna base: Caldwell's Syrup of Pepsin; California Syrup of Figs; Castoria, etc.

Karma (as per Webster's Collegiate Dictionary, 5th edition): The whole ethical consequence of one's acts, considered as fixing one's lot in the future existence. Hence, loosely, destiny; fate. GD.

R3. 9/13/44 [3661]'s letter:

Mr. Edgar Cayce

Dear Sir:

I am very sorry to say that I didn't get the desired results from my reading. No fault of yours.... I would continue only I can't afford it, as I am not able to work. Wishing you and your faculty every success. I am very truly yours, [3661]



**INDEX OF READING 4003-1 M 45**

Diet: Acidity & Alkalinity	Par. 7
: Eliminations	Par. 5, 12-A
Dis-Ease: General	Par. 3, 6
Eliminations: Scars	Par. 4, 13-A
Exercise: Eliminations	Par. 6
: General	Par. 6, 12-A
: Systemic	Par. 8, 12-A

**FEET: INJURIES: ACCIDENTS: AFTER EFFECTS**

**INJURIES: ACCIDENTS: AFTER EFFECTS**

Intestines: Colonics: Eliminations	Par. 5, 13-A
Orthopedics: Feet	Par. 11-A
Osteopathy: Feet	Par. 11-A
Physiotherapy: Hydrotherapy: Eliminations	Par. 6
: General	Par. 6
: Massage: Cocoa Butter: Feet	Par. 4
: Packs: Epsom Salts:	Par. 4
Scars	Par. 4

**BACKGROUND OF READING 4003-1 M 45**

B1. 2/8/44 [4003]'s ltr. to EC:

..., Calif.

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

Dear Mr. Cayce: -

. . . I should like a general physical check-up and if there is discovered a here-to-fore unknown bodily abnormality what there is to be done about overcoming this condition; and if any specific remedy is offered where same is to be obtained.

As I stated in my letter of application I am a physical culturist and consider myself in very vigorous physical condition - I would like to know what plan of exercise, diet, work, and so forth, would be best to assure perfect health and general physical condition to a vigorous old age. Since I am an enthusiast for "classic" physical development I am interested in knowing how best to retain same over the longest possible period of years, - not at the sacrifice of health, of course.

Specifically, however, I am interested most in having what can be done about the foot condition that I described to you in my first letter. This foot was badly injured in a tree-felling accident on March 16, 1941. The question in regards to it are: Can this foot be restored to normalcy or near normalcy? Is there a way to eliminate the calcium deposits which now prevent the bones from being aligned in their proper place? A method that will permit the flexibility of ankle and other joint that I have succeeded in maintaining? Then it might be necessary to know where and by whom treatment would be best recommended.

Also, are certain digestive upsets that I experience due to some functional weakness or are they induced through mental or spiritual unrest - in other words, worry, anxiety, and so forth. What can I do to overcome this condition?

I think this covers the questions pertaining to the Physical Reading. As stated, I am specifically interested in the foot condition and stomach unrest; but naturally want to know of any other condition that may be unsuspected.

I am looking forward to the report from you and want to thank you for arranging to give the time for these Readings.

Sincerely, [4003]

**TEXT OF READING 4003-1 M 45**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 24th day of March, 1944, in accordance with request made by the self - Mr. [4003], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by the article in Coronet.

P R E S E N T

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

R E A D I N G

Time of Reading 3: 40 to 3: 50 P. M. Eastern War Time. ..., California.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:

2. EC: Yes, we have the body here, [4003].

3. As we find, there are many conditions about the body physically and mentally that might be said to be bordering on the ideal. To be sure there are disturbances, as there are with each and every physical manifestation in the material world of a mental and spiritual being or entity.

4. For the conditions in the foot resulting from an accident to the body, we would apply once to twice to three times a week (according to the circumstances and the better needs of the body) apply Epsom Salts Packs, using an almost saturated solution. When these Packs have cooled, apply again; that is, using two Packs on each day that they are used - or the evening that they are used. Then massage the limb and foot with cocoa butter. Do not break up the deposits of the scar tissue, or calcium deposits, more than can be regularly or naturally done by increasing the eliminations; that is, do not break up more of the scar tissue than can be eliminated from the body. These should be eliminated not only through the respiratory and perspiratory system but through the alimentary

canal. After each period of using the Packs, massage the cocoa butter about the foot and gradually make those changes that will cause a better position of the structural portions of toe, the instep and the Achilles bursa. These are the areas that will need the change.

5. Some disturbances are indicated in the digestive forces of the body. These are from the lack of proper eliminations even though there are regularities. With the variations that occur from bodily exercise and the general changes indicated in the body, the eliminations need to be increased from these angles. This may be done in no better manner than by having colonic irrigations occasionally and by including in the diet such things as figs, rhubarb and the like.

6. Hydrotherapy and physical exercise, combined with these, should bring the better conditions for the body. These are the manners in which the body, or any individual body, may keep better activities.

7. In the diet we would keep the correct balance between the acids and alkalines of the body. This may be done by the using of vegetables and grasses, raw foods and fruits.

8. The exercise that we would follow for this body would be the stretching much in the manner as the exercise of the cat or the panther, or that type of activity; stretching the muscular forces, not as strains but as to cause the tendons and muscles to be put into position for the formation of strength-building to the body.

9. Do these and we will make for better conditions for this body.

10. Ready for questions.

11. (Q) Should the corrections in the foot be made by an osteopath?

(A) Be made by an orthopedic surgeon. If he is an osteopath it would be very well, but any good bone structural specialist would be good - though this treatment suggested here will receive more consideration and sympathy by those of the osteopathic school.

12. (Q) How may "classic" physical development be retained over the longest possible period of years, without sacrifice of health?

(A) As indicated through the exercise and diet, and the character of exercise that follows closely the movements of the cat and its kind.

13. (Q) What causes this digestive upset?

(A) Read that just indicated as to the lack of the proper associations of eliminations. Thus as indicated, have a few colonic irrigations and then set up better eliminations throughout the body-forces - as the accumulations or deposits are broken up and ready for eliminations from the system; else we will have them settling in other portions of the body.

14. We are through with this reading.

**INDEX OF READING 5092-1 F 30**

ACNE

Attitudes & Emotions: Self-Indulgence Par. 10

CHOLECYSTITIS

Diet: Cholecystitis Par. 13-A

Eliminations: Poor: Acne Par. 4

Intestines: Colonics: Cholecystitis Par. 8

Karma: Physical: Acne Par. 2, 3, 10

Pancreas: Cholecystitis Par. 5

Physiotherapy: Massage: Salt: Gums Par. 13-A

: Soda: Par. 13-A

: Packs: Castor Oil: Cholecystitis Par. 6, 7

Prescriptions: Calcios: Teeth Par. 13-A

: Olive Oil: Cholecystitis Par. 7

Psychosomatics: Scars Par. 9, 10

Scars: Acne Par. 9, 10

Sensations & Symptoms: Asthenia: Cholecystitis Par. 6

: Halitosis: Par. 6

Spleen: Cholecystitis Par. 5

Teeth: Soft Par. 13-A

: Toothpaste: Ipana Par. 13-A

**BACKGROUND OF READING 5092-1 F 30**

11/17/43 [5092]'s letter: "I'm writing you to request a reading. I live at the above the address and am there from 4 P.M. to 6 A.M. I request a physical diagnosis. I've been quite badly scarred by chicken pox and acne on my face, and wish that you could tell me what could be done for this. This is my chief reason for requesting your help. Also, I'm tired a great deal and seem to have some stomach or intestinal trouble which upsets upsets me and probably is the reason for my skin disturbance. Any help which you can give me in regard to the above will be so greatly appreciated, I'll gladly reimburse you for your help."

1/14/44 Letter: ". . . Here are a list of my questions: (1) I have many scars on my face: One on my nose due to chicken pox and others on the side of my face due to acne. I'm wondering if you could tell me what to do to eradicate these scars, or the name and address of a dermatologist who could do so. This is my chief reason for seeking a reading. (2) Also what can be done to correct this excessive oiliness which has resulted in acne and scarring. I am tired all the time, and tongue is coated and teeth are very soft. Could you also tell me what to do to correct these conditions? Thanking you most kindly and hoping that with God's aid you may help me, I remain..."

**TEXT OF READING 5092-1 F 30 (Stenographer, Catholic)**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 16th day of May, 1944, in accordance with request made by self - Miss [5092], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

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

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them.
2. EC: Yes, we have the body and those conditions which are a part of the consciousness, aware and unaware, with the body-physical.
3. In giving the interpretation of the physical disturbances, many phases of this entity's experience should be taken into consideration. That there are physical disorders, and have been for some time, is self-evident. The sources of these are not so self-evident. For these are karmic conditions and the entity is only meeting its own self.
4. In the pathology or pathological conditions of the body, we find there has for some time been those disturbances with the activity of the glands of the eliminating system, so that there has come those physical disturbances in the form of acne and blemishes over various portions of the body; especially, face, arms, hands.

5. These, as we find, may be aided in eliminating the sources or causes, a condition which exists in the activity of the gall duct, the pancreas, and the spleen, for these as glands in the body, must function together. There are those forms of gravel or sand in the gall duct itself, not so much in the gall bladder, but the activity of these not coordinating.

6. We would apply the Castor Oil Packs regularly; that is, about three days a week for an hour each day for three or four weeks. Thus we may eliminate the sources of this disturbance, eliminating bad taste, the tendency for bad breath, the tendency for tired achey feeling, things not tasting just right.

7. For an hour each day that these Packs are to be taken, use about three thicknesses of heavy old flannel saturated with Castor Oil. Apply over the liver and gall duct area. It is well if this extends to the caecum area on the right side, to be sure. As this is applied to the body cover with oilcloth so as to prevent soiling of linens. Then apply with electric pad. Let this keep very warm for an hour, sponge off with a weak soda water solution, a teaspoonful of baking soda in a pint of water well dissolved. Then after each three-day series of the Packs, take two tablespoonfuls of Olive Oil internally.

8. The second day after the first series, do have a colonic irrigation, do as to cleanse the entire alimentary canal or the colon, this will aid in cleansing the condition. We will find conditions may disappear, with all of these disturbances through that portion of the body.

9. As for scars, rather let the scars be removed from the mental and spiritual self. To undertake such through those activities of anyone altering these, we will have worse scars. Let the scars be removed from the own mental, the OWN MENTAL AND SPIRITUAL SELF. Turn to those things of making application of the fruits of the spirit of truth; love, patience, gentleness, kindness, longsuffering, brotherly love, putting away those little tendencies for being "catty" at times or being selfish or expressing jealousy and such.

10. Let that mind be in thee as was in Him, who is the way and the truth and the light, and we will make the light of love so shine through thy countenance that few, if any, will ever see the scars made by self-indulgence in other experiences.

11. Ready for questions.

12. (Q) What can be done to correct excessive oiliness which has resulted in acne and scarring?

(A) Just read what we have been giving.

13. (Q) Are my teeth soft, and what can I do to strengthen them?

(A) Use salt and soda in equal combinations as a massage for teeth and gums. These will make a great deal of difference. Do add some calcium in the form of Calcios to the diet. Do not eat fats. Of course, butter in moderation may be taken, but not fats of beef or even of fowl. And do not eat fried foods at all. The equal portions of salt and soda massage on gums and then use Ipana toothpaste. It will be well for the body.

14. We are through with this Reading.

**INDEX OF READING 5436-1 M 30**

**BRONCHITIS**

Circulation: Lymph: Bronchitis	Par. 1
Electrotherapy: Vibrator: Bronchitis	Par. 3
Exercise: Head & Neck: Bronchitis	Par. 6
Healing: Consistency & Persistency	Par. 2
Hypertension: Tendencies	Par. 7
Inhalants: Alcohol 85%: Bronchitis	Par. 5
: Balsam of Fir:	Par. 5
: Benzoin, Compound Tincture of:	Par. 5
: Benzosol:	Par. 5
: Eucalyptol:	Par. 5
: Tolu In Solution:	Par. 5
: Turp, Rectified Oil Of:	Par. 5
Injuries: After Effects: Scars: Bronchitis	Par. 1
Scars: Bronchitis	Par. 1

**BACKGROUND OF READING 5436-1 M 30**

B1. 7/20/29 He wrote: "Ever since I can remember I have been the prey of chronic bronchial weakness, which has laid me low almost every winter of my life, and which has given me one spell of pleurisy and two of pneumonia, the last one occurring last winter. I take cold very easily in the head, and the cold goes unchecked to the bronchial tubes. I am in doubt whether I can long survive this climate and have considered making a sacrifice to go south. In every way I am very healthy and strong, but the element which resists colds simply seems to have been left out of my make-up. If you could tell me what was wrong and how to remedy the condition and make myself normal in resistance to colds and bronchitis, you would render me an incalculable service. My spell of last winter has left me more liable to colds than ever. Every time it rains this summer I find myself choking up. My nervous system was also considerably shattered and has not completely recovered."

**TEXT OF READING 5436-1 M 30**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 27th day of August, 1929, in accordance with request made by self - Mr. [5436], via Mr. [849].

**P R E S E N T**

Edgar Cayce; L. B. Cayce, Conductor; Gladys Davis, Steno. Miss Mildred Davis.

**R E A D I N G**

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

1. EC: We have the body here, [5436]. Now, as has been indicated by the body, we find there are conditions as disturb the physical functioning of the body. While the body is good in many respects, and the general vitality of the body is good - yet these, as seen, are specific conditions that disturb the system, and have to do with the bronchi, the tubes, also throat and nasal cavities. There has existed for some time back some scar tissue, produced by a strain. When the tissue, then, becomes overtaxed by cold or congestion, or whenever there are the indications of an oversupply of blood to the upper portion of body, whether by overeating, sitting, or drafts, straining the voice, or an overtaxation to the sympathetic system - either in physical or imaginative influences to the physical functioning, these conditions become so involved, through the amount of mucus, or the lymphatic circulation becomes so overtaxed sympathetically as to throw OUT the mucus in this portion OF body, and thus causes the distresses either in throat or nasal or bronchi.

2. Now, to meet the needs of these conditions: First, we would give that these as may correct the condition must be used consistently, conscientiously, and persistently, until the system has resuscitated the condition to such a way as to overcome these conditions.

3. We would use an electrically DRIVEN vibrator, from the first dorsal to the base of brain, on either side of the spinal column, using this at least twice each day, for one to five minutes. Not more than this, not less than this.

4. We would also prepare this:

5. To 2 ounces of 85% alcohol, we would add:

Eucalyptol.....40 minims,  
Oil of Turp.....20 minims,  
Balsam of Fir.....20 minims,  
Tincture Benzoin.....10 minims,  
Benzosol.....10 minims,  
Tincture of Tolu in solution.....1/2 ounce.

Keep these separated, see? Add, as they are to be used, and when used - which should be at least once each day. Place a glass container in water that is allowed to come to a boil. Inhale INTO the lungs and nostrils that thrown off by the heating. Use, of the solution, at least half a teaspoonful each time. Very small quantity - half a teaspoonful of water being put in container, or the glass container, first. Then the solution added to this, and INHALE this steam or vapor that comes from same. Not in a metal container, but in a glass container should this be inhaled from.

6. We would also use the head and neck exercise.

7. The rest of the system we find very good. Tendencies toward a POWERFUL heart action, which - without proper consideration - may bring a blood pressure. Not existent as yet, but a TENDENCY - especially with that condition existent in bronchi and throat.

8. Do that, and we will find we will relieve the body of these periodic conditions arising from those conditions as we have given. We are through for the present.

#### **REPORTS OF READING 5436-1 M 30**

R1. 1/62 GD's note: Mr. [5436] visited EC several summers afterwards; he and his mother expressed appreciation for the help which his reading gave.



## Reports from Members

4/8/59 Dr. Rowland's ltr. to Hugh Lynn Cayce:  
DR. JAMES L. ROWLAND Physician and Surgeon, D.O. 8129 Wornall Road  
Kansas City 14, MO.  
The Association of Research Enlightenment  
Virginia Beach, Virginia  
Dear Mr. Cayce;

It is regretted that I have been so remiss in writing to you since your visit to Kansas City. I have heard many favorable comments concerning your talk and subject. It is indeed, hoped that you will return in the not too distant future.

I spoke to you about using the scar lotion, the formula which I obtained from the Personal File of your father's "readings". We are pleased to report that it was most helpful in helping my daughter, who had a keloid on her wrist following a severe cut on a glass window pane. The Keloid was removed surgically once. It returned twice as big, and was removed by surgical planeing. It again returned, I used the scar lotion coupled with ultra sound applications. I am glad to report that the keloid has disappeared, not only that but takes close scrutiny to determine its original location. We have been so impressed with this lotion that in 90% of our surgeries, it is now used in the post-surgical care phase.

Another case that you may be interested in, is a four year old girl, who was run over by truck, fracturing both femurs. The right femur was corrected by open reduction. The scar lotion was used on the incision area. This past summer, found the scar tissues soft and flush with the surrounding tissue. The scar had also taken on pigmentation and tanned at the same rate and degree as the surrounding skin.

Between 20% and 25% of my practice is hypnoanalysis and hypnotherapy. Much of my success with this medium has been guided by reading much of you father's philosophy as well as through his readings.

I trust that the above will be of interest to you and I will be looking forward to your next sojourn in Kansas City.

Respectfully, [signed] Dr. J. L. Rowland, D.O., M.S.P.H., F.A.P.H.A.

10/12/61 Mrs. J. J. Gallery, Pittsburgh, Pa., wrote:

"Dr. W. Lindsay Jacob [M.D.] was here at our house a few weeks ago and showed me results of scar lotion [2015-10] on his hand. He is most impressed with it."

6/63 Report printed in 10/63 A.R.E. Bulletin:

At Congress in June, 1963 Catherine Patterson from Youngstown, Ohio gave us the following instances:

Her brother-in-law had suffered severe acid burns that were bound to leave scars. To try to avert these they applied the remedy from the Cayce readings: camphorated oil, peanut oil, lanolin. Unexpectedly it burned so that the original burn was intensified. Inquiring of the druggist who had prepared it they learned that instead of the olive oil base in the camphorated oil, as specified in the

## SCARS AND ADHESIONS CIRCULATING FILE

readings, cottonseed oil was now customarily used as equivalent. He was requested to make them a supply with olive oil base and though he protested he did so. Applied, it did not burn and did prevent scars.

12/11/63 Frank Adams' and HLC's oral report: "Mrs. Betty Ryan, A.R.E. member of DC has reported that her doctors are amazed at her recovery from severe facial scars which resulted several yrs. ago from x-ray burns, etc. She has been using the scar lotion [2015-10] twice a day."

3/6/66 Betty Ryan's letter: "I still use the scar lotion daily and all is now gone. My face has come back so much better than I ever expected it to."

11/22/72 Roger T. Wilson, RR2-Box 209, California, MD 20619, wrote:  
"I had my gall bladder removed 2 1/2 yrs. ago. Just as soon as the doctor removed the final bandages, I started to use the scar tissue formula in the IRF, page 187 [2015-10]: camphorated olive oil, peanut oil, lanolin. After 2 1/2 yrs. of use, the scar is faint. I don't know if the scar tissue mixture really had an effect or if the present skin appearance is natural."

12/16/72 Sylvia C. Ferrer, CRNA [Nurse anesthetist], wrote:  
"The first 'cure' of Cayce I tried was the mixture of oils for scars - for a keloid scar from my surgery a yr. ago - had a tumor in my uterus. Started the scar medication 6 weeks ago. It's not quite levelled out yet, but there is definite improvement." 1/8/73 She wrote: "I'm still keeping up the scar tr. I'll let you know when it has gone."

Extract of lecture by Dr. Harvey L. Rose, M.D. during the 1972 Medical Symposium in Phoenix, Arizona:

Now, I'm going to tell about my two most interesting Scargo patients. Again, Scargo is camphorated oil, peanut oil, and lanolin which was originally used for burn scars and keloid type scars in the Cayce readings. This patient, a young woman, had acute rheumatic fever in 1964. Three weeks after the onset as the rheumatic fever was subsiding, she developed a vesicular rash around her mouth. The LE tests were negative. She responded well to ACTH and Neosynalar topically. The lesions healed with deep acne-like scars. In 1969 she was given Scargo, and after a six-month period, the scars had remarkably regressed - much to her pleasure. Then in April of 1971, she was in for some hemorrhoidal problem, and after checking her for that, she said: "By the way, guess what I've been doing?" I assumed she meant her hemorrhoids, and I couldn't quite understand her question. Before I had a chance to answer, she lifted her blouse, revealed her wide abdominal striate of pregnancy to be almost invisible after four months' use of Scargo. This was not in the readings. This was on her own. Being astute, she used the left side of her abdomen as a control. But being so happy with the results on the right side of her abdomen, she began using it on the left side as well, and you can see where the redness had not yet been affected laterally, but medially the redness was fading. She had worn a bikini for the first time since her last delivery in 1968.

Now, I have some patients putting on Scargo during gestation on one side of their abdomen to see what's going to happen. So, for striate of pregnancy, those of you who have given up hope, try Scargo. There's still some hope that you can still get into a bikini.

I might mention here of another case in which Scargo was used. This is one of my patients who was sewn up in County Hospital emergency room for a laceration on her chin. This was done about nine months prior to the time that I saw her in March, and the family was asking me for referral to a plastic surgeon. Dr. Jervis here is planning to go into plastic surgery. I don't think Scargo will take away all his business, but perhaps it will take away some of it. I said: "Well, instead of the plastic surgery, why don't you just rub this Scargo on," and they were certainly willing. Again, this girl was quite young. I think she was about five years old, and they weren't interested to have her go in for plastic surgery. That was in March, 1971. I saw her again in July, 1971. She had fallen at home and had a cut this time on her left temple. She fell against a bureau. This one I sutured up, and after I go through suturing, the father asked me for more Scargo. I really didn't know what he was talking about. I didn't realize that he knew anything about Cayce and why he was asking for Scargo. Then he reminded me: "Remember, you gave this to us last March."

Originally this scar was visible really down the hall. You could just see it down the hall, and there was a hard lump there. In fact, I thought she might have retained a foreign body. While I was sewing up her forehead here, I didn't even notice scar on the chin, and then when they called it to my attention, I looked. Yes, I could see it there, but you couldn't feel it. It was completely flat, and that was in about four months' use of Scargo.

Then, the father had had a scar on his lower chin. Maybe this is a karmic relationship too. Also on the same spot for years. He used the Scargo on his, and it was flat. Just amazing! So I gave him some more Scargo so that the father could continue. He wanted to use his a little bit longer to see how much better he could do.

Also, whenever she smiled, the thing would pucker and look even worse, but the puckering was gone, and it was just a beautiful result. So, pass these photos around here. The second one's just a little bit over exposed, but nevertheless the thing here looks very readily palpable, and here it was not palpable at all.

I might mention here that the Scargo we used came from Arvin, and it was not the camphorated olive oil which was used in the times of Cayce. The fellow at The Heritage Store is trying to keep his ingredients as closely as possible to the Cayce era, but we employed the regular camphorated oil which you can get in the stores now and which is a little bit different. So, even though the camphorated oil has changed since Cayce's days, it seems that the results have not!

2/20/74 Hugh Lynn Cayce's report to the A.R.E. members of the A.R.E. Board of Trustees meeting in Phoenix, Arizona on January 22-23, 1974, included the following:

THE SEVENTH ANNUAL MEDICAL SYMPOSIUM: To touch quickly on two or three of what to me were highlights of the actual symposium sessions, I was

impressed by the fine reports of the Clinic staff on the cases with which they are working daily, the way in which they are handling patients and their description of the use of the data from the Edgar Cayce readings, both in terms of basic concepts and specific treatments which seem to be proving beneficial. It is particularly exciting to see so many new young doctors getting interested in and beginning to work with data from the readings.

William H. Canada, M.D., a plastic surgeon from Pasadena, Texas, reported on his study and use of the Edgar Cayce data for severe burns. The emphasis on diet and elimination in bringing about better healing in severe burn cases was emphasized in the Edgar Cayce readings over fifty years ago. Dr. Canada showed by quoting from both modern authorities and Edgar Cayce data, how similar these points of view now seem to be. He also reported on the actual use of the scar lotion. On seven of fourteen cases of severe burns the lotion was used for massage on grafted tissue, with excellent results. In fact, he said that the other seven patients switched over to the preparation mentioned in the Edgar Cayce readings due to the good reactions of the seven who started using it [See 2015-10, Par. 7-A].

6/28/74 Dorothy Y. Bramble's ltr. to HLC:

2043 Bellevue Avenue Syracuse, N.Y. 13219

Hugh Lynn Cayce, Director A.R.E. P.O. Box #595 Virginia Beach, Virginia 23451

My dear Mr. Cayce:

. . . To be more specific, the reason for this letter is to tell you of an experience that I had and the healing I received. On December 27, 1968 I had the file on Castor Oil Packs and was planning to prepare a pack. I had the Castor Oil heating on the stove and left the room for a moment. When I returned the castor oil was flaming. It was in a stainless steel pan and instinctively I knew I had to get it out doors. I grabbed the pan in my right hand and opened the door and the back porch door the outer one was locked. When I got there, my hand was terribly burned and the skin hung off, between it landed bottom side up and put out the fire. I went back in the house and looked at both hands and they were both burned. The right very badly, my aunt put butter on them and it occurred to me to sit quietly in the living room and exercise all 10 of my fingers by opening and closing them rhythmically. I thought, what else can I do to help myself and the thought occurred to me to breathe deeply. I needn't tell you that the pain of the burns was terrific. Blisters were forming on my thumb, index finger and middle finger. The pain was such that I wondered how I could stand this.

As I mentioned above, I opened and closed the fingers of both hands and at the same time breathed deeply and prayed. After a half an hour goose pimples started at the very top of my head and came down both shoulders and arms in waves and they seemed to go right out my fingers and the PAIN WAS GONE! I know when you read that it does sound incredible, but it is God's truth. I didn't go to a Doctor, but rather tried to treat it myself. However, by Sunday the right hand was infected and swollen so I went to the emergency room of the Community General Hospital. They dressed it and referred me to Dr. Alfred Struther a plastic surgeon for care and treatment.

SCARS AND ADHESIONS CIRCULATING FILE

Then when I went to Dr. Struthers he questioned me about what type of pain pills I was taking. I told him I was not taking any. He asked how I went to sleep at night and I told him I simply laid down and closed my eyes. That was the simple truth. I did tell him about the hands being exercised and the deep breathing and how the pain went out my fingers. He told me the right hand had a 3rd degree burn.

After a period of about 10 days, the treatment being dressings of white vaseline, the skin was again back on the hand and, of course, there was scar tissue from the base of the index to the base of the thumb. I would say about a quarter of an inch in height or thickness. Dr. Struthers said that he would put me in the hospital and do a skin graft on the hand, I believe he said a "dog leg patch." I questioned him in regard to this and he said that I would have a functional loss of use of the index and also of the thumb. I am a Stenotype Reporter with the Workman's Compensation Board here in Syracuse and I need all 10 of my fingers, so I thanked him and said that I would take care of the scar myself. He asked me how I thought I could do that, and I replied I would massage the hand three times a day with Planters Peanut Oil.

Well, all this time has passed and this is the first opportunity I have had to write this out in detail. The conclusion to this episode is that my hand is smooth as the other, no scar, no functional loss, there is a slight difference in color but only on close inspection.

You will be interested to know that Dr. Struthers came in to Compensation Court to testify and I went up to him and put both hands in front of him and asked "which one?" He then told me that he recommended Planters Peanut Oil to all his burn patients. In fact, one day I was taking a hearing and a woman claimant told the story of having hot coffee spilled over her face, neck and arms and she didn't have a scar. She said Dr. Struthers told her to massage three times a day with Planters Peanut Oil.

I have written this out for you in the hope that it will help someone else. I have recommended the Peanut Oil to everyone for scars and even minor burns. I also use it to massage face, arms, legs, etc. In fact, all the things Mr. Cayce recommended, I use because I know they will work.

It would have been such a privilege to have met and known your father, perhaps another "time around."

I don't have the time and I am sure you don't have the inclination to read any more, but I have had many other experiences that I shall share some day. I feel that each day is a pearl on the golden chain of life and the days are filled with opportunities, if only we take advantage of them.

Very cordially yours, Dorothy Y. Bramble [DYB/abm]

3/27/50 Mrs. [264]'s report on using suggestions from 2015-6:

"Burns: Unguentine - Camphorated Oil:

"Had a deep burn on back of hand from electric iron. Applied unguentine 2 or 3 times daily for 3 days, then applied camphorated oil 3 times daily for about a week. The burn dried up without making a scab, and left no scar.

"Followed according to Health Hint." [in 2015-6]

10/30/73 Member, Fabry Cugno's report:

"...About a year ago, I was using a pressure cooker for the first time, boiling some brown rice and water. I was not aware that the top was not on securely, and it blew up in my face as I was standing right over it. I must say here, that (then), as I am now, I was in excellent health. I am a vegetarian; my main diet is brown rice, vegetables, and fruit. My health (obviously) had a lot to do with the healing of my face. The boiling water and rice hit me square in the face. I was stunned for a few seconds and then I ran to the sink and doused my face with cold water. My husband drove me to the hospital (45 minutes away) and the doctors told me I had 2nd degree burns from my forehead to my chin. They told me to coat my face with Vaseline and maybe I'd have scars or maybe not. They said it would probably take a month to heal.

"To make a long story short, I used Vaseline the first night but then my husband found a guy who had the Edgar Cayce black notebook of treatments for ailments. The treatment for facial burns was as follows:

(1) TANNIC ACID for pain (put on immediately); but in my case I found out too late about the tannic acid so I went to the next step: (2) UNGUENTINE applied to face until blisters pop and start to dry up. This promotes healing and reduces pain, which it did incredibly. I was in quite a bit of pain the first two days. (3) Sweet Oil [Olive] (or Camphorated Oil). This reduces scarring and helps heal. Put on when face is starting to heal.

"That's it. I was outside quite a bit just taking walks because I didn't like staying in the house. And I cannot describe the wonderful feeling I got when I took off the Vaseline and spread the Unguentine on my face. The difference was like night and day! I could feel my face go from dead to tingling instantly! I just knew it was healing. The total time from when I burned my face to when the scars started fading was approximately EIGHT days. I think it would have been even shorter if I had started with the Tannic Acid. I hope this will be of help to you. From that day I started reading books on Edgar Cayce and, as he has done for many others, he changed my life. I am twenty years old and I wish I had known about him when I was five or six. I am starting to meditate daily and I am following the Edgar Cayce style of meditating. I have always been interested in spiritual healing and I hope to be able to work it through meditation.

"The only other thing I can tell you about my facial burns is that when the water struck my face, it COMPLETELY missed my eyes. The bottom of my nose was raw, but my eyes and eyelids were untouched. I realize now that those burns were meant for me to learn about God and reincarnation, through learning about Edgar Cayce. Praise the Lord..."