

**Circulating File**

**SCLERODERMA  
VOL. 1**

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

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Please see the Circulating File, Scleroderma: Workbook for more information on the following suggested therapies for Scleroderma:

1. Atomidine Series
2. Information on use and activity of the Wet Cell Appliance.
3. Beef Juice.
4. Scleroderma Diet.
5. Castor Oil Packs.
6. The A-B-C's of massage.
7. Use of the charred oak keg with apple brandy as an inhalant
8. How to take an enema.
9. Fume baths.
10. Epsom salts bath.
11. Ventriculin
12. Visualization techniques.

**Scleroderma Vol. 1**

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## Scleroderma

Dr. John O.A. Pagano, *One Cause, Many Ailments*

Scleroderma (hard skin) is a condition where "the body turns to stone;" as it is often described. It is really a systemic condition that involves collagenous connective tissue, but the skin is the most visible organ in which the hardening of such is observed. All the internal organs can be involved: the kidneys, lungs, heart, liver, and even the arteries and glands

Scleroderma was one of the most devastating skin diseases that I encountered as a young intern in Denver. The afflicted patient was a woman who was in the last stages of her life when I met her. While there was nothing I nor anyone else could do to help her, many years later I had three separate cases of Scleroderma come into my office in one year. Two of them responded, one did not – but she was already at the point of irreversibility when she first came to me. She had been under medical care for several years before I first saw her, but try as the doctors might, it was just too late.

The second case, however, a woman whom I will call Cathy, was different. After being under extended medical care, she found her way to my office in the hope of trying a more natural approach. For this I turned exclusively to the Edgar Cayce material. In his works he emphasized that Scleroderma was primarily due to a malfunction of the glands of the body, principally the thyroid, adrenal, and liver. With the hormones of these glands malfunctioning, a tubercle bacillus or germ in the lymphatics of the skin itself occurs. The glandular deficiency creates *a lack of nutrition* in the circulation of the skin itself which affects the lymph flow. I followed the same procedure suggested for psoriasis, eczema, and psoriatic arthritis with two extra inclusions: a charred oak keg and castor oil. All other measures – the high-alkaline diet, olive oil/peanut oil massages, colonic irrigations, etc. – were followed.

The charred oak keg was employed since the woman had Scleroderma with lung involvement. There was crystallization of the lung taking place. The charred oak keg is exactly what it implies: an oak keg that has been charred on the inside. To this was added 100 proof Apple Brandy that filled the bottom half of the keg. A breathing tube was supplied and inserted in the center of the keg that allowed the patient to breathe the fumes generated in the upper half of the keg. This procedure was advised for many problems of the respiratory system: asthma, emphysema, tuberculosis, pneumonia, and other such problems. The protocol was successful as is evidenced by her letter to me dated March 8, 1992:

**Dear Dr. Pagano, I'm writing you this letter to inform you of the results of my tests I had run at Lahey Clinic. I went to Lahey on February 4, 5, 6. They did a pulmonary test which measured the amount of air I take into my lungs and checked my blood gases. I'm pleased to tell you the test turned out great. My lungs have improved from last year. I have 97% oxygen in my blood. The doctors couldn't believe it. They said that they have never seen that before. When you have a thickening of the lung as I did, it does not improve; it can stay the same but it will not improve. Well, Doc, we proved them wrong – and I'm living proof it can happen. I wish you could have been there to see how confused they were because they couldn't explain it – it was great! I know what did it though. I feel using the charred oak keg and following the diet you gave me and following the Cayce readings has made a major change in my health. I want to thank you for everything you have done for me. Sincerely, Cathy**

What, you may ask, does a charred oak keg have to do with the Leaky Gut Syndrome? Let's remember that the leaky gut causes systemic problems, the list of which can be staggering. Scleroderma is a systemic condition; therefore, it must be treated systemically if results are to be realized. In Cathy's case, her lungs became affected by the Scleroderma and produced pulmonary complications. Clearing the lungs with the charred oak keg gave her a higher oxygen capacity. This gave her immune system a boost and helped her build up her entire system. In the meantime, the dietary changes from acid to alkaline which she incorporated helped the overall picture.

## **Introduction to the Cayce Readings on Health and Healing**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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## Commentary on Scleroderma

Scleroderma is a disease process which is more technically known as progressive systemic sclerosis. It involves the collagenous connective tissues and may cause widespread, symmetrical, leathery induration of the skin, followed by atrophy and pigmentation. The cutaneous lesions are believed to be the external manifestation of a systemic disease, and the muscles, bones, mucous membranes, heart, lungs, intestinal tract and other internal organs may be involved by the same process, resulting in functional impairment such as heart failure or pulmonary insufficiency. The reader is invited to review this disease process in Cecil's Textbook of Medicine for a more thorough understanding of what modern medical opinions are at the present time concerning Scleroderma.

### *I. Physiological Considerations*

Scleroderma, as it is seen in the readings, affects not only the skin but the blood forming structural areas such as the bone and the lung tissue itself in a process which produces a hardening or a clotting of the blood, mainly as a result of the blood itself attempting to bring about what is called coagulation - that creative process within the body which is the building up of new tissue as old tissue normally dies. This is seen most graphically in the skin where the superficial circulation to the various layers of the skin itself is involved in this process. Then nerves ending in these areas become deadened because of the involvement in the process, which in turn results in acute pain and also reflexes to the autonomic nervous system which then becomes involved itself. In this manner the organs themselves become disturbed throughout the body.

There are glands within the body - in the case of Scleroderma these being principally the thyroid, the adrenals, and the liver - which become deficient in supplying elements which normally would keep all portions of the epidermis normal. These glandular elements are necessary in the formation of structure out of energy as Cayce has described many times in his readings. With these hormones absent, the effect of the influences of the glands is to produce, apparently, a tubercle bacillus or germ in the lymphatics of the skin itself as a direct result of the skin being destroyed and becoming hardened more rapidly than it can be rebuilt. This becomes a "consumptive" condition with an inflammation of the lymph in that area that consumes the circulation between the outer, the inner, and the most inner portions of the skin covering.

Another way of understanding the process or course of events - the glandular deficiency creates a lack of nutrition in the circulation of the skin itself which in turn causes a checking of the flow of the lymph circulation. As the disease progresses, conditions in the circulation become more disturbed and areas develop of a hardening where the lymph or emunctory flow is destroyed. The nerves in these areas become involved as described earlier - causing organic involvement on the part of the body to bring about better conditions. As the lymph flow is destroyed, the lymphatics themselves become inflamed, creating the germ or the tubercle bacillus, which consumes the circulation of the skin creating a malformation. In the more advanced cases of Scleroderma, the perspiration of the skin of course becomes involved, destroying the sweat glands. And without this normal breathing of the skin, a gradual increase in



acidosis within the body comes into being. This makes the body more susceptible to colds and to intercurrent infections.

Far advanced cases of course have nearly all portions of the body involved. Thus there is little of the oxygen needs of the body that can be met by a malfunctioning respiratory system, and the entire body is put thus upon a greater strain. As these conditions progress assimilation becomes more difficult and less capable, and the lack of reconstructive activities in the body becomes progressively more acute.

Review of the above information points up the fact that the endocrine glands of the body, in their disturbed functioning, become the primary cause of this disease process with the collagenous changes being secondary to the inadequate restoration of circulatory structures with the skin itself.

## *II. Rationale of Therapy*

In approaching therapy, we should remember that the body has a capability of normal function.

**Thus, - we would administer those activities which would bring a normal reaction through these portions, stimulating them to an activity from the body itself, rather than the body becoming dependent upon supplies that are robbing portions of the system to produce activity in other portions, or the system receiving elements or chemical reactions being supplied without arousing the activity of the system itself for a more normal condition. (1968-3)**

A primary therapy in Scleroderma certainly should be to eliminate the basic cause of the disease, which has already been described as a malfunction of the glands of the body. However, emphasis should be placed upon the need for persistence in gradually reestablishing a normal function throughout all those areas of the body which have been disturbed. Thus, the primary aim of therapy would be the gradual redirecting of the forces and energies of the body itself back toward what we know and consider to be a normal function.

Therapy should be directed at achieving certain goals which might be enumerated in order to establish a clear-cut direction. All these goals should be kept in mind as attempts are made to restore the functioning of the body step by step. The following are self-explanatory:

Cleanse and purify the glandular system of the body. This will aid in the blood building forces as well as bringing more normal activity to the circulatory system of the skin and the other tissues which need rebuilding.

Promote a more adequate assimilation of food substances. Attention needs to be paid to the diet and to the functioning of the digestive organs and assimilative tissues.

Correct the functioning of the superficial circulation and the lymphatic circulation of the skin. Local therapy should be considered as well as those influences which are brought about through the other goals which are listed here.

Add to the system that which will purify the blood; set into motion those parts which have become so disturbed; and build up the necessary forces to bring a nearer to normal reaction. This would imply the use of the Wet Cell Appliance which apparently brings into the body influences that have been rejected by the functioning of the body in assimilation in the whole process of the establishment of Scleroderma.

Improve the oxygen intake where it is needed and stimulate a more normal functioning of the lung tissues. Insure adequate eliminations and maintain a balance of the nervous systems of the body.

The use of any of the applications in a condition as chronic and deep-set as Scleroderma requires a persistence that often taxes the patience of anyone faced with this particular disease whether it is the one who suffers or the one who applies therapy. The necessity of a consistent application, however, is there and Cayce emphasizes it in a variety of means. One of the best examples of his emphasis is as follows:

**Do not make the applications merely as a routine, - either the rubs, the diets, or the appliance. Let these be done with the continuous spiritual purpose to be healed of the disturbances FOR a definite purpose, that is to be constructive and helpful to others.**

**Keep optimistic. Pray often; seeing, feeling, asking, desiring, expecting help - from Him, who is the way, the truth, the light. He faileth not those who keep His purposes. (2514-1)**

### *III. Suggested Therapeutic Regime*

Therapy for Scleroderma must be initiated according to the severity of the individual case. Among those cases given readings contained in this file, [528] obviously is the most critically ill. Thus, the basic therapy used in all cases of Scleroderma is closely joined to procedures designed to control and reverse some of the most distressing complications in her particular instance.

In this 28 year old woman, the Atomidine either by mouth or through the Wet Cell Appliance is designed to cleanse and purify the glandular system as well as “supplying to the system those forces or influences that will add to the blood stream in such a way and manner as to give that resistance in the hemoglobin and the effluvia of the blood itself, those abilities to destroy or throw off the conditions.” (528-3, par. 4). These were not used at first. Rather [538] was kept at bed rest; given fresh air or allowed to breathe oil of pine or eucalyptus and benzoin burning in her room; her eliminations were insured to be adequate through the use of enemas - not cathartics; her assimilations were improved through the use of ventriculin without iron (see attached note about ventriculin), beef juice frequently (see attached note about beef juice), and egg occasionally mixed with whiskey which has been burned to remove the toxic portion of the alcohol, and a diet which includes no starches whatsoever, designed to bring an alkaline condition to the body; and hot castor oil packs daily over the abdomen and also the back extending from the level of the diaphragm down to the sacrum portion, as a factor to disseminate energies to the body - this preceded by a thorough sponging off of the body with a saturated bicarbonate of soda solution. The soda would remove from the skin substances that otherwise would apparently be disseminated through the system and create unfavorable results. A review of readings 528-3, 4, and 5 would be instructive and helpful in understanding those changes that were needed in this particular case.

Later on enemas were suggested with two tablespoons of Glycothymoline added to 1 1/2 quarts of water at body temperature to prevent “reinfection from the tendency of the system to exhume this disturbed circulation through the alimentary canal.” (528-5). Also at this time, [528] was given instructions to use the pure apple brandy in a charred oak keg. The keg was to be at least a gallon or a gallon and a half in

size with one half to one gallon of the brandy added. It was to be kept close to the radiator or warmth of some sort, so gasses could be inhaled from the charred oak as well as from the brandy. She was instructed to inhale once a day at first, but when aching or feeling shaky, two or three times a day, "for this will assist the circulation in healing tissue that has been impaired by the effect of the condition as given." (528-6)

Further strengthening of the body was sought through the use of red wine taken with some black bread or rye crisp some time in the late afternoon. In other references through the readings this apparently strengthened the blood and corrected to some extent anemia. Alcohol rubs were also designed as a strengthening factor, if grain alcohol were used and not rubbing alcohol. These were especially to be used on the limbs and across the shoulders and "this will also tend to make for a better lymph circulation." (528-5)

Primary therapy however, in all cases that have been reviewed, is directed at bringing iodine into the system in the form of Atomidine, designed to bring about a better functioning of the glandular system through a cleansing and purifying action. In [2514] and [2526] the Atomidine was given by mouth first and then the Wet Cell Appliance was used thereafter. [528] did not use Atomidine by mouth until much later in her recovery period. Instead she was given the Wet Cell Appliance at the first.

Still another variation is seen where [2526] was given Atomidine by mouth, one drop daily for five days and then off five days; then one drop daily for five days, then off, etc.; at the same time she was to use the Wet Cell Appliance with only gold chloride in the solution jar. At the beginning of her therapy however, she used Atomidine one drop daily for two days, then two drops daily for two days, then three for two days, four, and then five. At the end of this ten-day period she was to stop the Atomidine and then take an Epsom salts bath in 30 gallons of tepid water with 15 pounds of Epsom salts in it for 30 minutes, while massaging the body thoroughly over the lower limbs. Following this, a peanut oil massage was directed from the base of the head downward, especially around the thyroid, then down the spine and particularly over the lower part of the spinal system; the whole of the sacral area and down the limbs both the under side and the over side as Cayce described it. As much oil was to be massaged in as the body would absorb. This procedure was to be repeated once with a slightly warmer bath, and then the Wet Cell was to be begun.

The Wet Cell Battery and its application was part of the therapy in every instance. For [2514] a double charge was suggested, except for the willow charcoal. Thus, her battery was charged with 1 1/2 gallons of distilled water, 3 pounds of copper sulphate, 2 ounces of sulphuric acid, 6 drams of zinc, and 1/2 pound of willow charcoal. Separate solution jars were to be used for the three different substances that were recommended. The gold was suggested for the nerve energies to be supplied; the camphor for healing forces; and the Atomidine for cleansing. Four ounces of each solution was to be used, the Atomidine and spirits of camphor to be used as usually obtained, and the gold chloride to be one grain per ounce of water. The three solutions were to be alternated with the negative electrode attached over the lacteal center, which was described as being three finger breadths to the right and three up from the umbilicus. The positive electrode or the small copper electrode, attached first, was for the gold to be attached at the fourth lumbar vertebra; the spirits of camphor next at the ninth dorsal vertebra; and the Atomidine solution at the second and third dorsal area, which would

“aid in governing the assimilative forces from the nerve forces in the body.” (2514-1)  
The solution jar is always attached to the negative lead.

The diet to be used is always that of an alkaline forming diet with many leafy vegetables as the main portion. Fish, fowl, and lamb are alright, but fried foods should never be used. Vegetable soups and other foods easily assimilated are recommended, vegetables cooked with patapar paper or the equivalent parchment paper which may be purchased in most Health Food stores. Meat should not be cooked with the vegetable soups. Other instructions about diet may be obtained from the A.R.E. booklets, A Normal Diet or A Diet Recipe Guide.

Stimulation to the superficial circulation and the lymphatic circulation of the skin is brought about through massages and fume baths. The massage already described for [2526] is essentially the same as that used in the other cases. Apparently the sacral area, the legs and hips, need more massage than other areas. This may have to do with reflex influences to the glands or to the nerve plexuses in those areas. A witch hazel fume bath (described in 2526-4) which could be done at home, was to be followed with peanut oil and olive oil massage.

Local areas of hardening are treated in various ways. Suggested were castor oil packs over hardened areas every other day over a long period of time for [2514]. Ichthyol was to be used over the sore places until the area was cleansed and then cuticura after that. Unguentine was suggested to be massaged in the skin for soreness and pain through the shoulders. These seem to be palliative measures for the most part.

A rather comprehensive therapeutic regime then, would include the Atomidine and the Wet Cell Appliance to work on the glandular system, the nerves, and the bringing into the body those energies needed; a dietary regime and care for the organs of assimilation to provide that which is needed through the alimentary canal; local therapy of the skin through massages and applications such as castor oil; and those other factors such as cleansing of the bowels with enemas, and aiding in more extensive complications of the disease process. It is perhaps of most vital importance to emphasize that persistent, patient, consistent adherence to the applications be maintained.

**Do these, as we have indicated.....Not as rote, but knowing that within self must be found that which may be awakened to the building of that necessary for the body, mentally and physically and spiritually, to carry its part in this experience. For the application of any influence must have that which is of the divine awakening of the activative forces in every atom, every cell of the living body. (726-1)**

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



## Healing Your Body

William A. McGarey, M.D.\*  
*Venture Inward, May/June 1987*

### A Scleroderma Case:

It all began when a young man felt so drawn to the Cayce readings that it led him to finish college and enter medical school, where he is working today. Before this came about, however, he and his mother were moved to send his sister out to the Creative Living Program here at the A.R.E. Clinic. She wasn't much in favor of the trip, but grudgingly agreed. Her problem was scleroderma of her extremities. Her skin and subcutaneous tissues were hardened from the fingertips up past the elbows; and her feet, ankles and knees were likewise afflicted. She was able to continue working, but with difficulty. She had no obvious problems internally, but she did find it difficult to do deep-breathing exercises. The range of motion of those joints was limited and moderately painful.

She was treated with the suggestions Edgar Cayce recommended, which can be found in the A.R.E. Circulating File on Scleroderma: castor oil packs on the abdomen and on the extremities; Atomidine, special diet; massages; visualization, etc.

All this happened in 1982. She went home and followed the kind of a program which was outlined, her brother and mom urging her on. An interim report from her mother said: "Absolutely delighted to tell you that Carol-Ann has recovered mobility in her hands and legs and knees. Regeneration is in progress. The miracle we've been praying for is here. I've got the prayers coming from the North Pole to the South Pole."

Recently I received a 4-year progress report. Her doctor had seen her and was "delighted" with how well she had been doing. He told her: "Your physical examination was quite satisfactory and shows remarkable resolution of your previous abnormalities. Your laboratory studies were likewise normal..." Her mother said, "What more could a mother ask for than this?"

The brother who is aiming to make a career of searching out the secrets from the Cayce readings on healing now reports that his sister is normal and in complete remission from the scleroderma. He added a simple statement that many of us understand, "Miracles do happen!"

Scleroderma is much like other conditions of the human body, in that changes have occurred which cause a physiological malfunction, which in turn creates a disease. Illnesses do not come from nothing. They have their origin in a breaking of the law of the body, the mind or the spirit. This is the sort of thing that Cayce called sin – a deviation from the destiny that each individual shares: to know ourselves to be ourselves, yet one with the Creative Forces, or God.

We are, indeed, first spiritual beings, then physical....

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\* Dr. McGarey is co- director of the A. RE Clinic in Phoenix, Arizona.

## ‘A Healing for Dollars and Cents’

William A. McGarey, M.D.\*  
*Venture Inward, May/June 1994*

*If you learn that you are capable of overcoming any illness,  
you can ask, as Cayce often put it, “Who needs a doctor?”*

Edgar Cayce’s philosophy of healing the human body is what is lacking in the field of medicine, and perhaps has lacked for the last 75 years. Healing is always a process. It is not treating a diagnosed illness - it is treating the living, ongoing, functional unit that we call the human body, with its mind, its spirit, and its emotions. All have shared in creating the problem, and thus must take part in the healing, and without all factors considered to start the process of a return to the normal, there is no true healing - just, as Cayce put it, “A healing for dollars and cents!”

That sort of consciousness allows people to take on the care of their own bodies and restore health themselves. Anyone can take an Alka Seltzer or a few drops of Glyco-Thymoline here and there to encourage the body to become more alkaline - and, in the process, aid the body’s defenses in wiping out the cold germ.

If we can teach every single person who reads *Venture Inward* that they are indeed capable of overcoming any illness, then they can ask, as Cayce often put it, “Who needs a doctor?” I think I would be failing in my destiny if I did not encourage people in that manner. And I hope all who read this column understand that bit of philosophical approach underlying the healing process.

Sidney Kalugin understands it, in the wisdom that comes with experience. We visited together recently in Phoenix, and we clarified the series of events that changed his life in 1967.

He first noted pitting edema of his ankles and legs. Then came kidney trouble. He saw his physician, who prescribed a diuretic. Then his feet turned beet red. It didn’t take long before his physician had his skin biopsied and made the diagnosis of scleroderma. A specialist at Mt. Sinai Hospital confirmed the diagnosis, and gave Sidney six months to live.

The next step in his adventure took him to his chiropractor, who introduced him to the book, *There Is a River*. At that point, his hands were involved in the disease process, his face and feet and legs were hardened, and it was difficult for him to walk.

The A.R.E. referred him to me. I told him Cayce’s treatment for scleroderma, and we sent him a wet cell battery. He had already started working with his diet. He lost no time in starting to take Atomidine, then castor oil packs and the wet cell battery.

Almost immediately, he started leveling off instead of losing ground physically, and then noted that he was improving. In two months, he was markedly better. The charred oak keg with the apple jack brandy was for him “like a gift from heaven.”

He recovered from the scleroderma, and his persistence, patience, and desire to get well again all are now part of the wisdom he gained by applying these qualities that we call attitudes and beliefs.

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\* Dr. McGarey, chairman of the board of the A.R. E Clinic in Phoenix, Arizona, is the author of *The Oil That Heals*, recently published, and *The Edgar Cayce Remedies*.

He told me what was most important to him in going through this healing process: "Leave the world better because you have been here!" And he added a quote that I've seen in the readings many times - "Knowledge not used is sin!"

Sidney's life truly changed. Once he talked to the parents of a two-pound premature baby who was not doing well. He suggested that the mother rub castor oil on his abdomen. Mother did so, and the baby flourished. But this has been a pattern in his life during those years - a pattern of helping others, who then get the opportunity to experience their illness as a process of healing. And, along with the healing there comes what's called soul growth.

Physical healing can often be seen by others, but what about the feelings, emotions, and fears that one experiences? They often lead to illness if they are not eliminated. Can they be relieved instantly, or is this healing also a process?

I received a letter from an artist who took part in one of our Temple Beautiful programs. She was grateful to all who helped her and made it the "most important 11 days of my life!" I'll let her tell the story:

"I arrived confused, frightened, expectant - yet doubtful. I was exhausted from trying to make sense of all my thoughts and feelings. What are these terrible pains in my body? Why am I on the verge of tears much of the time? What is this feeling that if I can just see over the next mountain, I will know where to go? - but, which path? How far? Can I make it alone? I learned the answer: I needed the love and support, wisdom and guidance of others to help me find and follow my path to healing my body, mind, and spirit. I am stronger now for being able to ask for help.

"I learned that the pain in my body was caused by a combination of physical, emotional, and spiritual issues which I have now addressed on all levels. Now I am free from pain most of the time. When it recurs even for a moment, I know my body is signaling me to pay attention. It is a guide instead of an enemy. I feel joyous most of the time. My tears are now mostly from feeling touched by love, beauty, or from missing the wonderful family of friends I made during those 11 magic days at the Oak House.

"I now feel free to be the powerful, beautiful, loving person that I am, but was afraid to be. The lesson learned is that we are all powerful, beautiful, and loving for we are made in God's image. You have given me the gift of new life. I know now that my path is to spread love and light in all that I do."

So, 11 days or two months, it is always a process, this healing of human ills. And the soul growth that ensues enlightens the world in its own way.

## **Case Profile #1: Scleroderma**

A.R.E. Clinic #274341 - January 1984

### *Summary*

A 13 year old girl with scleroderma with morphea (lesions on the skin) achieved reduction of symptoms within one month of Cayce therapy and continued gradual improvement during a three year follow-up period.

### *Background*

Margie, was a 13 year old girl who first came to the A.R.E. Clinic in October, 1980, with a diagnosis of scleroderma with morphea. Previous treatment by a dermatologist and family physician failed to provide results. Margie's parents were alarmed by the poor prognosis given for this progressively debilitating illness - an 80% chance of death within ten years - and were anxious to find help for their daughter.

### *Medical History*

In May, 1979, Margie's mother noticed a tiny spot on the skin overlying her upper breastbone. As it looked like ringworm, they applied some anti-fungal ointment and promptly forgot about it. In August it was still present and had enlarged. Their family physician discovered a similar lesion on her back and agreed that it was fungal in origin. She did not respond to the medication he prescribed. Her hands became very sore, swollen, cracked and bleeding.

In September he referred her to a dermatologist who biopsied the lesion on her back and diagnosed morphea. He told them "it wasn't leprosy and it wasn't cancer, but it wasn't something you'd want for Christmas either." He gave her a dry skin cream for her hands and recommended Vitamin E to slow down the morphea. Margie began to feel sick, fatigued, and complained of headaches and backaches often. Both hands and feet became affected.

The mother began reading all she could about morphea and discovered that it is a disorder of connective tissue leading to fibrosis that involves the skin and a variety of internal organs, most notably the gastrointestinal tract, lungs, heart, and kidneys. There are many theories about its cause, but it is not yet well understood. The disease in the majority of patients is characterized by a prolonged relentless course of progressive skin and/or organ involvement. Only 20% of patients are alive 10 years after onset. Death comes from cardiac, kidney, or lung involvement.

She read Adelle Davis' books on nutrition and made changes in Margie's diet. Junk foods were eliminated. Breakfast was a "pep-up drink" consisting of milk, brewer's yeast, desiccated liver, and wheat germ. The swelling and discomfort in her hands and feet resolved, but Margie continued to feel quite ill.

In October, 1980, they brought Margie to Dr. Gladys McGarey at the A.R.E. Clinic. Dr. Gladys found skin lesions on her chest, back, shoulder, hip, chest, cheek and hand. The biopsy site on her back had not healed, but was an open weeping sore. The diagnosis of morphea was again confirmed by biopsy (taking a sample of skin tissue by surgery).

### *Treatment*

Margie's father is a minister. Wanting them to be fully informed about the Cayce material, Dr. Gladys had them read *There is a River*." The mother's comment then was, "I don't understand about reincarnation, but if this program will help, I'll do everything I can to help Margie get well."



They began the Scleroderma program derived from the Cayce readings, using the Scleroderma workbook developed by the Clinic. They followed the diet recommended especially for Scleroderma, rubbed castor oil on the skin lesions every day, used atomidine - one drop in one-half glass of water every other day, abdominal castor oil packs six days/week followed by a back massage, and a full body massage on the seventh day. (The massage oil used was equal parts of castor oil, peanut oil, and olive oil.) They had planned to use the Wet Cell Appliance one month later. She participated in ten sessions of biofeedback training to learn how to use autogenic exercises for deep relaxation and visualization of her lesions healing.

When she returned in one month, she was much better. Her back ached less, her joints felt better, and the lesions on her cheek and hand (the last two to arrive) had disappeared. Because she had responded so well, the Wet Cell was not used.

School was quite stressful and tiring for Margie. She stopped participating in physical education, but instead worked to help children in kindergarten through fourth grade. Her parents worked with her and the school in limiting her homework and ensuring her plenty of scheduled and unscheduled time.

As the youngest of eight children and the only child still at home and as the daughter of the church minister, Margie was used to receiving much special attention and held the attitude that this treatment was her right. She had great faith in the Lord's healing power and decided that she would be healed "Zingo, the spots are all gone, and I'm well!" when she was asked. It was difficult for her when this instant assistance did not occur. She didn't want to "have to mess with the diet" which she battled at first. She sneaked candy bars at school and complained much about the diet and castor oil packs. Finally, her mother told her, "I am doing all I can possibly do, I can't make you well, Margie. You are going to have to cooperate. It's your body and your aches." Some time later, Margie told her mother, "I've been praying about it. I'm sorry about my attitude. I'm not going to complain any more." A few months later she also shared "I've made up my mind that even if I don't get well, I'm going to enjoy living."

#### *Results*

Margie has continued to improve. The skin lesions which were numb, silvery white with purple rings around them, now appear only moderately discolored and are completely loose and movable with full feeling in all of them. The improvement in appearance has been documented with photographs.

Her fingers are completely mobile. She plays the piano very well. The family has learned to talk more about their feelings. Their support has solidified and grown. Margie has become more tolerant of others when they seem unpleasant - thinking "maybe they don't feel well or something is bothering them." And she takes pains to find out.

Although she is still on homebound schooling, as she looks to the future, her ambition is to become a nurse.

#### Report by:

Gladys McGarey, M.D. and Harvey Grady, Director of Research  
The A.R.E. Clinic  
4018 N. 40th Street  
Phoenix, AZ 85018  
Telephone (602) 955-0551

## **Case Profile #2: Scleroderma**

A.R.E. Clinic #301099 - June 1983

### *Summary*

A 22 year old woman with scleroderma achieved significant relief from symptoms after five months of treatments with the Cayce therapies and continued gradual improvement during a 16 month follow-up period.

### *Background*

Terri was a 22 year old single woman when she came to the A.R.E. Clinic's Temple Beautiful Program in February, 1982. She arrived as the result of a scleroderma diagnosis elicited through clinical history and laboratory findings taken in her home town.

Terri had been living with a friend and had quit her job two weeks prior to her arrival in Phoenix. She had been an accomplished horsewoman who did competitive calf-roping. Her condition made these activities too painful to continue, which was frightening to her. She feared becoming a cripple.

### *Medical History*

Terri first sought medical attention after experiencing two to three years of progressively worsening Raynaud's phenomena (a disease state mainly limited to the fingers and toes, whereby the blood vessels become constricted, usually from cold weather or emotional stimulus, resulting in intermittent pallor and blueing of the affected digits). Terri was also experiencing arthralgias (joint aches) particularly of the elbows and left knee and sclerotic (thickening) changes of the upper extremities to the level of the mid-forearm and of the dorsum of the foot. Also noted at this time was decreased range of motion in the neck and in the shoulders.

Past medical history revealed hypothyroidism, indigestion and tendencies toward depression as related by Terri. She was on no medications when seen at the Clinic.

A physical exam performed at the Clinic revealed cold, sweaty hands and feet, with hands that were also swollen and blue. The skin was thickened over the dorsum of the foot and the upper extremity. The shoulders were tight, demonstrating restricted motion, as did the trapezius muscle of the neck.

Lab tests, which included urinalysis, complete blood count and a SMAC (biochemical blood screen), were within normal limits, with the exception of a low thyroid profile and elevated liver enzymes.

### *Treatment*

A therapy program was made for Terri which consisted of daily exercise; dream work, attitude changes; prayer and meditation; the Scleroderma diet; visualization; castor oil packs to the hands and feet every night; castor oil packs to the abdomen five nights/week; Epsom salt baths once a week; Glyco-Thymoline in water used as a gargle; massage and hot baths; beef juice; enemas once a week; one drop of atomidine every day for six days a week; and 1500 mg a day of vitamin C.

ETA therapy was utilized four times with Terri expressing a sense of relaxation of her body and "warmth" creeping back into her chilled extremities. A loosening of the constrictions in her throat, hands and feet was also experienced. Pain was relieved during these sessions. Biofeedback training helped her learn how to relax and increase blood flow into her arms and legs, even during emotional stress.

She began to realize that she was a compulsive achiever, driving herself always to accomplish more. She learned gradually to accept herself as she was and to love herself more. This reduced her drive to achieve to more reasonable levels. Terri followed her treatment program persistently and consistently, amazing her parents with her ability to care for herself. Her mother commented, "She is a different person."

*Results*

When Terri left the Clinic to return to her home state after several weeks of treatment, she was appreciating more warmth in her extremities. She followed her treatment program well and at a five month check-up stated that her hands and feet were responding wonderfully. She was able to achieve more movement and able to reach around behind her back which she had previously been unable to do. The restriction in her throat had become quite minimal and she proudly announced her ability to sing again. In addition to maintaining employment, she began to ride horses again, as the skin on her legs and hands improved. Terri rode in a rodeo 15 months after treatment began, feeling that she was physically almost as fit, and much wiser than before her illness.

Report by:

Harvey Grady Director of Research

THE A.R.E. CLINIC

The A.R.E. Clinic is a non-profit Arizona corporation dedicated to provide the best available medical care, utilizing conventional and holistic therapies. Medical research - finding better methods of healing and regeneration - is an important part of the Clinic's mission. This report is part of a series of publications intended to keep medical professionals and the general public informed of research findings that might give hope to persons struggling with illness.

Thousands of persons have chosen to become patients of the Clinic for the purpose of seeking better medical care. Since its founding in 1970 more than 30,000 patients have been served. About half of these people sought treatment based upon the Edgar Cayce readings - a body of nearly 15,000 psychic discourses systematically recorded and studied by professionals in many fields. The other half of the Clinic's patients included persons referred by physicians, psychologists, nutritionists, counselors, ministers and other sources who have known of persons helped by the Clinic.

Services are available for reasonable fees, with some scholarships being provided through donations by individuals. Funds for operating the Clinic come from fees for service and tax-exempt contributions. Contributions are needed and welcomed to further this research. Many persons have questions about specific illnesses and how they can be treated with methods derived from the Cayce readings and other responsible sources of alternative health care. The A.R.E. Clinic acts as an information clearinghouse for persons around the world seeking the best available care.

*Notes from the Medical Research Bulletin*

**Hope for Scleroderma Patients**

*A.R.E. Journal*, September 1976, Vol. XI, No. 5

by William A. McGarey, M.D

Scleroderma is one of a group of collagen diseases. Other manifestations of this abnormality in the body are periarteritis nodosa, systemic lupus erythematosus, dermatomyositis and what may be called variants of pelyarteritis. They all affect the collagen or connective tissues of the body and are often difficult to diagnose, even more difficult to treat.

Scleroderma was recognized widely in well-developed cases during the time Cayce was giving readings. Thus, there are a number of readings relating to this very destructive illness. Occasionally the problem is not well defined and the results in the human body not so destructive; they may be localized to one portion of the body, and not always the skin.

This was the case with a patient who came to the A.R.E. Clinic for treatment in November 1974. He had been diagnosed as having some kind of collagen disorder; scleroderma was among those conditions suspected. A lung biopsy performed nearly a year before revealed only non-specific findings that could have been seen in early stages of other related diseases. Supporting blood studies, however, failed to substantiate any of the other possibilities.

His symptoms included a diffuse skin rash that started on his fingers and hands in early 1973. Shortly afterward, he developed lung trouble which eventually required a lung biopsy early in 1974. His hands started paining him about the same time, reacting adversely to prednisone. This led to the first tentative diagnosis of scleroderma because of the swelling and pain. His legs then became troublesome, increasing the evidence of connective tissue disease. He was depressed, unable to work and move about freely; and the pain in his hands, shoulders and legs continued to give him difficulties.

In November of 1974 he was introduced to a program of scleroderma therapy taken from the readings. For the past year his treatments have included: applications of the wet cell battery daily with gold chloride; inhalations from applejack brandy in a charred oak keg; full-body massages once a week; and Atomidine drops in a cycle extending over a period of three weeks.

After six months on the program, his lung x rays had stabilized; his physician told him that his lungs sounded "better than they have in a long time." He felt better and his mobility had improved "tremendously." He still had soreness in his body, but not the sharp pains that had previously kept him awake at night. In addition he gained five pounds that he had lost earlier.

A full-year review of the case reveals that the patient (who is 51 years old) sees his symptoms leveling off. He has improved to a point, but his condition has not entirely cleared. Soreness remains in his hands, but he is free of sharp pains. He has limited shoulder movement, and occasionally develops a "charley horse." He cannot run but moves about freely. His doctor thinks that his lungs are getting better. He has continued the treatment program faithfully, but has become somewhat discouraged at times because he is not well yet.

At this point, our collagen disease patient has been encouraged to continue the program; for the readings emphasize that it takes patience, persistence, and consistency to overcome a deeply entrenched disease process. He has also been advised to seek out manipulative therapy. So he continues the treatment with renewed enthusiasm, which I am sure adds to the total beneficial effect of any therapy program.

*In case after case, when all else has failed, unorthodox remedies recommended in sleeping prophet's trance readings work miracles.*

## **Edgar Cayce Cures Still Baffle Science**

by Reba Ann Karp

*Fate Magazine, February 1976*

THE NEW YORK man literally was turning to stone. The Brooklyn housewife saw death grinning at her every time she closed her eyes. The Alabama medical doctor, who could manage to stay out of bed only four hours a day, started to pray. None of these three knew each other but they shared a common destiny: each was to be helped by a dead psychic!

The man who was turning to stone, Sidney Kalugin of Jackson Heights, N. Y., had scleroderma. Mrs. Rose Breda of Brooklyn suffered from rheumatoid arthritis, glaucoma and tuberculosis of the kidneys and voice box. Dr. John Peniel of Birmingham, Ala., also had rheumatoid arthritis.

Dr. Peniel, a general practitioner, recalls that in March 1969 he considered his arthritis incurable. "I went through the conventional cures with a rheumatologist, a medical man specializing in arthritis," he explains. "Nothing helped." His treatment included tranquilizers, Ascriptin and Butazolidin-alka, which had the potentially disastrous side effect of pulling his white blood count down to dangerous levels. "Butazolidin-alka is supposed to be an anti-inflammatory drug for reducing swelling and pain," Dr. Peniel comments.

Despite these medications Dr. Peniel slowly was becoming bedridden. Walking from his bedroom to the kitchen was an ordeal. "I was told I had to live with it," he says. "I had to discontinue my active medical practice."

In the midst of all his discomfort Dr. Peniel started praying. "Up to this point I had been a strictly orthodox medical man. I found God and learned he never had been lost."

Things began to happen - slowly at first. Someone introduced him to the healing effects of herbs and he began taking ginseng to regain his strength. Then he read a book about Edgar Cayce and the remedies he had given during trance readings. Dr. Peniel went to Virginia Beach, Va., and spent two weeks doing research in the Cayce files at the Association for Research and Enlightenment. On the basis of his findings Peniel began using Cayce's wet-cell appliance, his impedance device and some of the solutions recommended to go into them. He also began taking doses of Atomidine and gold chloride with sodium bicarbonate orally.

"I could tell a difference right away," he remarks. "Before that I had to stay in bed all day except for maybe four hours. If I pushed myself too far one day, I had to stay in bed two days. After three months of following the Cayce prescriptions I could stay up 12 to 18 hours a day."

Although Dr. Peniel describes himself as spiritual rather than religious, he feels he was guided to ARE through prayer and faith. "I saw the ARE in a dream before I visited Virginia Beach for the first time in 1972," he states. "I could describe it from that dream."

The wet-cell appliance, the impedance device and solutions used by Dr. Peniel are only a few of the many remedies the late Edgar Cayce recommended while in trance. These devices and solutions are available commercially due to the efforts of Tom Johnson of Virginia Beach's Heritage Store.

Johnson spent six months researching the ARE files and then took a year to track down all of the ingredients mentioned by Cayce while he was in trance. Consequently Johnson is familiar with almost every Cayce cure. "Most people seeking help from the Cayce files," he explains, "either have tried orthodox medicine without much success or are interested in psychic phenomena."

According to Johnson, the impedance device used by Dr. Peniel seems to affect the body's electrical energies. Cayce mentioned it about 455 times out of a total of nearly 9,000 medical readings. Cayce recommended the device for improving circulation, often as a preventive measure rather than a cure. In some cases the device was connected to a jar containing substances such as gold chloride, silver nitrate, tincture of iron, spirits of camphor, tincture of iodine or Atomidine.

"The jar is attached to transmit elements from these solutions into the body's system vibratorially," explains Johnson. "This apparently stimulates the body into producing its own needed elements. The effect of the solutions is more of a mystery than the theory behind the appliance itself."

The wet-cell appliance used by Dr. Peniel was recommended in readings about 975 times for use in connection with multiple sclerosis, arthritis, paralysis, Parkinson's disease and deafness, among others. The wet-cell battery produces a very small electrical current that theoretically stimulates the growth of nerve tissue and strengthens the connections between nerves. Lead wires attached to the wet-cell are placed on various parts of the body to supply needed elements such as silver nitrate and Atomidine vibrationally to the body.

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Another desperately ill man who sought help from the Cayce files was Sidney Kalugin, the man who was "turning to stone." In July 1972 Kalugin was tagged a "walking miracle" by a Virginia Beach journalist. The 50-year-old Kalugin was a senior court officer in New York state when in 1968-69 he began to notice strange swellings around his ankles.

"The swellings were peculiar," he explains. "They felt like clay and when I put finger pressure on them, the hole just remained. The flesh didn't spring back."

Doctors in New York's Montefiore Hospital diagnosed his illness as scleroderma, hardening of the skin. Extremely rare, the illness has no known cure. Cortisone was recommended but had to be discontinued after Kalugin became ill from the side effects. Then he took Vitamin E with no results. By now the hardening had progressed up to his torso and his legs were worse. He sought help from a specialist on muscular ailments at Mt. Sinai Hospital in New York. Tests there confirmed the diagnosis of scleroderma.

Scleroderma not only produces uncomfortable hardness of the body but when Kalugin fell down instead of bruising his body would chip! "I was literally turning to stone," he remarks.

Through a chiropractor friend who had vacationed at Virginia Beach, Kalugin learned of Edgar Cayce and that the clairvoyant had prescribed cures for scleroderma

while in trance. Kalugin immediately purchased the well-known book, *There Is A River* by Thomas Sugrue, and began to acquaint himself with Cayce. During his first few moments with the book, he wrote, "My thumb stopped at a page and lo and behold, there in front of my eyes was the word 'scleroderma.'" Kalugin still gets a lump in his throat and tears in his eyes when he recalls this experience. "I felt it was more than coincidence. It was a direction I should follow."

He began to use some of Cayce's recommended cures such as olive oil, castor oil and peanut oil massages. He noticed a gradual softening and a lightening of the abnormal beet-red skin he had grown accustomed to. Later Dr. William A. McGarey of the medical research division of the Edgar Cayce Foundation in Phoenix, Arizona, told Kalugin to contact Dr. Frank Dobbins (now deceased) of Staten Island, N. Y. Dr. Dobbins, who had been recommended in the Cayce readings, suggested Kalugin take Atomidine. Kalugin also began to use the wet-cell and to inhale fumes supplied by apple brandy in a charred oak keg - another Cayce cure.

Although this combination of treatments is unorthodox, today Kalugin feels he is completely cured of his "incurable" disease and he enjoys an active healthy life.

Tom Johnson explains that Atomidine is a unique preparation designed to make iodine nontoxic for internal use in small quantities. Approximately 610 Cayce readings mention Atomidine for use in cases of glandular deficiency or of malfunctions associated with iodine shortage in the system. While the drug is perfectly safe for external use for poison ivy or as a general antiseptic, Johnson cautions care when the drug is used internally.

"Each drop of Atomidine supplies approximately six times the minimum daily requirement of iodine," he points out. "Too much can result in overstimulation of the thyroid gland and cause nervousness, insomnia and rapid heartbeat. The amount Cayce recommended varied with individuals and ranged from one to about 15 drops daily."

The charred oak keg that Kalugin used is another unorthodox treatment that Cayce recommended about 50 different times, primarily for tuberculosis and pleurisy. "The treatment is simple enough," Johnson states. "Just pour some 100-proof apple brandy into the keg and regularly inhale the fumes. The charcoal in the charred keg absorbs impurities."...

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Although several hundred Cayce remedies are available for public use, Johnson stresses the importance of consulting an orthodox physician for serious problems. But he adds that all ingredients found in the readings are natural drugs and not harmful when used as the psychic directed. People who are interested in psychic phenomena and the Cayce remedies are advised first to study his research files at the ARE headquarters in Virginia Beach....

Despite the files of testimonials Johnson remains cautious. "I wouldn't want someone to think he can take one bottle of a remedy and be cured. One must follow the entire process recommended by Cayce.

"The most important thing to consider is faith and the power of prayer. The wonders these perform have baffled science for centuries. And how they work when coupled with the Cayce remedies is the greatest mystery of all."



## Reports from Members

### 3/12/92 Report:

PATIENT: Charlene Seguire - 901 Rt.#82- Hopewell Jct., NY 12533 Tel: (914)221-2508 DIAGNOSIS: SCLERODERMA (Generalized) - Lung involvement  
Diagnosed at Layhe Clinic. Patient was afflicted 9 years. Was not diagnosed at Layhe until the fall of '88. Every few months she has her regular check-up at Layhe. Started the Cayce approach to scleroderma with Dr. Pagano on 5/10/91.

Dr. Pagano received the following communication from the patient on 3/12/92:  
Charlene Seguire 901 Rt. 82 Hopewell Jct., N.Y. 12533

March 8, 1992

Dear Dr. Pagano

I'm writing you this letter to inform you of the results of my tests I had run at Layhe clinic. I went to Layhe on February 4, 5, 6. They did a pulmonary test which measured the amount of air I take into my lungs and checked my blood gases. I'm pleased to tell you the test turned out great. My lungs have improved from last year. I have 97% oxygen in my blood. The doctors couldn't believe it. They said that they had never seen that before when you have a thickening of the lung as I did it does not improve. It can stay the same but it will not improve.

Well Doc, we proved them wrong. I'm living proof it can happen. I wish you could have been there to see how confused they were because they couldn't explain. It was great! I know what did it though, I feel by using the charred oak key and following the diet you gave me and following the Cayce readings it has made a major change in my health. I want to thank you for everything you have done for me. I will let you know about the rest of my test results when I get them from Layhe. .

I hope to see you soon.

Sincerely, [signed]  
Charlene Seguire

**INDEX OF READING 528-3 F 28**

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Inhalants: Benzoin, Tincture of: Scleroderma	Par. 16-A
: Eucalyptol:	Par. 16-A
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**SCLERODERMA: CURED**

Temperature: Fever: Scleroderma	Par. 15-A
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**TUBERCULOSIS: BLOOD**

**BACKGROUND OF READING 528-3 F 28**

B1. See 528-1 & 528-2 on 4/9/34 & 7/12/34 for acne, which condition cleared completely with following the treatment outlined for it.

B2. 1/8/37 Wire from [528]: "Give me physical reading in bed 8 wks. - is there any trouble in chest - what causes aching over entire body - what is hardness through buttocks & upper leg - what causes temperature & sweating - shortness of breath - is it best to stay in bed - what is burning along spine."

B3. 1/13/37 Wire from [528]: "Wire immediately treatment hardness spreading suffering severely over entire body."

**TEXT OF READING 528-3 F 28**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 14th day of January, 1937, in accordance with request made by the self - Miss [528], 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. Hugh Lynn Cayce.

R E A D I N G

Time of Reading 11: 30 to 11: 40 A. M. Eastern Standard Time. ...., Ky.

(Physical Suggestion)

1. EC: Yes, we have the body here, [528], this we have had before.
2. As we find, it has been rather late in beginning with the disturbances that have arisen.
3. These as we find are of a very subtle nature and unless there can be some activities produced in which there is assistance to the vitality of the body, in resisting the inroads of a tubercle [See 2/23/68 Dr. Wm. A. McGarey's letter, 528-3, Par. R12.] in the nature in which it is involving not only those areas through the respiratory system but even the structural portions of the body, from which the blood supply attains or gains its division of a supply of element from which the red blood cells are builded, we find that the condition will rapidly continue to make inroads.
4. Hence we find that which may be of an addition is to disseminate - as we would find by heat and the elements that would carry those vibrations to not only the circulatory forces but through the muscular activities, and in such measures and natures to carry elements by the radial activity of their vibratory forces upon the physical body itself in the dissemination that they may be eliminated; at the same time supplying to the system those forces or influences that will add to the blood stream in such a way and manner as to give that resistance in the hemoglobin and the effluvia of the blood itself, those abilities to destroy or throw off the conditions.
5. As we would find then, over the abdominal area and especially along and over the lower portion of the lumbar, the sacral and extending to at least the lower portion of the diaphragm along the back, we would apply Castor Oil Packs. But first, before these are applied, we would sponge off the body thoroughly with a saturated soda solution - Bicarbonate of Soda, saturated solution; then apply the Packs - heavy oil packs, to those portions of the body.
6. We would begin immediately also with Ventriculin in small quantity; half a teaspoonful taken twice a day.
7. We would give most as the diet small quantities but often of Beef Juice; and little or none of those foods that carry any quantities of starches at all.

8. These as we find we would begin with in the present.
9. Keep up the Oil Packs for two to three hours, then rest a two or three hour period and then continue until there has been stayed this tendency for the formation of knots or clots by the blood supply attempting to make for coagulations; and thus forming in the muscular forces, and drainings upon the system at the same time, these hardened places - not only in the spinal area but in the abdominal area also.
10. These will need to be worked very fast or else we will find the activities gaining upon the strength of the body.
11. Use enemas rather than cathartics or laxatives as eliminants. These if they are given at the temperature of the body, and not too much at a time, will offer the better opportunities.
12. Ready for questions.
13. (Q) Ventriculin with or without iron?  
(A) Without the Iron in the present. Small quantity twice a day. If this disagrees with the body reduce the quantity, but if starches are kept away from and only Beef Juice given - not broth but Pure Beef Juice - we will find this agreeing with the body. With the Beef Juices and most of the other properties given, use Graham or Ry-Krisp or Rye Crackers or Whole Wheat Crackers as the bread - which carry little of the starches and sufficient of weight and cleansing for the system itself.  
But the resistance must be builded, the disseminations must be made before there is such a condition that hinders the abilities for resuscitation.
14. (Q) Is there any trouble in the chest?  
(A) Plenty of trouble in the chest, for there's little of the oxidization or sufficient oxygen to meet the needs. Hence we are adding to the system, by mouth as well as by dissemination, those influences to overcome these conditions.  
A little stimulant at times of egg cooked with whiskey would be well; with all the alcohol burned out of the whiskey first. To be sure, do not light the alcohol or whiskey with other than paper, else we would produce a condition that would be most detrimental. The yolk, not the white of the egg. This in addition as food values.  
These are very serious conditions, and are growing upon the body rapidly.
15. (Q) What causes the temperature and sweating?  
(A) As indicated, the tubercle. And it's attacked upon the blood stream. Hence we are to FEED the blood stream ALL the body will assimilate, see?
16. (Q) Is it best to stay in bed?  
(A) It can't do much else in the present!  
Plenty of fresh air. And if Oil of Pine is burned, or fumes of same in the room - these are helpful; as would be at times fumes from equal portions of Eucalyptol and Tincture of Benzoin - just the fumes in the room would be helpful.
17. (Q) What is burning along spine?  
(A) This is as indicated, the attack - or drain upon the blood-BUILDING forces of the system. Hence the necessity of the supply to the assimilating system.
18. (Q) Any further advice for the body?  
(A) Do these as we find in the present.
19. We are through for the present.

**REPORTS OF READING 528-3 F 28**

R1. 1/14/37 Wire to [528]: "Sponge off with saturated solution Bicarbonate Soda then apply Hot Castor Oil Packs heavy over abdomen & lower spine for 3 hrs. rest 3 hours begin again. Also take Ventriculin without iron half teaspoonful twice daily. Small quantities Pure Beef Juice often with Ry-Krisp or Whole Wheat Crackers. No other breads or starches. Use enemas body temperature rather than cathartics. Full information special. Consult Mrs. [760] for immediate application suggestions."

R2. 1/18/37 Letter from Mr. [2704]: "...Aunt [760] is coming in every day & helping Mrs. [865] nurse Miss [528]. She said she had never had such a case nor seen anyone in such a pitiful condition. [1312] talked to Aunt [760] this evening & she said there seemed to be a slight improvement..."

R3. 1/20/37 Letter from [528]'s mother, Mrs. [865]: "...Mrs. [760] has been with us since the day I received your wire for immediate treatment. We have followed the reading in every detail. I feel sure that her condition is no worse, but we cannot see any especial improvement, unless it is that her color is better - not so pale. The swelling and hardness through the hips & upper legs has not improved. She suffered very much with the back of her neck & pains under the shoulders yesterday, however today that is not so bad. She is very sore all over her body, & seems to take cold each day, she sneezes & has great difficulty in breathing through her nose. She is not very weak & has a good appetite, her digestion is very good - sometimes has a little gas. So far as we know we are not giving her anything to eat that she should not have. No starches at all. We give 2 tablespoons of beef juice every 2 hours, egg yolk with burned whiskey in glass of milk at bed time. She drinks sweet milk with chocolate malt and a little cream with her meals.

"We are so very anxious about [528]'s condition. We have had 3 doctors here, she went through Haggard Clinic in Nashville, and one physician from Nashville saw her two weeks ago. They diagnosed her case as hardening and thickening of the skin. They said there was only four hundred cases on record, and that very few recovered. Also that they did not know the cause. This hardness did not show up until about three weeks ago. Before that time there was a little temperature each day and her hands and feet perspired, also she complained of being so hot inside, and severe aching over entire body.

"Mrs. [760] has wondered if we should have a specific diet. She is so good to us and is so careful that we do everything just right.

"I thank you so much for your interest in us, and pray that there is some help for her..."

"P.S. Do I send a check for the reading given, or wait if there is to be another one? Please advise me..."

R4. 1/21/37 Letter from [528]'s mother, Mrs. [865]: "...The physician who had [528]'s case in the beginning has gotten some information from a research laboratory, which is claimed to be very successful in this trouble. [Scleroderma] He thinks there will be a change in two weeks from this. In the mean time we are not using oil packs, but following your other suggestions.

"Please do not give check reading until I let you hear from here.

"Thanking you for your very great interest in her..."

R5. 1/26/37 Letter from [528]'s mother, Mrs. [865]: "...We are so very anxious over [528]'s condition. She has not been so well since Sun. She awakened with a weak spell Sun. morning, with another one at noon, and one at noon Mon. She has not had any today, but is not as strong as she was before this condition came up. The hardness of the

skin is very slightly less in the upper hips, but seems to be a little lower down in legs than before. From hips to knees, and slightly in arms and right side of back and stomach. She is very cheerful most of time. If you think necessary for check reading please give as soon as possible.

“Have oil-packs been given so as to obtain best results? If not what change should be made? And shall we continue them?”

“What caused the extreme weakness Sun. and Mon.? Was the medicine given in the leg beneficial? Shall we continue with medicine which is being rubbed on leg?”

“What causes severe aching and soreness over body, and disagreeable odor under arm pits?”

“Is there any trouble with lungs and is it T.B.?”

“What causes continued sneezing and symptoms of colds, and is she getting enough oxygen?”

“Shall we continue ventriculin? What effect is impacted tooth having on body and is body in condition to have tooth extracted at present?”

“Please give specific diet - the diet suggested has agreed with her so far. We are so anxious to get the most out of the reading and do everything possible for her.

“Hope to hear from you right away...”

R6. 1/27/37 Letter from Mrs. [760] to EC: “...Mr. [[528]'s father] [1057] came after me again yesterday and was in there till ten last night. When they got the telegram from you Mr. [1057] came after me (I had told her if she would get a reading I would help her any way in my power). I was there for a week and she was responding right along and the morning before Dr. Stone gave her the shot of medicine in her leg, said she felt better than since she had been sick. She is in a dreadful shape, and I was never any more determined to carry out the suggestions the case being so unusual and getting no help from all the Drs. they had four Drs. here - two in Nashville and took her through the clinic in Nashville. Well, when Mrs. [865] came and told me Dr. Stone [Harvey Stone, M.D.] had given her this shot and changed her diet and stopped the packs, I was not in the room at the time; am sure I showed my anger for I was furious. To think after he had not been able to help her, and acknowledged she was better, flesh was softening, and her legs were like stone from her waist to her knees, right arm hard to elbow, stomach and bowels up under her arm and back up to shoulder blades hard, face dreadfully swollen and firm; I never was so shocked and distressed when I got there, we worked heroically with her and when she was getting better to step in and put a spoke in the whole thing, maybe you think I did not express myself to her mother and father plainly, and I came home. She took three shots, one each day and Sunday they thought she was dying. Monday another spell and since, shortness of breath. When she had this spell he stopped the shots. I asked them yesterday was Dr. Stone satisfied with experimenting with her. I had helped her with the letter for other check, so I helped her with the request last night, but, I said don't send for it UNLESS YOU ARE GOING TO FOLLOW IT, and not have any Dr. unless suggested by Mr. Cayce, I said if you will follow the readings, I will stay with you to the last; if you don't, I cannot see her experimented on, with this serious condition. Her condition has caused the concern of everybody here, and I never was so anxious to get her relieved through the readings, and I am just that interested in the work, and you, to do my utmost best to carry out to the letter every suggestion given; as I told them I NEVER QUESTIONED ANYTHING GIVEN IN A READING. I knew it was

right, but her face and eyes were swollen yesterday and I feel terribly worried about her. The Drs. all say there are only four hundred cases like hers on record, and not one out of each hundred has gotten well, so you understand why I am so anxious for her case to get well under your treatment. I think so much of her and everybody in ... does..."

R7. 2/1/37 Letter from EC to [528]'s mother, Mrs. [865]: "... Have yours of the 26th and note what you have to say. Will be glad, of course, to try, Mrs. [865], but do not know that it is best to try and do the Doctor's suggestions and the reading also, especially if they interfere; yet, know you cannot dismiss the doctor when [528] is so ill. Our first open time is Friday morning - hope that is not putting it off too long, but would have to change someone else's appointment to get it earlier. Know we are glad to try any time, but certainly do not want to make confusion in any way, know it is too serious a condition to do that. Hoping that will be satisfactory, or if [528] wishes it sooner wire me and will do best can..."

R8. 2/6/37 See 528-4 and subsequently 528-5 through 528-16.

R9. 3/61 HLC's taped interview with Mrs. [528] see transcribed under 528-16 Reports.

**She was cured in 1938 and had no recurrence.**

R10. 9/7/75 Also see her latest report under 528-16.

R11. 2/23/68 Dr. McGarey's letter to those M.D.'s who agreed to either treat A.R.E. members or act in consulting capacity in re tr. according to EC readings:

THE EDGAR CAYCE FOUNDATION Virginia Beach, Virginia  
Medical Research Division 4018 N. 40th Street Phoenix, Arizona 85018 William A. McGAREY, M.D., Director

Dear Doctor

As you can see, this is only a semi-personalized letter. Thus, you may or may not have been present at the 1968 Edgar Cayce Foundation Medical Symposium held here in Phoenix early in January. If you were, I am sure you will share with me my enthusiasm in an experience which, for the first time, brought physicians together to discuss concepts of physiology and therapy found in the Edgar Cayce readings. If you were not, you can find some of that experience still recorded on tape at the A.R.E. Tape Library (see address below) and available to be borrowed.

Various parts of the country were represented Pennsylvania Oregon, Texas, Tennessee, Iowa, Illinois, Nebraska, California and Arizona. To add spice to the proceedings, two present residents of Phoenix who attended have spent most of their lives in Egypt and India, respectively.

Most of the physicians in attendance, I believe, began to feel that the strange language of the Cayce readings was unraveling into understandable physiology. There began to emerge a recognition that the suggestions for therapy in the readings were based on physiological concepts that are only now being proven in the laboratories throughout the world. Strange bedfellows: - sleep phenomena, osteopathic manipulations, hypnotherapy, cellular physiology, castor oil packs - all these began to show relationship as the dynamics of the body, the mind and the soul as a unit were explored, even to the theory of the Dynamics of Human Interaction and Love.

Use of these concepts in the practice of medicine began to be an idea with portfolio, so to speak, as case presentations were made - one a woman with scleroderma; the other a man with muscular dystrophy. Both of these individuals showed a significantly improved

clinical condition in the early stages of therapy using only concepts taken from the readings.

Perhaps the most dramatic incident of the entire three-day period followed the scleroderma case presentation. **Cayce insisted in each scleroderma reading that this was a disease process that involved tubercle bacilli in the skin.** When I presented the case, I reported this fact as one of the physiological considerations - since I was presenting the commentary as Cayce saw it. However, I apologized for his tubercle bacilli, since nowhere had I seen record of such being the case in any of the medical discussions on scleroderma. After the presentation was over, we were handed an article entitled "Acid-fast Microorganisms as a Possible Cause of Scleroderma". (Medicina Cutanea, Ano 1-N. 6-Mayo 1967, paginas 583-596. Editorial Cientifico-Medica - Barcelona) This article, written in Spanish, was given us by the prime author, present at the symposium, A. R. Cantwell, Jr., M.D., who did the work with Craggs, Wilson and Swatek at the Department of Dermatology, Long Beach V.A. Hospital. Microscopic demonstration of the organisms was made and Cayce's unconscious visualization of what he called tubercle bacilli no longer needed even an uninformed apology. [See 3/16/68 Dr. Cantwell's letter enclosing a reprint of the Scleroderma article printed in English.] You have signified your interest in treating A.R.E. members or acting in a consultation capacity when these people want to be treated according to the readings. What happened here in Phoenix last month was a long first step toward making your desire to participate in the research of the Edgar Cayce Foundation much more of a reality. We plan to send you information from time to time. We are making up a notebook that will be of reference help to you. A list of pharmaceutical suggestions from the readings is in the process of being prepared (early stages), and we have already put the 1969 Medical Symposium on the schedule for January 10th through 14th, which is Friday through Tuesday. The winter A.R.E. Lecture Conference for Phoenix and the southwest will follow this, the latter part of the week, for those of you who are interested. You are encouraged to write us for information or for any sort of help you will need in approaching the use of these physiological concepts in your practice of medicine. I would be most happy to supply you with all the information we have come up with to the present time.

May you have a thoroughly vital and productive year...

Very sincerely yours, William A. McGarey, M.D.

Tape Library: Mr. Joseph Chevola 2312 E. Aldine Phoenix, Arizona 85022

R12. 3/16/68 letter to HLC:

SOUTHERN CALIFORNIA PERMANENTE MEDICAL GROUP 1505 North Edgemont Street, Los Angeles, California 90027 Telephone 663-8411

Dear Hugh Lynn,

I finally got the reprints of the scleroderma article printed in English.

These "acid-fast" bacteria are a close relative of the TUBERCLE bacillus. Not too much is known about this kind of bacteria but more and more reports are coming out indicating they can cause a variety of diseases.

Looking forward to seeing you in May. Alan Cantwell.

R13. See Source File Key #528 for all current reports, supplements and professional commentaries re 528-3.



**INDEX OF READING 528-4 F 29**

Appliances: Wet Cell: Scleroderma	Par. 9--14
Injections: Hypodermic: Not Recommended	Par. 5--7
Physiotherapy: Packs: Castor Oil: Scleroderma	Par. 16-A

SCLERODERMA

TUBERCULOSIS: BLOOD

**BACKGROUND OF READING 528-4 F 29**

B1. See 528-3 on 1/14/37 for Scleroderma.

**TEXT OF READING 528-4 F 29**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 6th day of February, 1937, in accordance with request made by the self - Miss [528] 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 11: 45 to 11: 55 A. M. Eastern Standard Time. ..., Ky.

(Physical Suggestion)

1. EC: Yes, in some respects improvements are shown; in others there are hindrances.
2. As we would find, if there is the careful study of the conditions that exist - while not being fully understood by many - it will be seen that these are as we find the indications and the disturbances as have been given; the effect of the tubercle activity to the superficial circulation, and with the properties in the system as indicate the making for the hardening through this portion of the system, works a hardship for the circulation and for the general condition of the body.
3. And this may become constitutional, as the very nature of consumptive force - or the consumption of tissue by the disturbance - makes for this constitutional nature.
4. Hence we would follow those suggestions as to external applications, as to massage, as to the diet, more closely - all of these; and we would find better conditions.
5. The injections have caused disturbances to the heart's activity, to the coordination between the sympathetic and the cerebrospinal system. The sinking spells and the weakness are from the lack of assimilation of these conditions to the body.
6. Either use one or the other.
7. We have given thus far that as would be the more beneficial. But choose thou.
8. Then as conditions change (as has been indicated) other things may be given to help.
9. For we would use then, very soon, the low electrical vibration through the Wet Cell Appliance carrying the alternation of Atomidine (commercial strength), Chloride of Gold (the strength would be three grains to an ounce of distilled water), and Spirits of Camphor full strength. Apply these alternately; that is, in days - not one right after the other. Each treatment would be for a period of thirty minutes. The attachments would be made in these manners:
10. The first day, the smaller plate would be attached first, at the 4th lumbar; while the larger plate - through which the Atomidine solution would pass - would be attached last, over the umbilicus and lacteal duct area.
11. The next day the smaller plate would be attached first to the 2nd dorsal, while the larger plate - through which the Chloride of Gold solution would pass - would be attached last, to the umbilicus and lacteal duct plexus.
12. The next day the smaller plate would be attached first, at the 1st and 2nd cervical plexus; while the larger plate - through which the Spirits of Camphor solution would pass - would be attached last, over the umbilicus and lacteal duct plexus.
13. Alternate in that manner. Each solution carries to the circulation the vibrations of these properties to act upon the glandular system as well as the circulation.

14. Begin these only after quiet has been maintained and choice has been determined as to the course to pursue.

15. Ready for questions.

16. (Q) Have the Oil Packs been given properly?

(A) Very good, and have obtained results. These must be kept up for periods of two to three days, and then a rest period of a week; but keep up along with these others.

17. (Q) Should all suggestions given in previous reading be continued?

(A) All suggestions be continued. Especially as to diet, that makes for such changes in the reactions.

18. We are through for the present.

#### **REPORTS OF READING 528-4 F 29**

R1. 2/8/37 Letter from EC to [528]'s mother, Mrs. [865]: "...Do hope the suggestions will prove very helpful for [528] at this time. Know there is nothing more that I can add to the suggestion just now, but will always be glad to hear from you and you know if it is possible am glad to try and be of a service. Please let us hear how she gets along. Please give her our love and best wishes..."

R2. 2/8/37 Wire from [528] to EC: "Send Wet Cell Appliance complete with directions for amount of medicine prescribed in reading for each treatment. Check will follow..."

R3. 2/9/37 Letter from EC to [528]: "...Received your wire regards the Appliance this morning. Phoned the Health Home Remedies Corp. at once, and am sure you will hear from them direct at once. Do hope you are feeling a lot better, and will soon be your normal good self again. Am sure you will have to be a bit patient, but can you get the results it will be worth it all. Know we will be anxious to hear from you every chance. With love and regards to all..."

R4. 2/24/37 Wire from [528] to EC: "Immediate reading two rigors severe aching - bleeding from rectum - stomach sore - is battery given correctly..."

R5. 2/24/37 See 528-5.

**INDEX OF READING 528-5 F 29**

Appliances: Wet Cell: Scleroderma	Par. 5, 9-A, 13-A
Intestines: Enemas: Glyco-Thymoline: Scleroderma	Par. 4, 12-A
Physiotherapy: Massage: Alcohol, Grain: Scleroderma	Par. 6, 10-A

SCLERODERMA

TUBERCULOSIS: BLOOD

**BACKGROUND OF READING 528-5 F 29**

B1. See 528-4 on 2/6/37 for Scleroderma.

**TEXT OF READING 528-5 F 29**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 24th day of February, 1937, in accordance with request made by the self - Miss [528], 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 ... St. 3: 25 to 3: 30 P. M. Eastern Standard Time.  
..., Ky.

(Physical Suggestion)

1. EC: Yes, we have the body here, [528].
2. As we find, while the existing conditions appear somewhat disturbing - unless it breaks farther, through strain or through some other overactivity of the body, this is the system's attempting to adjust itself and eliminate those disturbances in the circulation that have caused the checking of the flow to the lymph circulation.
3. Hence while precautions would be taken, we would give rather as this:
4. With an enema occasionally, use considerable of Glyco-Thymoline in the solution for general use; that there may be no reinfection from the tendency for the system to exhume this disturbed circulation through the alimentary canal. Every other day this may be given. Not necessary if there is not a greater amount of discharge.
5. We would also on the day or at the day when the Camphor Solution is to be used, use this Camphor Solution in the same manner as indicated two days in succession, then the others in their regular order.
6. Also we would use an Alcohol Rub. This while diluted should be grain and not rub alcohol. This will give more strength to the body, and especially on the limbs and across the shoulders. This will also tend to make for a better lymph circulation.
7. In the diet be mindful that the strengthening forces are given, though not that which may antagonize or cause too great quantities of starch in the system.
8. Ready for questions.
9. (Q) Is the Appliance being used correctly?  
(A) As indicated, use in the same manner except use the Camphor Solution two days in succession; and reduce the time a little bit on each of these - not more than twenty minutes now for the time.
10. (Q) The two rigors, severe aching -  
(A) (Interrupting) As indicated, arises from the attempts of the body to throw off the poisons. Hence the stimulation by the rubbing. Of course, keep up the oil rubs, but the strengthening by the rubbing with alcohol.
11. (Q) Does this condition also cause the sore stomach?  
(A) As given.
12. (Q) What proportion of the Glyco-Thymoline?  
(A) Two tablespoonsful to a quart and a half of water. Have water body temperature. This is to prevent secretions or the discharges from becoming reinfected or setting up adhesions, also to keep an alkalinity.

13. (Q) With the exception of the Camphor Solution being used two days, is the Appliance being used correctly?

(A) As indicated! If it hadn't been, we would have changed it!

14. We are through with this reading.

**REPORTS OF READING 528-5 F 29**

R1. 2/24/37 Wire to [528]: "Every other day Glyco-Thymoline enema, proportions 2 tablespoonsfuls quart & half water body temperature. Use grain alcohol rub especially limbs, across shoulders. Use Camphor Solution 2 days in succession, otherwise continue Appliance same except reducing time to 20 minutes. Full information special."

R2. 2/25/37 Letter from EC to [528]: "...Sorry you had such a scare, but do hope you are feeling a whole lot better. Glad to try and be of a help. Let us hear every little while, for you may know we are all anxious about you, and are praying with and for you..."

R3. 3/3/37 Letter from [528]'s mother, Mrs. [865] to Health Home Remedies Corp.: "...Will you please let me know if it is necessary to change the auxilliary solutions (Gold, Atomidine & Camphor) when we recharge the Appliance.

"[528] has not been so well for the last week. I wired for an immediate reading, but the condition with her stomach has not cleared up.

"Can you advise us about the membership fee of twelve dollars and fifty cents for each year. Does this cover the readings she has gotten? I have misplaced the letter, and she did not understand it fully..."

R4. 3/5/37 See 528-6 volunteered following Ck. Phys. 538-43, without suggestion being made to obtain it.

**INDEX OF READING 528-6 F 29**

Appliances: Wet Cell: Scleroderma	Par. 2, 3
Diet: Beef Juice: Tuberculosis	Par. 5
: Combinations: Wine & Black Bread:	
Tuberculosis: Blood	Par. 5
Inhalants: Apple Brandy Fumes: Tuberculosis	Par. 4
: Keg, Charred, Oak:	Par. 4
Physiotherapy: Massage: Alcohol, Grain:	
Scleroderma	Par. 2

SCLERODERMA

TUBERCULOSIS: BLOOD

WORK: E.C.: READINGS: VOLUNTARY

**BACKGROUND OF READING 528-6 F 29**

B1. See 528-5 on 2/24/37 for scleroderma, with subsequent Reports.

B2. 3/5/37 EC volunteered 528-6, following Ck. Physical 538-43, without suggestion being given to obtain it. A few days later EC rec'd this letter from Miss [528]'s mother, Mrs. [865], dated 3/5/37. Was she writing it at the same time the reading was volunteered? “[528] has not been so well since I wired you last week. Her stomach is badly upset, she has severe pains in lower abdomen, and much gas. Her food does not digest, & she aches badly over entire body, more however in right shoulder & down all of back. We are not sure how often we should have a reading, as her condition seems to change each few days. Until last wk. she had no trouble during entire illness with stomach.”

**TEXT OF READING 528-6 F 29**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 5th day of March, 1937, for Miss [528], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 11: 40 to 11: 45 A. M. Eastern Standard Time. ..., Ky.

(No suggestion; this volunteered information came at end of another Ck. Phys. [538-43], after Conductor had given suggestion, “That is all.”)

1. EC: Now, as we find, we would give these suggestions for the body [528], ... Street, ..., Kentucky.
2. Now the conditions are much on the improve, by the vibrations that have been set up through the system by the low electrical forces and the rub. These should be kept.
3. The plates of the Appliance should be kept a little cleaner. Not that the precautions haven't been taken, but so easily do the emanations from the body - with the little temperature and the poisons, and the very character of the condition - tend to clog that constant flow that should be had from the vibrations.
4. Do this also: Prepare a charred keg, at least a gallon or gallon and a half size. Put in same half to a gallon of Pure Apple Brandy. Prepare with an outlet through which the body may inhale only the fumes that form in the space above the liquid, that would be kept not on a radiator but close to same - so that the gases from the charred oak - as well as from the brandy may be inhaled for the circulation. Do not inhale too much in the beginning. Only one deep inhalation, or maybe half an inhalation in the first will be sufficient. Do this about two or three times a day, whenever there is the tendency for a shaky or an ague feeling or weakness. For this will assist the circulation in healing tissue that has been impaired by the effect of the conditions as given.
5. With the rest keep those strengthening forces that have been indicated; as the beef juice, this sipped often. Also we find that a little (not much) Red Wine taken with brown or sour bread (that is, black bread), or with Ry-Krisp or the like, in the late afternoons will be well to add to the diet. About a jigger or half a jigger at a time; this also sipped. These will strengthen the body, and as the conditions are being broken up will give strength and vitality to the body.
6. We are through with this reading.



**REPORTS OF READING 528-6 F 29**

R1. 3/8/37 Letter from [528]'s mother, Mrs. [865]: "...The reading that came for [528] this morning was an answer to my prayers. We are so very grateful to you for this information. She has been so bright and cheerful all day. We felt that in some ways her condition was improved, yet she suffers so much from the aching over body & skin being sore, we were not positive. The hardness of her skin is less, though very evident yet, through the hips and limbs to knees.

"I am continuing all treatments suggested from first - as Mrs. [760] thinks you would have said stop them if necessary.

"In a very few days it will be time to recharge the battery. Shall we also get new solution of camphor, gold & atomidine at the same time? I wrote in regard to this, but... I was afraid I would not get the information right away...

"I thank you so much for the suggestions, and assure you that I shall follow them as nearly as is possible. May God bless you and your wonderful work..."

R2. See subsequent Phys. Readings, & Reports included in 8/38 Case Study on Scleroderma by Hugh Lynn Cayce & used later in THERE IS A RIVER, pp. 420-30, showing gradual overcoming of this dread disease.

R3. 8/12/65 GD's note: Recently we heard that [528] is still leading a normal, healthy life as a busy housewife, organist, etc.

R4. See subsequent Reports on other scleroderma cases, treated according to [528]'s directions, under 528-3.

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SCLERODERMA

TUBERCULOSIS: BLOOD

**BACKGROUND OF READING 528-7 F 29**

B1. See 528-6 on 3/5/37 for scleroderma, with subsequent Reports.

B2. 3/20/37 Mother [865]'s letter: “[528] would like to have a ck. reading, as the aching over her entire body is so bad. For the last few days, especially, it has been very severe across shoulders and in neck, and all of the skin is very sore. She has also run a slight temperature yesterday and today. She had been free of fever for 3 wks. She continues to have quite a lot of trouble in stomach and bowels. Shall we continue the oil packs and other treatments? Is the battery given correctly, and is her diet correct? Is it best to stay in bed, or how long each day should she be up?”

B3. 3/21/37 Reply to Questionnaire, signed by Miss [528] herself:

“Yes, the analysis of the reading covered the condition as far as we understand, except for the aching of entire body. Symptoms described correctly were the aching across shoulders and neck for several years, then the aching became worse effecting entire body, temperature, night sweats, sweating of hands and feet, burning along spine, thickening and hardening of skin, increased weight of 20 lbs., soreness of skin, soreness of stomach, gastrointestinal tract disorder, accumulation of gas in abdomen and rigors.

“I went through a clinic and they said a nervous condition and a suspicious looking place on apex of one lung. I had 5 other doctors, one a specialist who finally said I had scleroderma and no lung trouble.

“Since 1/14/37 we have followed the readings the very best we knew how.

“Improvements have resulted. Aching continued, temperature at intervals, night sweats stopped, sweating of hands and feet improved, burning along spine in spots but not full length of spine. Thickening and hardening of skin is 25% improved, increased weight reduced 5 lbs., soreness of skin slightly improved. Stomach shows improvement at times but still a lot of gas and sourness. No more rigors.

“Aching has improved little if any, but other conditions are better.”

**TEXT OF READING 528-7 F 29**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 23rd day of March, 1937, in accordance with request made by the self, Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 4: 00 to 4: 10 P. M. Eastern Standard Time. ...., Kentucky.

(Physical Suggestion)

1. EC: Yes, we have the body, [528].
2. While conditions as we find are far from being entirely satisfactory, there is much improvement shown in many ways - that should be most gratifying to the body, as well as to those so anxious about the conditions.
3. As we find in the present a disturbance arises most from lack of activity to make for the proper character and the proper manner of eliminations.
4. Hence those tendencies are existent for the hepatic circulation to gather the poisons that are so much being thrown off, and to tend to make for temperature that becomes rather aggravating to the circulation.

5. Then in those portions of the lymph circulation there is the hardening of the muscular forces in the activities - as through the shoulders and the neck, and as portions of the lower limbs and across the abdomen. These very influences then, of course, tend to make for a formation of gas.

6. We would not change or alter so very much, then, the properties that have been indicated, in blood building, blood purifying, the rubs and the vibratory forces for making for the better coordination with the low electrical forces.

7. The Appliance should be kept, of course, much in the manner as has first been indicated. Keep the plates very clean, and not a rigid but a positive connection to the body when they are applied.

8. As we would find, the enemas of warm (not hot but body temperature) saline solutions; that is, soda and salt both would be well; and if it is necessary use the high colon tube so that the gas is carried off from the system. If such enemas are taken once a week or once in ten days, these will be most helpful in keeping down the poisons and preventing their reaction or reabsorption by the activity of an already disturbed circulation. The proportions of the salines would be a level teaspoonful of baking soda and a heaping teaspoonful of table salt to each quart of water, body temperature, well dissolved in same. This is rather saline but combined will be preventative for irritation and for other disturbances. Use in the last water (after the saline solution has been used and the enema bag rinsed) a tablespoonful of Glyco-Thymoline to the quart of tepid water.

9. Also three to four times a day we would take internally small quantities of Pure Olive Oil. Do not take so much as to cause overfermentation; quarter teaspoonful or a few drops is much better than a tablespoonful for this body.

10. We would keep most of the same in the diets, the inhalations.

11. The inhalations will soon need to be recharged, or the keg refilled with the solution - for it is the evaporation that takes place, you see. Put another half gallon into the keg, you see; and these we find should make for greater improvements for the body.

12. Keep the rubs and all of those as indicated.

13. Well for the body to be as active as possible, but not to overtire the body. If the body walks about the house or even in the open air - that is, sits where there is plenty of air if not walking about - this is much better. Even riding in the open is well if the body finds that its strength allows same. Just take care in seeing that the body is wrapped up. For these are well for the changing of scenes, and some activity gives better outlook for the body.

14. Ready for questions.

15. (Q) Are we giving the Appliance correctly?

(A) As indicated, keep the plates clean. Make a positive though not too binding connection.

16. (Q) Shall we continue the Oil Packs?

(A) These are very necessary. Do not have them too hot but have them so that the body absorbs these; but as these are absorbed, remember the poisons - as they are absorbed - must be eliminated from the system. We find that occasionally a little Milk of Bismuth with a few drops of Elixir of Lactated pepsin will be helpful for the digestive system. Whether taken once a day or once a week (do not take too much, but whenever there is a feeling of gas movements this would be well), the dose would be a teaspoonful of the Bismuth and two, three, four to six drops of the Pepsin stirred in half a glass of

water. This gives better tone for the stomach, helps to absorb poisons, keeps down the gas and aids the abdominal disturbances. Thus, naturally, with the poisons being absorbed, the irrigations or colonics (that is, enemas - using the colon tube) become necessary, as indicated. Unless there is the overabundance of activity through such eliminations, the poisons must accumulate and the disturbance be more severe.

17. We are through with this reading.

### **REPORTS OF READING 528-7 F 29**

R1. 3/25/37 EC's letter: "Do hope the suggestions in the last reading will make a lot of difference. Do not let the suggestion that you have enemas all upset you, because your father [1057] had such a time about them. You can take them yourself if you will use a Fountain Syringe and get you a colon tube, and take it easily, and you won't have any trouble. Evidently the poisons are what are causing you a little fever. Clear that up and you will find you will feel a lot better. Take it easy with your getting out, but soon you should be able to have some nice long drives, and that will help a lot. Don't tire yourself too much with these, but keep up all the suggestions, and you will whip that old trouble yet, despite what anyone says. For, after all, [528], "Ye are gods," [Ps. 82: 6] and He has a work for you to do here, now. If you will give Him a chance He will show you what is best. You are His. Just be willing to be used as He sees fit. Isn't that all in keeping with the Good Book, and what everyone has been saying all these years? There are so few of us who don't tell Him how and what we want to do, rather than being just what He would have us be. The motive force in whatever may be used to help must be divine, or there can't possibly be any help, and we only use it aright.

"Oh, no, I am not a preacher, but I know you have experienced enough to know all these things [GD's note: Miss [528] is a church organist] and I would only call them to your remembrance. You can use the facts for God's purposes, not for your own, make your ways His ways, and all is, and will be, fine and lovely."

R2. 3/31/37 Mother [865]'s letter: "In the last reading it was suggested that the keg be refilled. Shall we empty the keg of the solution or put the half gallon in with old brandy? "[528] appreciated your kind letter to her so very much. She is feeling fairly well, still aches badly and her skin is very sore. The stomach condition is some better. She is up for a few minutes each day now, as you suggested, but is very weak."

R3. 4/5/37 EC's letter: "Do not think it necessary to pour out the brandy in keg, but just add more to that already there. Keep it where it will evaporate; that is, where it keeps warm, not hot, but tightly corked, and when loosened to use, to be sure the first few inhales are the best."

R4. 4/16/37 Mother submitted questions for a Ck. Physical, saying they had referred a Mr. [1365] for a reading

R5. 4/26/37 See 528-8.

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**SCLERODERMA**

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**TUBERCULOSIS: BLOOD**

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**BACKGROUND OF READING 528-8 F 29**

B1. See 528-7 on 3/23/37 for Scleroderma.

B2. 4/16/37 Mother submitted questions.

**TEXT OF READING 528-8 F 29**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 26th day of April, 1937, in accordance with request made by the self - Miss [528], Active Member of the Ass'n for Research & Enlightenment, Inc., through her mother.

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 ... St., 3: 35 to 4: 00 P. M. Eastern Standard

Time. ..., Ky.

(Physical Suggestion)

1. EC: Yes, we have the body here; this we have had before.
2. Now as we find, there is a great deal to be desired - in the eliminating of disturbing forces and in the building up of the activity of the system in such a manner as to prevent those disturbing factors in the glandular system, in the circulatory system, in the blood supply proper, from causing disturbances that from time to time give anxiety and disturbance to the body.
3. These then are the conditions as we find them in the present, and - as has been indicated at other times, there is much improvement yet much to be desired.
4. In the blood stream and in the manner of its circulation in the superficial forces of the body, we still find there are the indications of the effect of those disturbing factors that are a portion of the cause of the disturbing condition, or the hardening and the withdrawal of proper circulation.
5. These arise to be sure from an inherent condition from those things that have disturbed the body. This comes about to be sure by the lack of the ability of the glandular system to effect, through the assimilations, sufficient of the leucocytes to ward off or destroy this form or type of bacilli that has been and is still active. However, the causes are being reached, and the ability of building up in the blood supply is being gradually improved.
6. Then as there is sufficient improvement for the body to become more active in the open and to keep the necessary balance through the diets and through the activities from those influences and forces as may be given, there will be more and more of a gain; and there should be an eliminating of the causes and a building back to normalcy for the body.
7. As to just how long this will require, to be sure depends upon the responses of the system to a great extent to the applications and circumstances as it were for conditions as might cause or produce a detrimental condition in the experiences of the body.
8. In making the applications in the present:
9. As we find, it would be well to keep the Ventriculin for the aid in creating in the assimilating system bettered conditions in the blood stream.
10. It is well to keep the low electrical vibrations carrying the elements that become active with the system through the carrying of same into the body. As has been indicated, keep the connections close or tight, the applications to the body in contact but without too

much binding; and keep the anodes very clean when attached; changing the solutions at their regular intervals. When the solutions of the electrical vibrations are changed, change the medicinal solutions also that are to be carried into the system; that is, the Atomidine, the Gold and the Camphor.

11. Keep the inhalations. These as we find are effective in making for the better conditions through the lung supply, that there may be a more perfect oxidization or more oxygen carried in not only by the expanding of the lungs by the gases from the brandy but by the stimulating effect to the whole of the system.

12. We also find that it would be well to use the Castor Oil Packs for the absorbing in whatever portion the stiffness occurs. To be sure, the application of same over the abdominal area was for the specific condition, becoming more effective there; but apply same on the neck, shoulders, hips, lower limbs, any portion where this hardening occurs, for periods sufficient until it is seen that there is the relaxing and the pliability of the skin so that the circulation carries on through same normally.

13. As much as is possible, and as the weather improves, be in the open. Not in the beginnings would it be well for too much of the direct sun rays, but keeping in the wind and the sun if well wrapped is well. While this may produce at times those tendencies of an irritation, if cared for by the massages and by the applications to the portions of the body as indicated, it will be helpful.

14. Then as soon as the body is able to travel, the salt air - and the pines, or the seashore, the sands and the same - will be most helpful for the body. There should not be too great an exposure of the body at first in the sun, but gradually - early morning before ten-thirty, in the evening after three-thirty, would be the proper period for exposure in the beginnings, under such environs; and in such surroundings we find the more the body is able to "rough it" the better.

15. In the diet, keep close to those things that have been indicated, that are body and blood building; easily assimilated but that make for structural forces as well as more blood and cleaner blood.

16. Keep the eliminations in the manners as indicated. These as given must be a little above normal, for the poisons that are carried off from the system in the drosses through the applications of all the influences and forces must be cared for; else we may find the lymph and the emunctory forces building up or picking up refuse forces that become effective in reinfection through other portions of the body.

17. Also keep in the mental attitude of constructive forces as has been given.

18. Let the body, during those periods especially when the Wet Cell Appliance is being used, be in that attitude of putting self - in a meditative, prayerful mind - into the hands, into the arms, into the care of the Savior. Not merely as trusting, not as merely hoping, but as relying upon the promises; and make them cooperative, co-active. Be used for something; not only good but good FOR something; that ye may bring into the experience of others - even by thine own ability to suffer - the glorious knowledge of the working of the Christ-Consciousness within the individual mind.

19. For if these are adhered to, if these are kept, we will find the helpful forces in EVERY manner; not only with the patience to bear the cross of distress or anxiety but with the means and the friends and the hopes to CARRY ON for Him!

20. Ready for questions.

21. (Q) Please tell us what to do for this aching that has been so severe recently?



(A) As indicated, apply the Castor Oil Packs, heavy, over the areas until not only the flesh but the whole circulation is seen to be - by the "feel" - active and correlative with the rest of the system.

22. (Q) Have they been given correctly so far?

(A) Only over the areas as first given to hinder the progress there. Now, as intimated, apply these wherever there is the stiffness; whether in neck, in back, in loins, in lower limbs, or in whatever portion there is the aching or heaviness. The deep reaction from the Oil will relieve the distress.

23. (Q) Are enemas given correctly?

(A) These are very good. As has been indicated, let these be used in preference to so much cathartics, or even laxatives; though vegetable stimulation may be used - such as a little excess of rhubarb or the like in the meals, or the oils as of the Russian Mineral Oils, or even the Simmons Liver Regulator for an exercising of the whole hepatic circulation at times when necessary, when there is not at least one to two activities from the alimentary canal each day. Do not let a day go by without SOME eliminations; better that there be two eliminations.

24. (Q) What causes the suffering with gas in stomach the day high enema is given? Is anything wrong?

(A) This is a tendency for the slow circulation as exists through same to form pockets, which cause or produce the reaction. When the enemas are given, if the salines and soda are used these will tend to keep this down.

25. (Q) Should there be any change in giving the Appliance?

(A) Only as has been indicated.

26. (Q) Shall we continue to give Ventriculin?

(A) As has been indicated.

27. (Q) What causes temperature to return after being normal for a week or ten days?

(A) The tendency for reinfection, as has been indicated, that must be warred against by the stimulation not only to the circulation internally but to the superficial circulation and the eliminations through the alimentary canal and the whole of the respiratory system and perspiratory system.

28. (Q) Is there any trouble in stomach?

(A) No trouble in the stomach; only that as has been indicated - the weakness by the using up of the energies through the system's attempting to adjust itself against those active principles in the circulatory system from the lack of glandular reaction, and from the infectious forces.

Do as has been indicated, consistently, persistently.

29. We are through for the present.

#### **REPORTS OF READING 528-8 F 29**

R1. 5/2/37 Mother [865]'s letter: "What do you think of using one oil pack a day instead of 2-3 a day for 3 days and a rest period of a wk. as we have been doing, since the reading suggested more exercise?"

"[528] has so very much confidence in the readings and is so anxious to carry them out exactly as they should be. ["I am putting them over entire body except below knees.""]

“She has ached more severely since Thurs. than at any time since her illness, all over her body and especially along her spine. We really feel so discouraged about her condition, as this was the way she started. However, we do not let her know how anxious we are.”

R2. 5/8/37 EC's letter: “Use the oil packs as often as she likes. Every day, or if there are times that the soreness comes on, or the stiffness, use them more than once a day, and keep them regularly.”

R3. 6/8/37 Miss [528]'s letter: “I know you think my case is the most stubborn one you have seen - in fact I think that. I get so discouraged sometime that I feel like giving it up as a bad job. However, I don't intend to, because I intend to get well and I won't stop fighting until I do. But that well day seems so far off.

“From the way we interpreted the last reading we thought we were to keep on with the same thing until the hardness left. I didn't know about getting another reading and wanted to ask your advice. We think some of the hardness is still there in the upper legs. I get in the packs from the shoulders to the knees, except the stomach, every day. I still ache awfully bad - of course it is worse in the back and across the shoulders, but the muscles over the entire body are affected. In the right knee, right at the place I bend it, is sore. I can't stoop down because it hurts so bad. It feels like it might be in the joint. The temperature started today after being free of it for about 3 wks. It is just 99 but I know that isn't right. I wondered if it could be pre-menstrual temperature. I take the high enema once a week and the Simmons' Liver Regulator once a week. I don't have as much gas on my stomach as I did after the enema or any other time. I exercise every day and am able to be up most all the time except the 3 hrs. in the pack and about an hour and a half for a nap. I just rest when I feel tired but I am much stronger now than when you gave the last reading I just can't understand why the aching doesn't leave, though. The soreness of the skin is better but not all gone.

“I wanted you to know just exactly how I was and advise about another reading. Some of my friends want me to go through Mayo's clinic for the aching, but I believe if anybody in this world can help me, you can. I don't believe that it will ever leave.”

“P.S. I have lost in weight from 148 to 141 since the last reading I wondered if the diet should remain the same. I don't eat any sweets but the natural sweets, for somebody told us that sweets formed starch in the stomach. I weighed 127 when I went to bed in Nov. but I hate to lose too much.”

R4. 6/16/37 Wire verified appointment, asking: “Have sore places through stomach and bowels - shall all suggestions be continued? Can anything help aching? What is trouble in knee? Any change in diet?”

R5. 6/17/37 See 528-9.

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SCLERODERMA

TUBERCULOSIS: BLOOD

**BACKGROUND OF READING 528-9 F 29**

B1. See 528-8 on 4/26/37 for Scleroderma and subsequent Reports.

**TEXT OF READING 528-9 F 29**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 17th day of June, 1937, in accordance with request made by the self - Miss [528], 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. Carrie S. House; also Maud M. Lewis and little granddaughter from Greenville, Alabama.

**R E A D I N G**

Time of Reading ... St., 10: 40 to 11: 00 A. M. Eastern Standard Time. ..., Ky.

(Physical Suggestion)

1. EC: Yes, we have the body here, [528]; this we have had before.
2. As we find, while there are disturbing conditions that arise at times, the body is continuing on the improve.
3. And to eradicate or eliminate those disturbing factors that arise in the circulatory forces as related to the circulation in the superficial portions of the body, or in the skin, those precautions need to be kept and those activities that have been indicated.
4. From the very nature of the infectious or the destructive forces that arise, from the character of the disturbance or the destroying of tissue that should be builded up by the nature of the disturbance as given, more precaution and the more consistent effort are required on the part of the body.
5. Hence the body must not, should not lose courage to carry on, but working in patience, knowing that all healing, all help must arise from constructive thinking, constructive application, and most and first of all constructive spiritual inspiration.
6. For to be in the position of using the energies in nature that manifest themselves in body, mind, abilities, purposes, aims, desires of a living entity, is to be using that which is the gift of the Creative Forces - or God.
7. Then because of the fact that destructive forces arise in the physical forces, the impulse, the nature of the disturbance must be first eradicated with a purposefulness in the desire for self to be used in a constructive, helpful, hopeful way for others; as well as self.
8. Then, these we would keep for the body:
9. Whenever there are those changes that naturally arise from activities of the organs of the body in relation to eliminations, in relation to constructive forces - as has been recently experienced - the eliminations through the periods have been or are rather scant, rather far apart; yet in the more recent there has been more of a near normal flow.
10. Hence there has necessarily, nominally, been a greater drain, a greater drawing upon all of the organs of the system, as related to constructive and creative forces within the bodily functions. But these - with which nature has endowed the body - cleanse the system. Hence they should be taken advantage of, rather than dreaded, rather than looked upon as a detrimental force.
11. Use then, as ever should be, the disturbances as stepping-stones for higher and better and greater understanding.

12. Hence first, keep up nominally those inhalations, that the respiratory system may be kept in a near normal, nominal reaction; so that those tendencies for inflammation, those tendencies for the respiratory system to be better cleansed may be continued; so that the circulation of the body is better or improved. Then, keep the inhalations of the brandy.
13. Also keep the Ventriculin. These properties, to be sure, should be kept for periods of three to four weeks, left off for a period of four to five days, then kept for periods of three to four to five weeks and left off again. As has been indicated, these properties carry the enzymes for the body to be stimulated for the more perfect coagulation.
14. Thus they become in the circulation (the enzymes), by the use of the vibratory forces of the electrical Appliance, such as to change the vibratory body to an extent where there may be constructive forces in the whole of the bodily functions themselves.
15. Hence the electrical vibrations of the influences as indicated should be kept also; these rather consistently. See that all connections, that all solutions, are kept normal and proper.
16. The Oil Packs should be applied when there is soreness in the abdominal area, or when there is found - in the lower limbs or in the shoulders or in the knees or in the feet or in any portion of the body - that tendency for the circulation in the superficial or skin portion to become slowed by the cellular forces not being eliminated properly. Use them on the various portions, you see. Not necessary that the whole body be covered with them at one time, but the areas where these disturbances arise.
17. Also now, as a rub, especially for the knees, the hips, the abdomen, the shoulders, the head and neck, we would use equal portions of Olive Oil and Tincture of Myrrh. Heat the Oil and add the Myrrh. This combination is not only a food for bodily respiration, especially during these seasons, but carries with same the healing forces of the oil as combined with the myrrh as a stimulation to the circulatory forces in the superficial portions of the body.
18. Keep eliminations a little above normal; that is, be assured that there is a thorough evacuation of the alimentary canal and colon once or preferably twice each day.
19. Take a little of the Olive Oil internally when necessary. Use the Russian White Oil. Also when there is not sufficient activity, or when there are not the movements of the body sufficient to cause the proper eliminations, occasionally use the enemas to cleanse the colon; for the poisons naturally are of the nature that they disturb the circulatory forces. And the enzymes and the coagulating forces of the system being broken down have those inclinations to make for weakness, for soreness in portions of the body.
20. As to the diet: Keep that which is not only palatable but that is in a proper relationship as to acids and alkalines. Not all acid; for as is indicated, the very nature of the tubercle reaction is acid, yet at times the throwing off of the reactions tends to make for congestions in eliminating areas - as the liver, the kidneys and the alimentary canal.
21. Hence the necessity for a little more of the alkalines than the acids, because the body because of the natural conditions and those applications becomes more susceptible than it would be ordinarily. So we will find that milk is not so good at times as other drinks; as even water, as wine, as those things that make for a variation in the activity through the eliminations of the bodily forces themselves.
22. Then, as we have oft given, do not combine cereals and citrus fruit juices at the same meal or even the same day. Drink plenty of orange juice, citrus fruit juices of all natures. Combine a little of lemon with most of the orange; though lime and the grapefruit may be

taken alone. Lime with a little syrup and carbonated water would be very good, just so it is alive.

23. Use also the small fruits, the green vegetables that are easily assimilated. All the foods should be those that are easily assimilated by the body.

24. Keep the normal activities, in the open as much as possible.

25. Keep in a cheery frame of mind. Plan as to what you are going to do, not only for yourself but plan for others, with others, as to things that you desire to do.

26. Help those who are less fortunate, even than self, in those things that have brought, do bring, helpful, hopeful experiences for the own self.

27. Pray often. Be patient. Be gentle.

28. DO NOT WORRY about the outcome! KNOW you are in the hands of the living God; let Him give the returns but you keep in that way as you know to show forth to others His love.

29. Ready for questions.

30. (Q) How much Olive Oil should be taken internally at a time?

(A) Depends upon the trouble, depends upon the period, depends upon how it is active. If there is a disturbance through the alimentary canal and the body will assimilate it, take a whole spoonful. If it upsets or becomes disturbing to the stomach, then take a little sip about four to ten to forty times a day. This depends upon what is needed at the time.

31. (Q) What is the trouble in the knee?

(A) Localization of those disturbances; and we would use the Packs and the rubs about same.

32. We are through with this Reading.

### **REPORTS OF READING 528-9 F 29**

R1. 7/12/37 "I went to Mayo's Sat. 2 wks. ago. Nothing would do my family but that I go. We knew the hardness was much better but that aching still sticks with me. Sometimes it makes me so nervous that I feel like I'll lose my mind. Don't you think for a moment that I had thought of not following the readings and my family have just as much confidence in them as I do. They just wanted me checked over on account of this aching. We couldn't tell just how much was hardness and how much was muscle. They said that just enough hardness was there with the symptoms for them to diagnose the trouble. They called it sclerodema and not derma. They said that was fluid in the tissues and inflammation of the muscles. They found no focus of infection to cause the aching. All they told me to do was to take plenty of exercise and quit this high nervous tension I was under. They thought it came on from recurrent attacks of flu. I didn't know whether you would be interested to know all of that or not, but at least they were in line with the readings from the way I understand them. I came straight home and got in the oil packs. "I thought it was about time to get another reading Last Mon. a wk. ago I had five rigors and awfully high temperature and the weakness from those put me back a week. I took a high enema and followed it with a low one but they didn't stop them. I finally took Aspirin. When I have those rigors I ache almost unbearably. I also had two terrible sweats."

R2. 7/15/37 See 528-10.

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**BACKGROUND OF READING 528-10 F 29**

B1. See 528-9 on 6/17/37 for Scleroderma and subsequent Reports.

**TEXT OF READING 528-10 F 29**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 15th day of July, 1937, in accordance with request made by the self - Miss [528], 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. W. A. Dixon of Lynnhaven, Va.

R E A D I N G

Time of Reading ... St., 11: 10 to 11: 25 A. M. Eastern Standard Time. ..., Ky.

(Physical Suggestion)

1. EC: Yes, we have the body here, [528]; this we have had before.
2. While there is still much to be desired in the general physical forces of the body, as we find conditions in the main continue to be on the improve.
3. There is still the necessity of keeping much of those things suggested for the building of the body for the resistances in the system against the cellular forces that tend to break down in the superficial circulation, and to cause much of the inflammation and the activities in the muscular forces of the body though, these, too, show improvements somewhat.
4. As we find then, some little changes we would suggest in the present - these others we would keep.
5. Keep the application of the low electrical vibrations for the body, carrying the elements into the system in the manner as has been indicated - through the Wet Cell Appliance. These we would reduce in periods; not more than twenty minutes, but use the one or the other each day.
6. And following the use of the Appliance, have a gentle massage with Olive Oil all over the body; especially in the areas from which the cerebrospinal and the sympathetic nervous systems receive the impulse in the circulation. That is, in the lumbar areas (and the sacral), the 9th dorsal area, in the upper brachial and across the shoulders, and especially in the vagus center in the neck and in the head. This with the Olive Oil, you see; all the body will absorb. But let the massage be more than just rubbing the Oil in; not to make the body sore, but gently given, see?
7. We would also keep the Ventriculin. These elements as we find are necessary for the activities for the body to make for the better assimilations.
8. Also we would take every other day one minim of Atomidine in half a glass of water, before the morning meal; just one minim.
9. Keep in the open and the exercises as much as possible.
10. Keep the greater amount of thought-expression in those directions as indicated, of the CONSTRUCTIVE forces as of not only living but living for a purpose! And as we find these will make for a continued improvement for the body.
11. In the diets, we would keep these much in the manner that has been given; changing only as to the seasons the fruit and vegetables that make for the greater quantity of the diet.



12. Ready for questions.

13. (Q) Must I keep on taking the Beef Juice?

(A) This is very good if there is the necessity for the strength; though we may change this somewhat now to more of the fruits than of the beef juice.

14. (Q) Should I continue taking the Oil Packs every day, or will exercise take that hardness out?

(A) It will be necessary, when there are those tendencies for the chills or the rigors, to use the Oil Packs then.

15. (Q) What caused rigors, and what should I do for them?

(A) As has been indicated, the exercise, the rubs, the manipulations these should tend to prevent these from arising. For when these arise we have that breaking up or the incoordination between the superficial and the deeper circulation. This, that causes or produces same, arises from those infectious forces that have been indicated.

We find that a little Yeast taken now would tend to make for better eliminations; though when necessary use the enemas as has been indicated. But the Yeast will tend to reduce those tendencies for the superficial circulation to make for marks or spots upon the face or body.

16. (Q) Can anything ever be done for the continued aching, or will I continue to have it?

(A) This as we have indicated will be eliminated from the body with the establishing of the better coordination in the circulatory forces, and with the eliminations and activities.

17. (Q) I have a few acne bumps on my face, and what can I do about them?

(A) As has been indicated, take the Yeast at the present.

18. (Q) There is typhoid fever here and I haven't had the shots for about six years. Would it be wise to take them?

(A) It certainly would NOT, under the conditions! Take the precautions rather as to the water, as to the surroundings, and as to the activities!

19. (Q) I want to go back to work as soon as possible. Will you please tell me, if you can, when I can go and if I should work at the church [church organist and music teacher] and teach also.

(A) Just as soon as the conditions are such; and the more the activities of the body are kept, the sooner will be the ability to return to those active forces in carrying on the experiences about the body.

Work at the church and teach too. These are a part of self; not too much at the beginning, but these are a part of self and become a part of the routine. And the sooner these are begun, with the abilities of the body to help, the better it will be!

20. (Q) Any further advice for the body?

(A) Keep the constructive forces in much of the prayer and meditation, and especially in the periods when the Appliance is used. Raise that vibration within self that there ARE within self the healing forces. For all healing of every nature comes only from the One Source, the Giver of all good and perfect gifts.

21. We are through with this Reading.

#### **REPORTS OF READING 528-10 F 29**

R1. 7/22/37 "You don't know how happy the last reading made me when you said to stay out of the oil packs. I was staying right with them but in the summer time they are not

very funny. When I read that the aching will leave me and that I can go back to work and take up both the teaching and the choir, I did everything but shout. You see, my family is opposed to my taking both jobs again, but I wanted to so bad. I just love to do both and the reason they object is that I have flu every winter. Of course I don't want that but maybe you can get me in such good health that I won't have it. I want to go to work by Sept. if possible and I'm about to walk myself to death to get strong enough. I know that aching won't be gone by then because it sure is setting me wild now. When I get the olive oil rub following the battery my back between the shoulders and the neck and the shoulder blades burns and feels like needles are sticking in it... I like the yeast; in fact I get very good results from it and hope it takes care of the acne... Mr. Post Wheeler is very much interested in psychic work and wanted to know all about you and how you treated me. People here think it a miracle that I am getting well and they certainly know you have done it... I told him all I knew to tell him, but I think my case was all that was necessary.”

R2. 7/29/37 EC wrote asking her if she would give music lessons to Miss [1352] and let him, EC, pay for them, without [1352] knowing it. [1352-4 Her Life Reading told her to play the organ.]

R3. 8/12/37 “Another mo. has rolled around so I expect I would like to get another reading. There hasn't been much change since the last reading as far as I can see, but you said I had better be checked over every month, and you know I am in your hands 'til I get well. A chiropractor told me yesterday that he knew he could help this nervous condition but I told him you had never suggested one... The aching is better than 4-5 mos. ago but is still mighty bad... When I go down town or to the movie people stare at me like I'm a piece of stone walking around. I tell them if it hadn't been for you I would have been stone but not walking. I'm so thankful this hasn't left me stiff... I would be glad to teach [1352] piano, which is necessary before she could amount to anything on the organ... A Life Reading is what I want when I can start back to work and get some of these bills paid... The yeast has helped the acne...only have a few bumps now.”

R4. 8/23/37 See 528-11.

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**SCLERODERMA**

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**TUBERCULOSIS: BLOOD**

**BACKGROUND OF READING 528-11 F 29**

B1. See 528-10 on 7/15/37 for scleroderma, and subsequent Reports.

B2. 8/12/37 She submitted questions.

B3. 8/19/37 "Is there anything I can do to avoid colds and flu? When I was taken with this trouble [last Nov.] the doctors called it flu. That was before we found the hardness, though. I was taken the same way as I have been with every spell of flu. I sometimes wonder if it hasn't been this trouble coming on for a long time. Would the flu shots do me any good? I would do anything to escape it. I dread the first cold spell until spring on account of flu. I have had it from once to twice every winter for about ten yrs."

**TEXT OF READING 528-11 F 29**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 23rd day of August, 1937, in accordance with request made by the self - Miss [528], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading ... St., 11: 15 to 11: 35 A. M. Eastern Standard Time. ..., Ky.

(Physical Suggestion)

1. EC: Yes, we have the body, [528]; this we have had before.
2. As we find, there is a continued improvement. Not that there are not periods when the body reverts to the inclinations or tendencies for the influences in the system to create a pressure upon the nervous system, because of the activities of those tendencies indicated there.
3. Some little changes in the present, as we find, would be the more beneficial:
4. In the use of the Appliance - this we would keep in the way that has been indicated; that is, charged at the regular intervals; but we would leave off - now - the solution of the Gold AND the Camphor. Take only the Atomidine, and change the solution of Atomidine about twice during the period of one charge - or every fifteen days, see? Make the application to the body for the same length of time it has been given, and the attachments to the same places or positions as given for the Atomidine - not for the other solutions; for these would be left off at the present. But use the Appliance with the Atomidine solution once each day, preferably about the middle of the afternoon; or if the activities have been such as to interfere, apply same of a morning - if the engagements or activities demand - but have a regular period.
5. The inhalations of the fumes from the Brandy had best be kept very near to that which has been indicated.
6. Also the diet, though this may be changed somewhat to suit the appetites of the body; but be sure there is the inclination for the diet to be - whatever is taken - in the proportion of eighty percent alkalin-producing foods to twenty percent acid-producing. Then remember, too, the combinations in this direction as we have so oft indicated. Do not take citrus fruit juices AND cereals with milk during the same day. Do not eat white bread, white potatoes and spaghetti during the same day; any one of these may be used - but preferably the whole wheat bread, the jackets of potatoes; spaghetti with cheese, yes, but

not the same day the potatoes or the white bread - is used. These should be kept in mind in the activities proper. More of the beef juices, liver extracts - these are well.

7. As the cold weather starts, or when cold, damp weather begins, take the Halibut Oil with the Viosterol. This will assist in building body muscular forces as well as work VERY well with the enzymes in the Ventriculin; that should be continued, for this builds blood forces that are resistant to the inclinations and tendencies of the body.

8. NOW we will find, too, that OSTEOPATHIC adjustments would be MOST beneficial. There should not be so much of the adjustments in the first as the manipulations; but a thorough massage OSTEOPATHICALLY, using the structural portions as leverage in making activity of the muscular force through not only the lumbar area but through the lower limbs and those areas above the diaphragm - just a full, general treatment. Not using the upper dorsal and cervical as the sources, but the WHOLE of the ganglia along the cerebrospinal system; then extend same to the extremities - that is, the lower limbs as indicated and the upper limbs also, or the arms, the head and the neck. Such a treatment given once each week should be about sufficient, if it is thoroughly given; but there should be a period of at least thirty to forty-five minutes taken in giving such a treatment. Once a week, at least thirty to forty-five minutes of a full OSTEOPATHIC massage.

9. Keep the activities outdoors in much the same way that has been indicated.

10. The Yeast is well to keep, provided at times the enemas are used (once a month, oftener if necessary) to cleanse the colon; for with the deep manipulations thoroughly given, there will be the inclinations for more poisons to be thrown into channels FOR elimination.

11. For the prevention of cold, and the inclinations which usually arise through the mucous membranes of the nasal passage AND the throat, we would use a weakened solution of Atomidine as a spray. This would be advisable once a day or once in two days, dependent upon the irritation, how much activity, how much in areas where there may be expected particles of dust to accumulate or where there is a great deal of activity of many bodies. As to how often the spray is used, then, depends upon such activities.

12. This will require, then, that the atomizer be cleansed VERY THOROUGHLY each time after it is used, else the tendency will be for the solution to corrode upon parts of the atomizer too greatly. If possible use a glass or rubberoid atomizer, and even then cleanse same with a little warm soda solution and let it dry thoroughly and be wiped AGAIN before solution is put into same. Spray the nasal passages and the throat. The proportions for the solution would be a teaspoonful of Atomidine to an ounce of Distilled Water - or that proportion. Or, preferably, use a medicine dropper and measure how many drops to a teaspoonful. Then once set, it is not necessary to measure in the teaspoonful but in the medicine dropper, or in the glass, which is much preferable to metals of any nature.

13. These done, and kept in most all of the ways that have been given, will keep the better conditions.

14. Ready for questions.

15. (Q) What should be done for blackheads?

(A) Keep the eliminations and the activities by the manipulations; these will be found to be helpful.

16. (Q) Is there any hardness left and if so where is it?

(A) This comes and goes. As the very nature of the disturbance is in the epidermis, and between the superficial circulation and the bodily or deeper course of same, this comes and goes. There is at present a little tendency for hardness in the upper portion of the hip, on the left side; and a little at times in the muscular forces of the UPPER dorsal, more to the right side here than to the left. This will be more easily perceived by the manipulator. We would give that Beard would be very well, though take time - and be patient with her as well as with self for same.

17. (Q) Is there any tubercle infection in the body now?

(A) The weaknesses and tendencies exist. So long as there are rigors, so long as there are the inclinations for such hard aching, KNOW that the weaknesses - if not active forces - are present. But leave them off, don't study them, don't think them! Do and act to keep those away!

18. (Q) Is  $98 \frac{3}{5}$  my normal temperature?

(A) About the normal temperature of the body; the normal temperature.

19. (Q) Am I able to go back to work now?

(A) Gradually we would find that such activity would really be beneficial. Do not tire self out too much, but classes we would resume in - say - October. This would depend, to be sure, upon the feelings and activities of the body. The practice and the other service or activities, well - by the first of September.

20. (Q) Will that make the nervous condition and the aching any worse?

(A) With the precautions kept, and those others added as given here, it should really make the condition better rather than worse.

21. (Q) Are the olive oil rubs being given correctly?

(A) These are very good, and keep them up. They feed the skin, feed the circulation.

22. (Q) Any further advice?

(A) These do for the present. By the time there has been - or say ten to fifteen days after beginning the activities, then it would be WELL that these be checked.

23. We are through for the present.

#### **REPORTS OF READING 528-11 F 29**

R1. 9/6/37 "I was encouraged from the last reading but I wouldn't write you until I had started to work. Yesterday was my first day and I wanted to see how I got along before I wrote you. I think the choir practice on Friday night made my shoulders hurt a little more - at least that pulling sensation was a little worse. They have hurt me worse since then but I don't want to lay every extra pain to that. I was careful not to use my head in directing the choir but I forgot several times and did it. I was awfully nervous yesterday morning especially when so many came up to the organ and talked to me. That made me more nervous than playing the service. I broke out in a perspiration all over my body. Last night, though, I got along better and wasn't so nervous. I was thrilled to death over going back but I knew the first time would be hard on me. I want to do it so bad and I wish this old back and neck of mine would get better. Do you think part of the aching between the shoulders and neck could be a nervous trouble? I know that is the nerve center. I ache worse there than anywhere else - however, the rest of the body aches bad enough. I didn't tire, though, very much and I was glad of that...

"I have had two treatments from Dr. Martha D. Beard, D.O., and I sure hope she can help me. She told me this morning that the vertebrae between the shoulders were too far apart

and that is where I ache so bad. Just to sit and hold my head over and shoulders drooped just sets me wild, it hurts so bad. I know I'll be better, though, because you haven't told me anything yet to do that hasn't helped me...

"I gave a woman in Tenn. [Mrs. [2514]] your address. She has turned hard something like I did."

R2. 9/27/37 "The day before you gave the last reading, I had a rigor and that is the last one I have had. I live in dread of those rigors - so afraid they will happen close to Sunday. I have been having a lot of gas in the stomach for the last few days and the eliminations have not been so good. I took an enema and some magnesia two different times. I probably ate the wrong thing or something. The yeast has lost its charm with me as to eliminations but my face is better, however I have a bump now and then on my face. "I don't feel like the work at the church has made me any worse. It may cause the shoulders to ache a little more when I get tired, but they ache all the time anyway. This past week I got awfully nervous and upset over something and let myself worry unnecessarily and I ached much worse. I wonder if part of that aching isn't caused from nervousness. I know my circulation isn't right because I sleep with cold feet most every night. Dr. Beard says they are all inflamed and are so sore that they cause the muscles to be sore and that's where the aching comes from. You know I don't know whether she knows what she is talking about or not, or just trying to run my bill up with her..."

"Must I continue the olive oil rubs following the battery treatment? The sticking sensation has just about gone. If the general condition is improving, why doesn't the aching improve?..."

"I will start [1352] next week... I can't take money from you after what you have done for me, I'll never make enough money to pay you - in fact, money can't pay you for helping me the way you have."

R3. 10/5/37 She submitted other questions.

R4. 10/8/37 See 528-12.

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**SCLERODERMA**



**BACKGROUND OF READING 528-12 F 29**

B1. See 528-11 on 8/23/37 for Scleroderma and subsequent Reports.

B2. 10/5/37 She submitted questions.

**TEXT OF READING 528-12 F 29**

This psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 8th day of October, 1937, in accordance with request made by the self - Miss [528], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 11: 00 to 11: 15 A. M. Eastern Standard Time. ...., Ky.

(Physical Suggestion)

1. EC: Yes. We have the body here, [528].
2. Now as we find, while there is still much to be desired, the body is on the improve.
3. These are conditions as we find to be reckoned with in the present, and these the applications that are the better for the body in the present:
4. As we find the manipulations have been very good. These may be put a little farther apart, but should be kept up as yet; say three in each two weeks for another six, or four to six weeks; then we would give the further instructions regarding these.
5. There must be, as we find, care in the manner of the adjustments and manipulative measures. For, contrary to the ORDINARY conditions, we find in the upper dorsal, and even through the cervical areas, the inclinations for the segments to be far apart rather than close together. And this tends to make for leakages; or too easily does the body - or those portions of same - become influenced by the impulses that arise through those portions of the body from which there is not the tension. Hence this achey condition, or the hurting or the feeling of a full flow.
6. While we find in the lumbar and through the sacral area a tendency of tightness. THIS makes for that inclination, now, from which there are the inclinations of a FLUSHING; that is, in the circulation, to the lower portions of the body.
7. Hence in the manipulations these would be not so much MOVEMENTS of the segments as to stimulate the muscular forces along the side of the spine and following the nerve ends - or nerve branches FROM those portions to their extremities in the body. Whether this becomes those that come along the sides of the body, those that dilate to a portion of the arm, or those that are stimulated in the lower portion to the lower limbs.
8. These we find (that is, the manipulations) would be under the knees to the lower portion of the limbs and the feet. All of these would be stimulated. While those from the upper portion would be merely a circular motion with not so much of a depression but to stimulate the flow of impulses BACK to the body as well as FROM the body.
9. Then we would continue with the use of the low electrical vibrations. These we find are well, and in the manner as has been taken; but keep the plates clean.
10. As to the building properties for the system, we would take the Halibut Oil with the other properties with same, about twice a day. Take these rather, though, in series. Take them for three weeks at a time. Then leave off entirely for a week. Then begin again.
11. Keep the outdoor exercise as much as possible; that is, in keeping with the weather and the general conditions, of course.

12. We do NOT find that it has been injurious to the body for the activities in association or connections with others. Yet it will be necessary, in the activities as for lessons and practice, that the body NOT become OVERANXIOUS or fretted by the activities of others. Rather before or when this would occur, walk out in the open, take a circle around for five or ten minutes, and then commence all over again. But be constructive in the thought during those periods.

13. And keep the mental attitudes!

14. In the diets, these have been very well. Keep them in the way as has been indicated.

15. We find, as there are those disturbances from the eliminations at times, it would be well to vary the laxatives that may be taken. Vary the Yeast with weight - or the Psyllium; this will be found to be helpful. This is not too irritating to the system and will keep down that inclination for the forming of gas when there has been a little undue exercise. When the Psyllium is taken (and this about once a day for a few days, then leave this off and take the Yeast again for a few days, and then change - but when the Psyllium is taken), prepare same five or ten minutes before the meal is to be taken, and take WITH the meal and not alone. Preferably take it with a cereal or such natures. These are the better for this PARTICULAR activity for this body.

16. Do these and as we find we will continue with the improvements for this body, [528].

17. Ready for questions.

18. (Q) Is halibut oil with viosterol the same as haliver oil? [The druggist told me it was.]

(A) As has been indicated, it is NOT.

19. (Q) What causes soreness over bowels and intestines?

(A) As indicated, from the variations in the conditions in the cerebrospinal system. Too easily are the impulses active through the segments in the upper portion, and a tautness in the lower portion of the cerebrospinal system. This makes for a slowing up then of impulses through the upper digestive system. Hence the variations in the manipulations, as indicated, as well as the character of eliminants for the body. If there is the feeling at times that there is an over-quantity of gas, or a feeling of fullness, especially of evening, take a couple of tablets of Pyrosan.

20. (Q) Should I continue the Olive Oil rubs following the Appliance?

(A) These we would continue.

21. (Q) Should I continue the Liver Extract?

(A) We would continue the Liver Extract.

22. (Q) Has the work at the Church hindered my progress?

(A) As indicated, this as we find has NOT hindered but rather helped.

But DO NOT overtax self to where it becomes nerve racking, or the body becomes overanxious. Take a walk in the open when such begins to occur.

23. We are through with this Reading.

#### **REPORTS OF READING 528-12 F 29**

R1. 11/4/37 "I guess you think I didn't appreciate the last reading by being so long about writing you. I have just been so busy that I haven't found time and I'm writing now while my best beau is here. "I have had two terrible spells of indigestion in the last 3 wks. and lost 5-6 lbs. but since I am able to eat again I am gaining it back. I am very careful about the food I eat so I didn't know what caused it. Dr. Beard said she thought it was nervous indigestion. Last Sun. at church my hands perspired so freely I could hardly hold them

on the keys. I had the last spell of indigestion Fri. and Sat., then this happened on Sun. I was ready to give up. My hands still perspire at times but not as much as they did Sun. I had those two spells when I was tired, so maybe it was nervous indigestion. They told me at Mayo's that was the only thing wrong with my stomach.

"I am holding this flesh since I started back to work - between 140 and 144. I'm really proud of it, too. If I could get these nerves to doing right and this aching to leave, I guess I wouldn't have anything to grunt about.

"In the Bulletin [9/37] I saw where you were preparing a case report on my illness. I didn't know you called it tuberculosis of the blood. [528-3 on 1/14/37 called it tuberculosis of the blood.] I have been scared to death since I read that. I thought I had scleroderma. That doesn't sound as bad as tuberculosis, even though I am getting over it. You have scared me to death. I'm afraid to do a thing, so afraid it will come back on me. Every time I sneeze I know I am getting the flu. I do have a slight cold.

"I have never been able to get the Pyrosan tablets. I'm taking everything else you told me to except that.

"Dr. Beard said Tues. when she gave me a tr. that she could tell a very slight change in the segments - they were a little closer together. She said the reason I tired so easily was from nervous exhaustion.

"I sure was sorry you didn't take me off of the oil rubs. I know I needed them, though, so I should not complain. I have skipped a few because I just didn't have time to take them. I have skipped only a few, though - every Sunday, of course.

"I am trying to get well harder than I am working, so don't think I am falling down on my job with you. A woman told me last night that it made her feel good to see me at the organ every Sun. She thought my recovery was a marvel.

"[1352] is getting along fine. I never saw a girl try so hard in my life. She is a lovely girl and I thoroughly enjoy her."

R2. 12/3/37 She submitted questions.

R3. 12/7/37 Mother [865] wrote: "We are all very sure that [528] is overworking and have tried every way to persuade her to give up a part of the work at least, but we have not succeeded. She tires so easily and is compelled to rest about every 2-3 hrs... I'm sure she will do just what you say, and she will not listen to us."

R4. 12/8/37 Wire verifying appointment: "Will sunshine lamp help aching? Shall I continue battery, Ventriculin? Is improvement satisfactory?"

R5. 12/11/37 See 528-13.

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DEBILITATION: GENERAL	
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TUBERCULOSIS: BLOOD	
Work: E.C.: Quotations & Similes: "Good For Something"	Par. 22

**BACKGROUND OF READING 528-13 F 29**

B1. See 528-12 on 10/8/37 for Scleroderma, with subsequent Reports.

**TEXT OF READING 528-13 F 29**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 11th day of December, 1937, in accordance with request made by the self - Miss [528], 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. Noah L. Miller and Adolph K. Swartz.

**R E A D I N G**

Time of Reading 4: 05 to 4: 20 P. M. Eastern Standard Time. ...., Ky.

(Physical Suggestion)

1. EC: Yes, we have the body here, [528]; this we have had before.
2. As we find, there are a great many changes in the physical forces of the body since last we had same here.
3. In the main these are improved. The body should change somewhat in its activities and in the APPLICATIONS of those things that would be the more beneficial for the body in the present.
4. Some of the applications of the beneficial things for the improvement have become rather the routine to the body, than their being applied for definite reactions in the system.
5. The tiredness or weakness that occurs at times is from too great an amount of exercises and activities without considering the general depleted condition of the body.
6. Hence there should be, in this direction, rather a budgeting more of the time, and not such a strenuous amount of work INSIDE. Have more time for the outdoors, and for the relaxation of the body. Do not have too great a stress upon the system.
7. As to the applications for the body: We would find that, now, too great a quantity of the oil rubs CAN be taken. It would be better to give them GENTLY, LESS often, and for definite purposes; and more of a massage given when the oils are used. And NOW we would use ONLY the pure Olive Oil, see? These rubs given once every other day should be sufficient.
8. We would find that, now, too great a quantity of the oil rubs CAN be taken. It would be better to give them GENTLY, LESS often, and for definite purposes; and more of massage given when the oils are used. And NOW we would use ONLY the pure Olive Oil, see? These rubs given once every other day should be sufficient.
9. If there is weakness or pain, apply an Oil Pack - and have a general massage afterwards. Not too hot, but sufficiently so that it will create the better coordinations between the perspiratory system and the activities of the respiratory system, or allow the cells of the body or of the skin all over to breathe more. Not by so much bathing off; while this should follow the oils, to be sure, but allowing these activities to be as a part of an application for benefits.
10. Morning and evening have the inhalations of the Brandy. These are stimulations not only to the circulatory system - that is, through the lungs themselves, by the inhalation of the fumes - but change these, make a new lot and use that regularly; not too much of it, two to three deep breaths should be sufficient - but it is stimulating. Also it will prevent the accumulations by a slowed circulation by the body tiring so.

11. Once a day or once in two days, or three times a week should be sufficient - we would use the Appliance; but rest and don't be thinking about what you're going to do next, or as soon as you get through with it! Do this for a purpose! not be worrying about something else that must be done, and this just has to be filled in to get it done - for it doesn't do good in that direction!

12. Leave off the liver extract. Keep, though, the building of the blood supply in the enzymes for the body (Ventriculin). This we would keep at least three to four times each week.

13. The Cod Liver Oil - take this in the White's Cod Liver Oil Tablets; of an evening preferably, just before retiring - two tablets should be sufficient for a dose - every evening.

14. Do not let either the Ventriculin or the Cod Liver Oil Tablets become so as to replace food values for the system, but be consistent with those things.

15. Beef juices as medicine, not as food; that is, sipped. When the body is tired, a teaspoonful of beef juice would relax the body, replenish the body, quicker than most anything that may be taken - but sip it, don't gulp it!

16. Keep the manipulations osteopathically for at least through the periods of the winter, that there may be no cold. Once a week SHOULD be sufficient, but the segments in the dorsal area must be made so that the cushions of same do not allow for the strength and the vitality and the impulses of or through the cerebrospinal system to become so ESCAPING, as it were, and thus making for the inclinations for the blood stream - as indicated in portions of the system - to become active again.

17. Rest sufficiently, play sufficiently, work sufficiently - but THINK constructively!

18. Take into consideration more often the purposes of the activities; not as the OUTWARD appearances in thy choir practice but what do such activities stand for? What is the message that is to be given to the world through this channel of singing? The love of the Christ to the world!

19. Then let it be a personal thing to thee, that He is thy strength, He IS thy life! For in Him ye live and move and have thy being!

20. Then let it become a more personal thing; and the more personal His life, His love becomes, the easier, the more beautiful, the more effective the message that will be given in the organ or in the pupil that ye would teach or what - not only to others but to those that convey in song the message of the LIVING redeemer, the living Savior!

21. These being a part, then, of thyself will bring thee STRENGTH, will bring thee HELP, will bring thee LOVE; of which all the other influences are only a part!

22. Make it then cooperative, and cooperate with that being applied. Let thy life, thy love, thy activities not only be good and well-spoken of but good FOR something; creating that atmosphere, that life, that love, in the experiences of the hearers, that makes more and more the Christ a living thing in thy experience.

23. Ready for questions.

24. (Q) What is the matter with my stomach?

(A) Taking the active principles for same, and thinking about what you've got to do in five or ten minutes from now, or what you must do tomorrow! These just don't work together, see?

But leave off the activities as given, just keeping the Ventriculin and the White's Cod Liver Oil Tablets.

25. (Q) What should be done for the hemorrhoids?

(A) Use Tim. This as we find will, with the lesser activity as labor or anxiety, with more outdoor exercise, bring bettered conditions.

Use Tim in the tube that is injected, for these are not only of the protruding nature but of the second sphincter center.

26. (Q) Will sunshine lamp help aching?

(A) When there is not sufficient of the real sunshine, sunshine lamp is helpful. But better to have twenty to thirty minutes in REAL sunshine, though it may be cold, than to have many hours of an imitation sunshine. For this can be made a thing that would be more harmful than effective. A LITTLE is well, if there are several dark days, but not too long nor too strenuous or close. BETTER than the sunshine lamp is the Mercury Quartz Light, and half a minute of this - forty-eight to fifty inches from the body - especially across the back, and a little massage afterward; this is much more effective than ten to fifteen minutes of the sunshine lamp - more penetrating, more helpful.

27. (Q) I seem to have a slight cold all the time.

(A) Keep a better balance, and keep the better balance of alkalinity for the system, and those things in those manners as indicated as we find will keep this better balance.

28. (Q) Has the work hurt the nervous condition?

(A) As indicated, there is too much work and too much worry to the amount of play and relaxation it's taken! Better divide it up!

Did you find the Master worked continually, or did He take time to play? and time to relax? He is a good example in EVERYONE'S life!

29. We are through with this Reading.

### **REPORTS OF READING 528-13 F 29**

R1. 12/15/37 EC's letter: "Thanks a thousand times, [528], for your help to [1352]. I want to do something about all that for you, and will some way, somewhere. [12/30/37 See 528-14, her Life Reading, a New Year's gift from EC.]

"Now, whenever you feel you would like to know what the reading would say about you in any way, please let me know - only too glad to try - and don't think it is ever too often or too little a question."

R2. 1/17/38 See 528-15, her next Ck. Physical reading

**INDEX OF READING 528-15 F 29**

Appliances: Wet Cell: Scleroderma	Par. 4
COLD: CONGESTION	
Humor	Par. 10-A
Inhalants: Apple Brandy Fumes: Tuberculosis	Par. 3
Osteopathy: Cold: Congestion	Par. 2, 3, 6
Physiotherapy: Massage: Oils, Olive: Scleroderma	Par. 7
Prescriptions: Bromo-Quinine: Cold: Congestion	Par. 5, 10-A, 11-A
SCLERODERMA	



**BACKGROUND OF READING 528-15 F 29**

B1. See 528-13 on 12/11/37 for scleroderma, and Life Reading 528-14 on 12/30/37.

B2. 1/14/38 Wire: "Please give reading Had chilly sensations. Aching badly. Slight cold. Degree of temperature today. Skin on back parched from oil rubs. Very nervous."

**TEXT OF READING 528-15 F 29**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 17th day of January, 1938, in accordance with request made by the self - Miss [528], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 11: 25 to 11: 35 A. M. Eastern Standard Time. ..., Ky.

(Physical Suggestion)

1. EC: Yes, we have the body, [528]; this we have had before.
2. As we find, there has been the inclination for too severe a taxation to the body without taking those precautions to keep the body alkalized sufficiently. And the leaving off of sufficient of the corrections osteopathically to keep the conditions in the cerebrospinal system from leaking as it were in the circulation has caused the body to become disturbed with cold, congestion and the effect of poisons more in the system.
3. We would rest from so much taxation. This does not mean to go to bed, or not work at play. But keep in the open, active to be sure, but make those applications; by the manipulations osteopathically, by the deep inhalations from the charred keg with brandy in same - this not so much to cause irritation to the throat but sufficiently to break up the congestions.
4. Use the Wet Cell Appliance - this we would keep.
5. We would take internally the oils to carry on the eliminations sufficiently. A little Bromo-Quinine would be helpful, though it will tend to make the body feel the irritations from the effect of the Quinine in same by roaring, by an achey feeling even more than has been experienced - but keep the feet dry.
6. And in the applications by the osteopath, make some corrections in the lumbar and sacral areas, as well as those where the indications are in the upper dorsal and cervical for the soreness that exists.
7. In the use of the oil rubs, these should not be so much as to irritate the skin, but keep sufficiently that the body may absorb the effects of the Olive Oil in particular. Do not use too much of the rub alcohol, as this tends to dry when continuously used - unless more of the Olive Oil is absorbed by the skin.
8. Do these as we find for the better conditions of this body.
9. Ready for questions.
10. (Q) Just how should the Bromo-Quinine be taken?  
(A) Swallow it!
11. (Q) I mean, how often and how much?  
(A) Sufficient to feel the relaxation of same. Two tablets taken before retiring and before arising. This taken for about two days or three days should be sufficient. Two tablets upon retiring, two tablets about an hour before arising.
12. We are through with this Reading.

**REPORTS OF READING 528-15 F 29**

R1. 1/23/38 GD's letter to Miss [528]: "This clipping I cut from our Norfolk paper yesterday, as it occurred to me that you might want to write to the young man and tell him your experience. If so, I'll be glad to send him literature. Of course, as you know, we do not 'solicit' Readings, but we are only too glad to arrange a Sponsored Reading (by one of our Active Members) for a case of this kind, provided we have the sincere desire and seeking on the part of the individual and those responsible - or those who have the ability to follow out the Reading. So, the best approach would be from a person who has had experience with a similar condition - such as yourself. If you write him, let me know and I'll send some literature about Mr. Cayce's work for him to study before deciding.

"I want to remind you, too, that all money you and your family have paid to the Association during the past year may be deducted on your family income tax return. The Association is a philanthropic educational research organization, and all money donated may be counted as a gift to charity, etc.

"With kindest regards, and trusting you are on the 'up and up' continually, I am..."

Clipping enclosed: Norfolk-Ledger Dispatch Norfolk, Va., 1/22/38

Farmer Faces Certain Death Reconciled to Fate of Being Petrified Alive

Wheeling, W. Va., Jan. 22 - (UP) - Reconciled to his fate, Ogle Neely, 36, of Howard, laughed and joked although he faces slow but certain death because his flesh is turning to "leather."

His arms to his elbows and his legs to the knees already have been "petrified" by the rare disease of scleroderma, from which specialists at Johns Hopkins Hospital say he is suffering. Doctors say they know neither the cause nor the cure for the disease which has attacked Neely in a worse form than ever before recorded.

When the Marshall County farmer was only 23 years old, the ailment first appeared in 1924 and started at the tips of his fingers and toes. Each year it spread a little more.

Now he is unable to work and he must live on \$20 a month relief funds. Although his legs are deadened, he walks four miles to the nearest grocery once a week.

Neely is reconciled to his fate, Byron Pipes, relief investigator, believes.

R2. 5/2/38 She obtained 528-16, a Mental-Spiritual reading, which also gave physical advice. See subsequent correspondence in re her complete cure under 528-16 Reports.

**INDEX OF READING 528-16 F 30**

Appliances: Wet Cell	Par. 4
Attitudes & Emotions: Forgiveness : Self-Condernation	Par. 12 Par. 8
Bible: Books Of: Matthew 7: 12	Par. 15
Conscience	Par. 17
Consciousness: Christ	Par. 12, 13, 15
Doctors: Pagano, John O.A., D.C.	Par. R21
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TOXEMIA	
Work: E.C.: Quotations & Similes: “Better To Trust...”	Par. 18
“Channel Of Blessings”	Par. 16

**BACKGROUND OF READING 528-16 F 30**

B1. See her Life Reading 528-14 on 12/30/37 and previous Physical Readings for scleroderma with which she became afflicted 11/36 and gradually recovered from it by following treatment in the readings

B2. 4/29/38 "I should have written you before [following Life Reading and last Ck. Physical] but so much has happened that I haven't known which way to turn. I turned to you when no doctor could help me and you got me out of bed and now you are the only one I can turn to. I hope this will be kept in the strictest confidence.

"I have been going with a man here for 5 yrs. every night and have been engaged to him for 4 yrs. He has plead with me to marry him and I refused at first because of the debt he owed for his education and, too, I loved my work too much to marry. We were to have been married, though, but I was taken sick and was sick about a year, and when I got up I wasn't in a physical condition to marry. Now he has started going with a girl 9 yrs. younger than he and from all reports has been untrue for about a year - not that he went with other girls because he was with me every night but in his office, so I hear. We have broken now. I have taken him back 3 different times and he has promised to be the man I fell in love with and restore that confidence in me that I once had. He told me Wed. that he just felt that he didn't want to marry, that he would be doing me an injustice but he thought more of me than any girl he had ever known in his life...

"In my physical condition and my nerves so shot I feel that I can't go on. I feel that my life is wrecked, for my whole life had been built around him. He is well established here...and is going to stay here. I have my work here, my class and church job and without that I would be lost. But to have to live my life here looking at him is more than I can stand, but my work holds me and my family have a home here. I still love him regardless of what he has done - he has slipped from the church because I'm there... Is there any way I can help him to have a change of heart and be the man I fell in love with? That is what I want worse than anything. If not, could I get him out of town? What must I do to find any happiness, if there is any in this world? I feel now that I could never be interested in another man... Is he worth trying to win back? I feel that if anybody can save him I can, for he has loved me as much as I love him now. I want to know what to do with my life if it has to be without him.

"I didn't know whether you would take this or not. I heard what you did for the Jew in N.Y. in the metal work [?]. If you would it would be one of the greatest things you have ever done. My illness was nothing compared to this in my life. My nerves are in such a terrible condition now and the neuritis is much worse.

"Please, Mr. Cayce, as a personal favor, if you can help me, please for my sake do it. I don't know where to turn and my heart is broken and my life shattered. I am to see him around Tues. or Wed. If you can help me could you let me hear by then? Don't wire, because I want this kept a secret...

"I'm not improving as I should due to this terrible thing and if you can please help me I'll forever be grateful to you."

**TEXT OF READING 528-16 F 30 (Organist, Choir Director, Piano Teacher, Protestant)** This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 2nd day of May, 1938, in accordance with request made by the self - Miss [528], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 10: 30 to 10: 50 A. M. Eastern Standard Time. ..., Ky.

1. GC: You will have before you the body and enquiring mind of [528], ..., Ky., together with the circumstances and relations with a friend to whom she has been engaged for some years. Considering all that has recently happened between the two, and others, you will tell her the course she is to pursue at this time, and how.
2. EC: Yes, we have the body, the enquiring mind, [528]; together with conditions and relations that have existed, that do exist in the present.
3. First, we would consider the physical conditions of the body in the present. To be sure, the anxieties and the upsetting conditions of the mental forces and influences have worked and do work hardships against the better physical conditions of the body.
4. Yet as we find there are precautions, physical, that the body should take; not only in keeping the charges for the Appliance, especially, for creating the better vibrations, but in keeping and watching the eliminations. For the activities have set about to eliminate the poisons as created by the infectious forces through the whole of the system.
5. Hence as we find, the greater source of the infection that causes the neuritic reactions in the nerve and muscular forces arises from toxic forces through the alimentary canal.
6. Therefore, we would use the Eno Salt as an eliminant, and keep the eliminations above nominal, so that there is the cleansing of the system at least twice each day. Also we would use occasionally the high enemas to cleanse or evacuate the colon. This will make for a relief of the toxic forces and thus eliminate the sources of the disturbance in the nerve and muscular forces of the body.
7. Precautions should be taken occasionally regarding the rest of the conditions, as has been indicated.
8. In regard to the mental attitudes, the relations that have existed and do exist in the present between the self and the associate or companion or friend, or lover, there should not be ANY self-condemnation. And if there is no SELF- condemnation there may NOT be then the condemning of others.
9. Then, for the greater satisfaction, the greater aid and help for each, there should be sought those relationships that make for the abilities of each to supply that needed in the other's experience; in the physical, the mental and the spiritual relationships.
10. This should be, then, as we find, the attitude.
11. To be sure, only self may be controlled. But if there are those relationships that are felt, are declared by the friend to be existent - if there is the care, physically and mentally, for the associations and activities - then the activities of self will be returned in the manner in which there is the meting out.
12. If the feeling has grown cold, if the nature of the activities of the body has been of such import that it may be within the mind of self justified - not by hearsay, but - if ye would be forgiven, ye would forgive - build then upon that which is thy concept of the loving, forgiving Christ-Consciousness.
13. Not that such relations or activities were by Him condoned, but rather was there the consideration of the desires of the body as well as the mental attitudes, circumstances and conditions.

14. So with self. For the needs of that as may bring into the experience, in the present, build upon that in self that is the answer for the hope, the faith, the EXPERIENCES; that ye may know in the oneness of purpose, oneness of desire, to keep that which IS the whole import and purpose of thy material relationships in thy activities, in thy environs, in thy surroundings!

15. Do not condemn. Do not condone. But as ye would that would be done to thee, do ye even so to the other - which is in keeping with thy concept of thy CHRISTIAN faith, thy CHRISTIAN hope!

16. Thus ye will find that such activities and attitudes will bring into thy experience the greater peace. Not by "Don't do this - Don't do that! I won't have this - I won't have that!" Rather in that same manner in which ye have held and do hold in thy own heart and mind the love not of self, not of desire as to satisfying of physical relationships or activities, but in the singleness of purpose that each day, each activity may be a manifestation of being a channel of blessing to someone day by day!

17. Only in that attitude, in that purpose, may ye find within thine own heart and mind that which will bring peace and harmony BETWEEN thee, or will give to thee the all good conscience.

18. KNOW that it is better to trust a heart or body, and that deceiving, than to doubt that body which IF believing would BLESS thy life with true understanding!

19. Keep thy faith in HIM, that ALL will be and is right! And make thy life, thy activities in accord with same!

20. Ready for questions.

21. We are through for the present.

### **REPORTS OF READING 528-16 F 30**

R1. 5/5/38 EC's letter: "Do hope matters are clearing up for you - appreciate your coming to me and sincerely hope the information has not failed you, and that with meditation upon what was given, with prayer and meditation, you will see and know just which course to pursue. Have been a bit worried, to be sure, since receiving your letter, but went back and read your Life Reading [528-14] and, [528], I sincerely believe if you will read that over again - especially the 2nd page - you will find a great deal there that may be of real help to you at this time, for it tells you that you might expect just such an experience and what to do about it..."

"Have missed hearing from you but was just so in hopes that no news was good news this time. Let us hear whenever you can, and please let me know how everything works out. Know that all your strength is in the divine, and that divine is within you - not afar off, for there He has promised to meet you, and on Him you can place every care."

R2. 5/7/38 "I rec'd your letter this morning and you don't know how much I do appreciate your helping me. If I ever needed someone to help me I do now. I got the reading Wed. night and appreciate your sending it special. I was in such a state of anguish when it came that it was like a drink of water in the Sahara desert. He was to see me by this past Wed. and tell me what we were going to do but he failed to come and I haven't seen him yet. Mr. Cayce, I am desperate. We have meant so much to each other in the past 5 yrs. that I feel that life without him isn't worth living. We had a complete hope chest that he had given me mostly, sterling silver goblets, two diamond rings, wrist watch and

everything nice one person could have given another. I love him even after all he has done to me. Is there anything possible I could do to get him back?

“I read my Life Reading and can see now where this was to take place. I couldn't see it when I got it because I was so sure we for each other and I never dreamed anything like this could happen to us. I trusted him like I did myself. But Mr. Cayce I don't see any course to pursue. You said I would know what could be done from the Life Reading but I can't see it from either one of the readings. Could you tell me any specific thing that can be done? I realize I will have to try to get him back - he isn't coming of his own accord. I don't want to make a fool of myself but I'll do anything in my power, and if you can just tell me what to do I'll do it. I know he has loved me, and if I could revive that love please tell me and how to do it. I won't do one thing toward seeing him until I hear from you...

“I'm afraid if something doesn't take place I'll be in the asylum, and my family will too, for they are so worried about me.”

R3. 5/9/38 EC's letter to [528]: “Yours of Saturday afternoon just received. Thank you, appreciate your confidence in me, and hope and pray may council you aright, at this time, think can appreciate your feelings but first let me say, don't let your anxiety get the best of you - just pray about it the more often - asking that you do the right thing that as is best at all times for each of you, and am sure you will find that HE will answer you, and bring you that Peace He has promised to every one of us that will call earnestly on his Name.

“For a moment - lets analyze a part of your information in Life Reading [528-14], on first page, Par. 4 it says: 'Let the entity first determine in self what is my Ideal - physical, mental spiritual - And know unless it is founded in things spiritual, it must eventually turn and rend thee' Or is saying you must know just what your desire is - toward Physical-Mental and Spiritual things and conditions and that they must be spiritual in their concept - or they will bring remorse. That am sure you understand - but how to apply that under the existing circumstance is your question - What then would you have the circumstances be - Hold to that thought what ever you have decided - then Pray about it ask HIM to bring it about - putting all your trust in God and he will bring it to pass. Not that you are to sit still - No, do what you are prompted to do make a point to see him, tell him what you wish, he loves you - of that you may be sure - and then act and be as if it is just that way - that is the only way - never fear but he will come when you ask him - if you have prayed about it and in the manner indicated. Your work has been, is too much tied up in the spiritual life of others - you can and will build a home - and still bring light to the minds and hearts of many - Wish could sit down and talk this all over with you but am sure you will get just the right thing to do now [528] - take it all to Jesus - He cares - He hears - He will direct you. Never fear.

“On second page of Life Reading, [528-14], Par. 13: 'One very high strung, and making for great variations in its way or manner of expressing its self; yet, tempered with patience, love, sympathy' - this as you see [528] is your saving grace as it were, is the promise as it were that will you just be patient - show love, show sympathy - not ask for these for is like life its self - 'would you have life give life' would you have love - sympathy - and the like you have to give it - not demand it - give it and it is yours. Quite a difference - but you can and will do this am sure and every thing will come out alright - a trying period for you - just don't become panicky - hold on to God - in Jesus Christ - and every thing will come out alright.

“Feel mighty like was telling you something you already knew - sure I am - but you have just forgotten it for the moment - pass up his neglect - think rather of all the love shown in that hope chest in all the lovely preparations that have been planned - think of those - and call him not to remind him of neglect - not of any of the many things that might come to your mind - but to remind him of many of the things that have been planned in building a Godly home for each of you, and it will work out alright - Remember God has promised many times - 'try me and see but I may open the very windows of Heaven to pour a blessing on you' and that means you [528], you. Just you try it.

“Write me again soon, won't you, with Love and may the blessing of the Peace of the Christ keep you...”

R4. 7/10/38 Letter from HLC to [528]: “You will receive very soon the current Bulletin announcing the Seventh Annual Congress of the Association and also some folders regarding Virginia Beach. I hope you will read them carefully and give this matter of attending the Congress some serious thought.

“Without the slightest overstatement I can say with all frankness that there is no one who could do more good by attending these meetings than yourself.

“You know in presenting and studying the psychic work which my father is doing we are constantly faced with problems such as confronted the old frontiersman when he began to clear new land. People are afraid of this or that, critical, too intellectual, or even ignorant.

“You have had two experiences [Cure of acne (See 528-1 & 528-2) and cure of scleroderma (see 528-3 through 528-6), etc.] with the readings that would inspire the most skeptical and give confidence to many who are falling by the wayside in the face of obstacles in carrying out treatments.

“It is in no way necessary to make an example out of you - simply the story and your presence here. Well it would be most helpful.

“Besides, we need a good musician for the dinner (you can get out of that if you absolutely want to) and I would like to show you Va. Beach in the summer time.

“Let me know if there is any chance of you being able to make it, [528]. Really it is important - to us, yes, and perhaps to you.”

R5. 6/22/38 She referred Mrs. [1636] for a Physical Reading

R6. 8/12/38 Mrs. [1636]'s letter: “I did appreciate reading [528]'s readings. The poor girl did go through a lot, and was very faithful. They have moved away from ... That love affair seemed to get the best of her. I'm very sorry it all had to happen that way. Yet, the young man was very faithful to her during all of her illness, and no doubt that helped to keep up her spirit, and courage to get well. Could you help her along that line? I do know that human love can be overcome, and forgotten. It's only one of the stepping stones to a higher and better love. But she has had no training along that line of thinking, and unless she has someone for a staff, or a balance, she no doubt thinks she has quite a problem. But it could be so easily dissolved and fade into nothingness, with the right mental attitude. When one realizes the allness of God, the one power, it gives one lots of strength, and it banishes all fear, and gives one a peace the world knoweth not.”

R7. 8/38 See HLC's paper, AN INDIVIDUAL CASE OF SCLERODERMA, based on 528-3 through 528-13, and 528-15; it was later used on pp. 420-430 of the book, THERE IS A RIVER.



R8. 12/7/38 "I suppose you have thought I had dropped out of existence but I am living in ... We moved in August. I left ... the first of June and spent the entire summer at Peabody [Institute of Music, Nashville, Tenn.?]. I came here the last of August and am still here. I have no idea where I will be a year from now. My life is not settled, and the future is black to me. Of course you know why I could never go back to ... My heart was broken there and it would just kill me to ever go back there. I am teaching piano here and am playing the organ and directing the choir at the largest church in ... I have been very fortunate in getting a place in a church with a big three manual organ to play on.

"I am taking voice and two theory courses over at ... College - 42 miles from here. I go over every Wed. and take private work. I am trying to finish up my Bachelor of Music degree.

"I know I am doing a lot of work - probably more than I should do, but I have to keep busy or I would be in the asylum. I have no idea what will happen to me but I really don't care a lot.

"My health is fair. I still have neuritis terribly bad all over my body and am extremely nervous but I have had enough to stand to put me in the grave. I don't see that the neuritis is any better but I am stronger. I work 7 days a wk. and at nights a lot with the choir. I don't sleep well but I just think too much about my trouble to sleep. That is why I try to work all the time. I have thought that I should be checked but I just put it off. The reading would say not to worry so much and I can't help that when I have lost everything that I wanted in the world. This is in the strictest confidence.

"I would like to join the study group, if you are planning to have it, for soul development. Let me know about it and when to pay. I would like to give \$5 for the place for the records. I would like to give more but going to school is rather expensive."

R9. 10/10/38 EC's letter: "Glad you have gotten into the work you like there. That, of course, is the best way to get anything out of your mind. The hurt will be there for a long, long time but the more you do for others, the more you bring joy, hope and love into their lives, the less and less will grow the pain. Oh, I know you have heard all this many times but you know it is true; and the more you hold resentment the harder it will be for you.

"Saw Mrs. [1636] when in N.Y. recently - we were talking about you. She was saying what a beautiful, sweet girl you are and the joy you bring to the lives of so many in your work with the choir and the music, to those who need the awakening. So you just must not let a thing like what has happened hurt or keep you from giving the beauty you have to give the world."

R10. 5/28/40 Miss [528]'s letter to HLC: "Nothing would thrill me more than to be at the Beach for the Congress, especially since my case will be discussed. I had rather do that than anything in the world right now. I am thankful every day of my life for what Mr. Cayce did for me. If he could see me now he would wonder if I was the same person who was so sick and at death's door three yrs. ago. I weigh 148 lbs. and have held that weight for a year and never know a sick day. I work harder than I have ever worked in my life. I have a piano class of 16 pupils, a church job at the largest church in ... playing a lovely 3 manual organ and directing the choir, also a junior choir, and drive 100 mi. every Sat. for work at ... College, finishing up my Bachelor of Music degree. I am a piano major and voice minor. That is where I'll be during the Congress and the only

reason why I won't be there. School opens June 10th and closes Aug. 2nd and I just can't miss a day or I won't get my credit.

I hope you understand why it is impossible for me to come. Please don't think me an ungrateful wretch and just because I have gotten well that I don't still think of all of you often and thank God for what you did for me.

“Tell your Dad that I still have my neuritis badly and have never gotten much better of that; otherwise I don't know a sick day...”

“Thank you for the invitation very much. If it were at all possible I would be there. Give my love to all of your family and let me hear about what was said about my case.”

R11. 5/25/41 She referred Mrs. [2514] for the first of a series of readings for scleroderma.

R12. 6/16/41 Miss [528]'s to HLC: “I only wish it were possible to be with you all this year but it would mean failing to get my credits for summer school. I couldn't be absent for a week and cover the work. I am leaving today for ... College for ten weeks, only for week-ends which I will spend at home and take care of my church job. This will be the last summer and I am anxious to finish this degree business up...”

“Please give me a rain check and let me plan to come next year. I would adore telling of my case - I have so many times - people think I am a curiosity.

“A girl from ... came to see me about 3 wks. ago [Mrs. [2514]]. She is so pitiful with a different form of scleroderma from mine. The doctors at Vanderbilt Hospital in Nashville are at their 'row's end, ' I told her how I was cured. I hope she will be as persistent as I was in the treatment if she gets a reading

“Don't forget me next year.”

R13. 6/26/41 HLC's letter: “[852] and her mother, along with Mrs. [760], were here and we presented her case...”

“We are going to look forward to having you with us next year.”

R14. 7/5/41 Mrs. [2626] obtained the first of a series of readings for scleroderma, via Miss [528]'s recommendation.

R15. 8/9/42 Miss [528] married Pvt. [...] of the U.S. Army Air Corps.

R16. 8/13/42 EC wrote Mrs. [2514] (see under 2514-8): “I just had an Announcement that Miss [528] just got married.”

R17. 3/61 HLC taped an interview with Mrs. [528] via telephone in Ky. She said: “I became ill about eight months before I obtained the first reading for the condition [528-3] on 1/14/37. I was examined at the Haggert Clinic in Nashville, Tenn. At first I had symptoms something like flu or malaria. That is what they first thought I had. There was a generalized aching all over the body, and a low grade temperature. By the time I had the reading I was hard - all the flesh from the hips to the knees was just as hard as it could be. I was not suffering pain, except just the aching. All the upper part of my body was swollen, and when I smiled my face was so swollen that I couldn't see out of my eyes. I had a pone [hardness] all down my back, and my arms were swollen. I was swollen all over my body except from my knees to my feet, and from my hips to my thighs the flesh was HARD. My condition was getting progressively worse at the time I obtained the reading. The main treatment, as I remember, was Castor Oil Packs. I had to lie in these packs for three hours at a time, three times a day; in for three hours and out for two hours, and there was some medication but I have forgotten what it was. A little later the Wet Cell Appliance was recommended, and I did use it. Later on the olive oil rubs were advised.

“In a week's time after beginning the treatments the swelling began to leave my face, and it just gradually left. By the summer of 1937 the swelling was just in my thighs a little bit. In September of 1937 I went back to work, as an organist at the Methodist Church.

“Yes, I completely recovered. In 1942 I got married and am still married but have no children. I am still active as an organist and have had no return of the trouble.”

R18. 9/25/64 Mrs. Archie H. Clark (Lucille A. Clark)'s letter: “Enclosed please find \$1 in cash for the booklet, 'The Discovery of Edgar Cayce' by Wesley H. Ketchum. I am interested in Edgar Cayce's works - maybe one reason being that he cured my music teacher, [528], when I was a child and another most important reason - Gray Salter [Gertrude Cayce's cousin] married my cousin, Margaret Ann Adcock. Thank you.”

R19. 8/12/65 GD's note: Recently we heard that Mrs. [528] is still leading a normal, healthy life as a busy housewife, organist, music teacher, etc.

R20. 9/7/75 Mrs. [528] wrote HLC: “I am writing at the request of Mrs [...] who has scleroderma. Her doctor has given DSMO but she is unable to take it. She is interested in the A.R.E. Clinic in Phoenix, AZ and the doctors who treated the woman by the treatment that was used for me. [See 2/23/68 Dr. Wm. A. McGarey's letter and subsequent data on scleroderma verifying Edgar Cayce's findings, listed under 528-3 Reports]. Her case is not as bad as mine was but she shows no improvement...

“We thought Bob Terrio was so nice and so talented with ability and personality. I hope the interview will be of some value to you and may it help someone else. I am grateful for my recovery and was so glad to help any way I could. My mother [865] enjoyed having a part in it. She loved the Cayces and was a very close friend of Miss Sarah's [Mrs. L. J. (Sarah Cayce) Hesson].

“Best wishes for your work and may the work of your wonderful father live on.”

# Scleroderma Victim Is Walking Miracle

By Helen Crist

Miracles happen every day, in spite of the Cynicism of some modern-day sophisticates.

Take Sidney Kalugin, for example. He was vacationing last week at the Marshall's Motel.

He's a likable fellow—a standard type, you'd think...a New Yorker, from Jackson Heights, with the typical accent, a keen sense of humor and a great zest for conversation and for living.

Normal enough. But Kalugin seems to be a walking miracle. The mere fact that he IS walking, is the miracle.

He and I sat down together last week on the porch of the motel. And while the beach swarmed with carefree swimmers, sunners and strollers, he told me his story.

Kalugin's a senior court officer in New York State



Sidney Kalugin

Supreme Court. He's 48, unmarried and lives with his mother.

"About three and a half years ago," he said, "I noticed that my ankles were swollen. It was a funny kind of swelling—they felt like clay—and when I put finger pressure on them, the hole just remained, the flesh didn't spring back."

He said he never liked going to doctors too much, so he ignored it for while. "I thought it might be from using too much salt on my food, or something.

But the condition persisted, so he consulted a general practitioner, who was unable to diagnose the symptoms.

The illness by now was progressing. Both legs and the forearms were becoming mysteriously hardened. His balance was affected, and the whole thing was terrifying to him... "it just seemed unbelievable," Kalugin said.

Finally a doctor put him in Mt. Fiori Hospital, New York, for blood tests and a biopsy.

Kalugin remembers the day of the verdict very well. "The doctor took me into his office and he looked very solemn. I said to myself, 'Watch out, when a doctor starts giving you a lot of attention like this, something wrong.' Anyway, he told me he was sorry but that I had scleroderma."

"Scleroderma? What was that? I never heard of it!"

"I'm not very good with the medical language, but the way I understood it, it meant a hardening of the skin. Something goes wrong with the muscles externally and inside of the organs as well. And a simple thing like swallowing or gulping is impossible."

All right—so he had it, but what, Kalugin wanted to know, could they do for him medically?

"They told me it was extremely rare, that they knew of no medical cure, that maybe cortisone might help."

So he tried the cortisone, but became ill from the effects and

discontinued it after one week. He took vitamin E, all to no avail.

But he continued to work. "They were very understanding and patient with me though, they gave me easy assignments," Kalugin said.

Then quite noticeably, the swelling disappeared, and the body took on such hardness that instead of bruising if he fell, as one would normally do, his body

would chip.

It was at this point, that an event of upmost importance occurred to Sidney Kalugin.

It happened that Kalugin had a friend, a chiropractor, who had gone to Virginia Beach for a vacation. While there, he learned, through another chiropractor at the Beach, that amazing cures of scleroderma had been effected through

(Continued on Page 6)

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THE VIRGINIA BEACH SUN, 7/6/72  
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528-3

## He's A Walking Miracle

(Continued from page 1)

following the readings of Edgar Cayce, the psychic.

"What was the ARE? Who was Edgar Cayce? It was unknown to me."

But Kalugin was willing to try anything.

He went into a book store and saw a whole shelf of books about Edgar Cayce. "I thought this will take me a lifetime to read, and I don't have that much time!"

So he picked a book from the shelf at random. It was "There is a River." He thumbed through it in a hurry. "My thumb stopped at a page and lo and behold there in front of my eyes was the word 'scleroderma'."

"I got a lump in my throat and like tears in my eyes when I think of this," Kalugin said. "I felt this was more than just a coincidence. This was a direction I should follow."

He didn't read the book through then—he raced through the chapter on scleroderma... "like a man drowning and catching a life preserver." Later he read the whole book.

Immediately he started to follow some of the directions that Cayce recommended. "I rubbed so much olive oil, castor oil and peanut oil on me I looked like a chicken!"

Perhaps his family thought that he was cracking up because they started treating him nicely... "and I'm not the kind of guy you have to be nice to, because I never get offended easily and when people started being so nice to me, I got very worried."

But he continued with the rubbing of the oil and massaging of the limbs. He commenced, quite incredibly, he thought, to feel a softening of the affected areas. The beet-redness, which is part of the disease, began to tone down too.

Kalugin said he couldn't really understand the Cayce language too well... "all the speech he gave in the mystical state was mind-shattering." And Kalugin's Jewish background made it difficult for him to reconcile with Cayce's Christian beliefs.

At any rate, there was improvement in his condition. Kalugin joined the ARE and sent them a request for the circulating file with directions on Cayce's remedy for the disease.

"If I had known I was going to get better, I'd have written all this down, he said reflecting. But I was like a drowning man, and I didn't keep notes."

And then, in spite of the improvement, Kalugin went into a deep melancholy.

"I resigned myself that help had come too late. I even thought of going to London for acupuncture treatment."

"I knew the medical profession could do nothing, I was convinced I was going to die. Need I say that suicide went through my mind? I even took off my gun that I always wore (necessary as a peace officer) and turned it in."

Then he learned of Dr. William A. McGarey, in Phoenix, Director of the Medical Research Division of the Edgar Cayce Foundation, whose clinic operates in accord with Cayce principals.

"I wanted to go to see him, but he told me, instead, to contact Dr. Frank Dobbins (now deceased) who was recommended in the Cayce readings."

It was a two and one half hour endeavor, painful for Kalugin, who made it alone by bus, subway and ferry to Staten Island.

Dr. Dobbins recommended atomidine, which often appeared in Cayce's readings.

The results were electrifying. "Now my senses seemed to be taking hold again, and I felt a big difference."

Then too, Dr. McGarey sent him a wet cell, which was part of the treatment.

An interesting item, the cell looks like that of an automobile battery, though it is not similar in any respect. The Cayce readings say that the cell generates one and one half volts, which are not direct and not alternating. Specifically, it is suggested for treatment of nerve disorders, including

insanity, multiple sclerosis, Parkinson's disease and arthritis.

He used it faithfully, all the while feeling an improvement in his condition.

At an ARE meeting in New York, another coincidence occurred. He met a woman who also had been a victim of scleroderma. She told him of the wonderful benefits of inhaling fumes from apple brandy in a charred oak bag.

Onorthodox treatment? Yes, but Cayce was noted for this.

As a result, Kalugin said, it was like waking up out of a bad dream. The combined treatment made it possible for him to walk well again and even to run... "but my muscles had been inactive for so long, that I ran like a ruptured duck."

All of a sudden he said he began to develop a love affair with his own body. "It had been ugly so long, all the hair falling off the limbs, the flesh hard. Now the hair was growing back again. It was like a miracle."

*Gladys*

SOUTHERN CALIFORNIA PERMANENTE MEDICAL GROUP  
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16 Mar 68

Dear Hugh Lynn,

I finally got the <sup>3/19/68</sup> reprints of the scleroderma article printed in English.

These "acid-fast" bacteria are a close relative of the tubercle bacillus. Not too much is known about this kind of bacteria but more and more reports are coming out indicating they can cause a variety of diseases.

Looking forward to seeing you in May.

Alan Cantwell.

*Dermatologica* 136: 141-150 (1968)

### Acid-Fast Bacteria as a Possible Cause of Scleroderma

By A. R. CANTWELL JR, EUGENIA CRAGGS, J. W. WILSON  
and F. SWATEK, Long Beach, Cal.

Received: October 13, 1966

#### *Introduction*

This report concerns the finding of acid-fast bacteria, closely allied to the mycobacteria and possibly to the *Nocardia*, in the skin of three patients with scleroderma. They were present in such small numbers in smear preparations and histologic section, and grew so scantily in culture, that it appears possible that they have heretofore been simply missed or ignored, while actually present in many or all such cases.

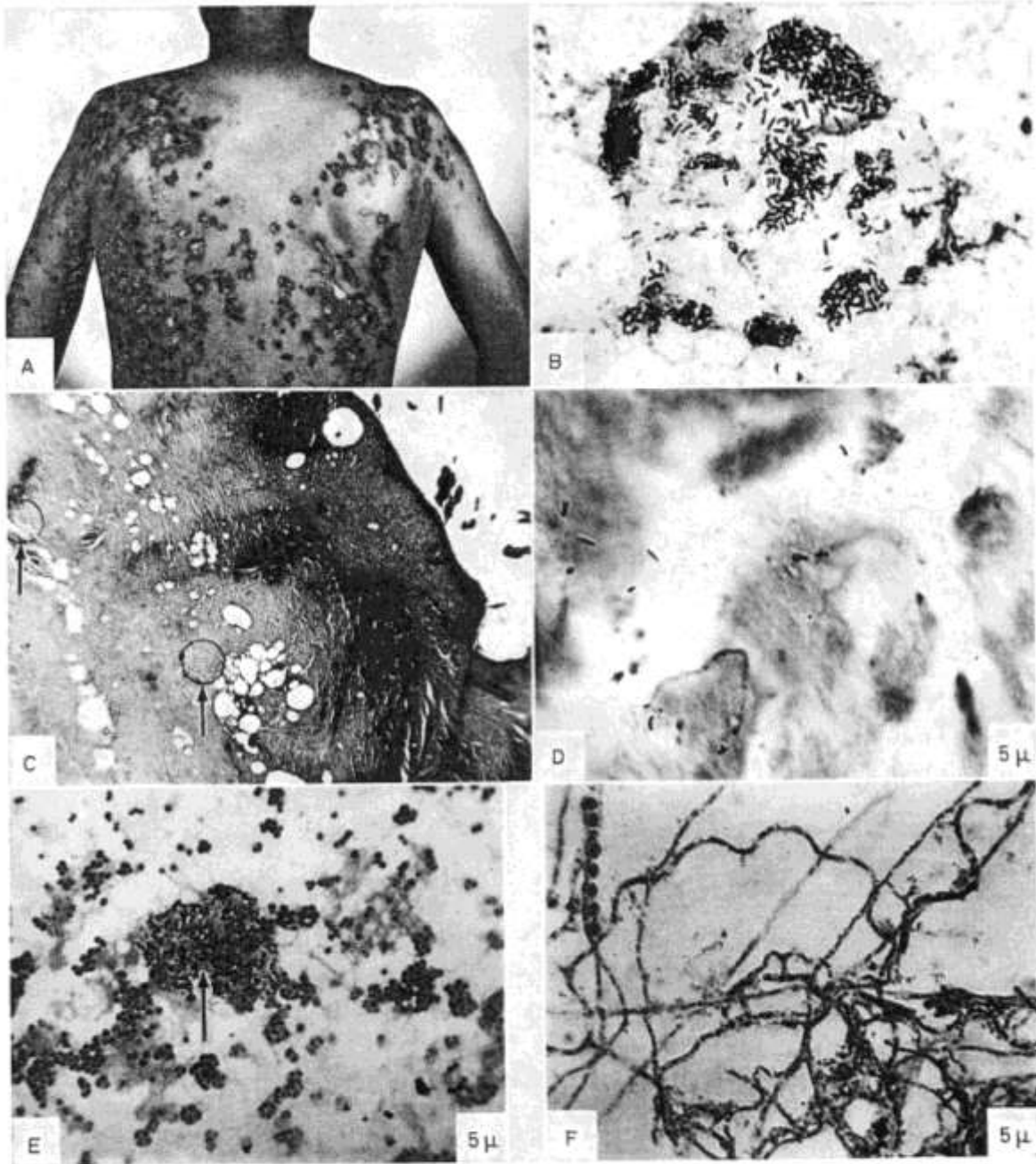
It is pertinent to recall that it is difficult to demonstrate the causative organisms in certain stages of tuberculosis and leprosy, and that Koch's postulates have not been proven with *M. leprae*. Therefore, no possible clue should be ignored in scleroderma. It is hoped that this communication will stimulate other similar studies to prove or disprove microbes as a causative factor.

#### *Atypical Mycobacteria as Pathogenic Organisms*

The importance of atypical mycobacteria has only been realized in recent years. In 1948, *Cuttino and McCabe* [2] reported a fatal infection caused by *Nocardia intracellularis*, but bacteriologists now consider the microbe to be a mycobacterium. Dermatologists have become familiar with lesions caused by *M. balnei* [7]. Lesser known infections are lesions produced by *M. fortuitum* [9], *M. kansasii* [8], and *M. buruli* [1]. The latter organism produces skin ulcers which may become extensive with subcutaneous calcification and necrosis. In 1963, *Kelly et al.* [5] reported twelve cases in which tendon sheaths, bursae, or soft tissue were infected with mycobacteria of undetermined species.

The presence of acid-fast microbes in scleroderma was first described by *Wuerthele-Caspe et al.* in 1947 [12]. In 1953, *Delmotte and*





*Fig. 1a.* Scleroderma with ulcerations of the trunk (case 1).

*Fig. 1b.* Numerous AFB forming "granules" in direct smear from skin biopsy material. Ziehl-Neelsen stain;  $\times 1250$  (case 1).

*Fig. 1c.* Microscopic section from an excised ulcer. AFB were seen in the circled areas. Fite-Faraco;  $\times 16$  (case 1).



*van der Meiren* confirmed this finding in nine additional cases [3]. *Wuerthele-Caspe* states that the etiologic agent appears to be a highly pleomorphic, intermittently acid-fast microorganism, with both a virus-like and a PPLO or L transitional phase, and belonging within the order Actinomycetales. This organism is a great simulator, whose various forms may resemble micrococci, diphtheroids, bacilli, fungi, viruses, and host cell inclusions. Yet if the developmental cycle of the organism is studied by following it through all its transitional stages, it can be indentified as a single agent [11]. The bacteriologic findings in the following cases are in accord with her previous work in scleroderma.

### *Report of Cases*

*Case 1.* A 37-year-old Mexican-American man was hospitalized in November 1963, with generalized scleroderma and ulcerations of the hands and trunk (Fig. 1a).

The past history revealed minimal pulmonary tuberculosis in 1956, confirmed by culture and a positive skin test to purified protein derivative (PPD).

An excised ulcer on the trunk was reported as scleroderma with non-specific ulceration and subcutaneous calcification. There was no evidence of "vasculitis".

Routine laboratory studies, as well as the L. E. cell test, latex fixation test for the rheumatoid factor, and anti-DNA antibody tests, were all normal. A chest roentgenogram showed no change since 1958. Roentgenologic examination showed some decrease in the motility of the esophagus following barium swallow. The skin test response to PPD was negative on this occasion.

In November 1964, smears prepared from biopsy material taken from deep in the dermis underlying an ulcerated area, revealed acid-fast bacilli (AFB) (fig. 1b). Tissue sections stained with Fite-Faraco were positive for AFB (Fig. 1c and 1d). Cultures were reported as negative for the growth of *M. tuberculosis*. Isoniazid, 300 mgs, and PAS, 12 grams daily, was prescribed.

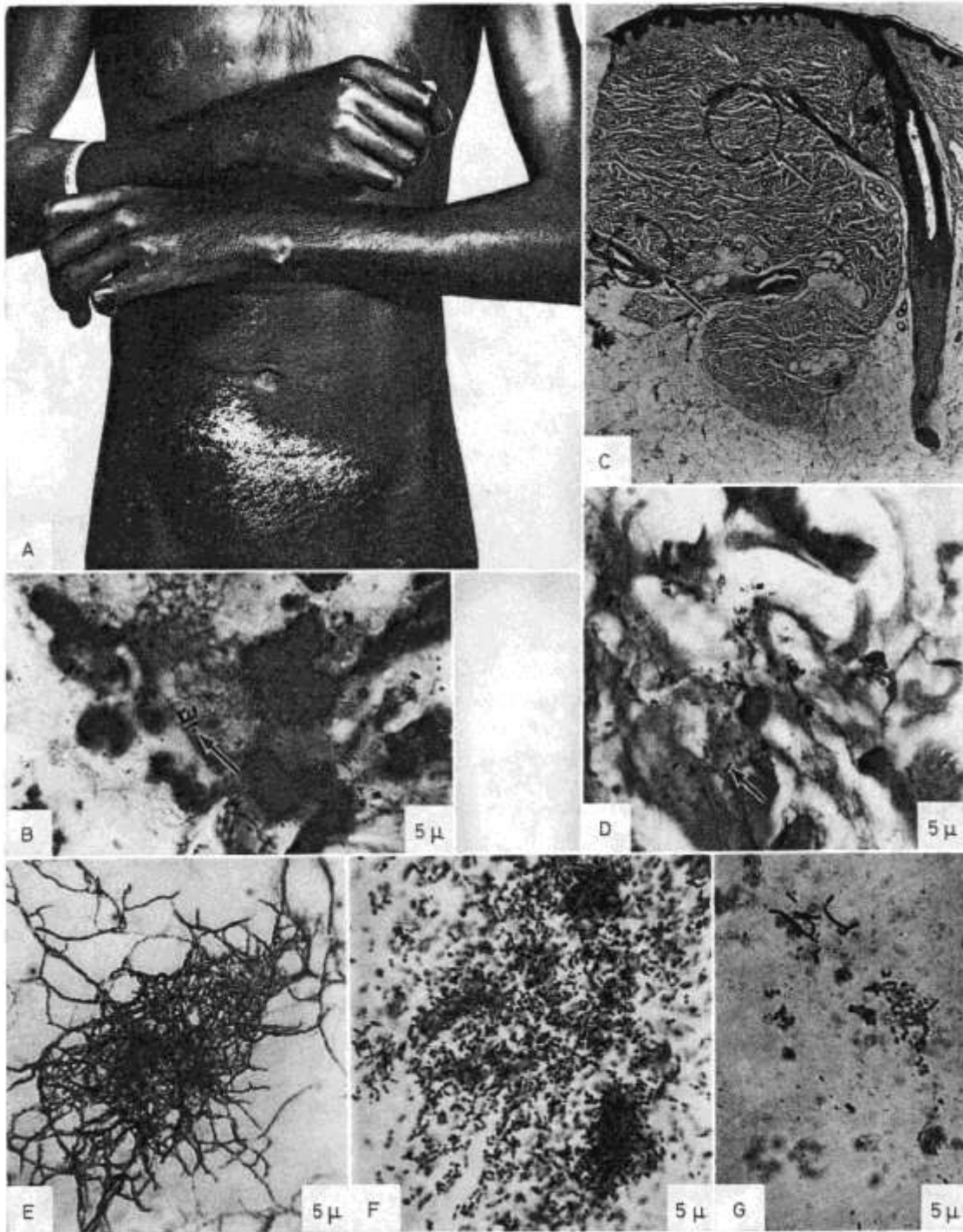
By April 1965, the lesions were no longer ulcerated, but rebiopsy and smear from an indurated area near the site of a previous ulcer, was still markedly positive for AFB. Material for culture was inoculated onto Löwenstein-Jensen and American Trudeau society (ATS) media. Within four weeks, buff-colored, smooth, barely visible colonies had appeared on the ATS medium. Smears of this growth were positive for AFB.

In July 1965, rebiopsy and smear examination were again positive for AFB. Culture growth, on this occasion, showed branching forms from the ATS medium only, which simulated *Nocardia* (Fig. 1f). Growth from thioglycolate broth, Albimi's

*Fig. 1d.* AFB in tissue section of (C) (case 1).

*Fig. 1e.* Smear of growth from Albimi's brucella agar. The rod forms within the "granule" were acid-fast, but the coccoid forms were not (case 1).

*Fig. 1f.* Smear from culture on ATS medium showing the partially acid-fast filamentous appearance of the organism on this medium (case 1).



*Fig. 2a. Progressive generalized scleroderma (case 2).*

*Fig. 2b. Rare AFB in a skin smear. Ziehl-Neelsen;  $\times 1250$  (case 2).*

brucella agar, Dubos' medium, and blood agar appeared more compatible with atypical mycobacteria (Fig. 1e). The precise classification of this organism could not be determined.

*Case 2.* A 32-year-old Negro man with generalized scleroderma was hospitalized in December 1964 (Fig. 2a). Skin biopsies were performed from a firm area of the forearm and thigh. Rare AFB were seen in smear examination of both specimens (Fig. 2b). Culture from the forearm specimen yielded slow-growing, raised, rough, orange colonies on the Löwenstein-Jensen medium, incubated at 37°C. Smears of this growth revealed a partially acid-fast filamentous organism (Fig. 2c) which grew well on subculture in Sabouraud's medium.

Within several weeks, culture from the thigh yielded multiple, smooth, yellow, 1-2 mm colonies on both the Löwenstein-Jensen and ATS media which, when stained showed strongly AFB (Fig. 2f). This organism also grew on subculture in Sabouraud's medium, but showed no true branching. The isolate was identified as a "scotochromogen". Guinea pig and mouse inoculation tests with both isolates were negative. The patient responded only to the second strength skin test dose of PPD.

In April 1965, the skin of the arm and thigh was rebiopsied and smears were positive for rare AFB. Culture of each specimen yielded barely visible, buff-colored, smooth slightly raised colonies on the Löwenstein-Jensen and ATS media incubated at 37°C, and at room temperature (25°C). These organisms were most compatible with atypical mycobacteria (Fig. 2g). Slight growth was also observed in Dubo's medium and thioglycolate broth.

A group of tissue sections stained with Fite-Faraco were reviewed and several sections were found to contain rare AFB (Fig. 2c and 2d).

Smears from the fifth skin biopsy performed in July 1965, again revealed rare AFB. Culture showed AFB most compatible with atypical mycobacteria on all media used, except on blood agar, where the microscopic appearance again suggested *Nocardia*.

*Case 3.* A 42-year-old Caucasian man was seen in May 1964 with scleroderma of the fingers, arms, face and thighs. Roentgenologic examination of the esophagus also showed changes compatible with scleroderma.

In February 1965, a skin biopsy was performed. Smears were negative for AFB and culture yielded no growth. The second strength of PPD was positive.

In June 1965, tissue sections were studied after staining with Fite-Faraco. One section was noted to contain two AFB in the dermis, without surrounding inflammatory cell infiltration (Fig. 3b).

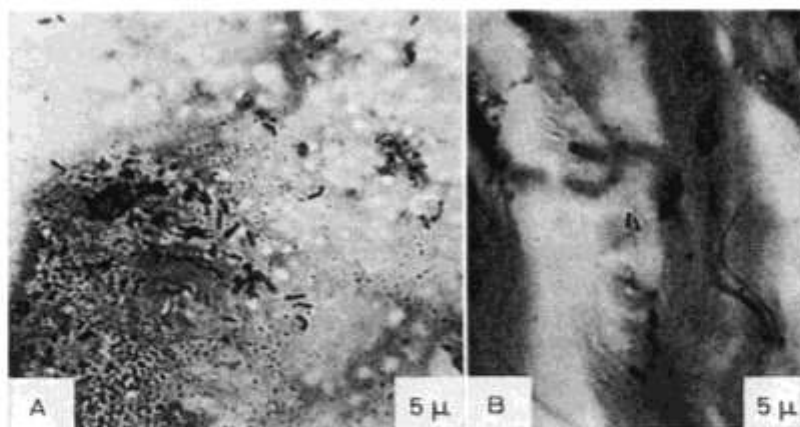
*Fig. 2c.* Tissue section showing scleroderma. Fite-Faraco;  $\times 32$  (case 2).

*Fig. 2d.* Rare AFB in tissue section from (C). Fite-Faraco;  $\times 1250$  (case 2).

*Fig. 2e.* The filamentous appearance of the microbe, isolated on Löwenstein-Jensen medium from biopsy of the forearm. Gram stain;  $\times 1250$  (case 2).

*Fig. 2f.* Smear from culture on ATS medium from a biopsy of the thigh, showing AFB. (case 2).

*Fig. 2g.* Smear from culture on ATS medium, showing rare acid-fast coccobacillary forms. This isolate was obtained from the second biopsy from the forearm (case 2).



*Fig. 3a.* AFB in a smear preparation from skin biopsy material. Ziehl-Neelsen;  $\times 125$  (case 3).

*Fig. 3b.* AFB seen in mid-dermis in tissue section. Fite-Faraco stain;  $\times 1250$  (case 3).

Two additional skin biopsies were then performed. A smear from one specimen was positive for AFB (Fig. 3a). Material was inoculated into Dubos' medium and thioglycolate broth, as well as into routine media. With careful observation, it was noted that growth, although poor, was slowly occurring only in Dubos' and thioglycolate media. Smears of this, stained for AFB, showed some of the forms to be partially acid-fast. The morphologic and staining characteristics of the organism were most consistent with an atypical mycobacterium.

#### *Auto-Inoculation Experiments with a Filamentous Organism Isolated from Scleroderma*

The filamentous organism, isolated from case two, was studied by Dr. Ruth Gordon, who was unable to identify it as a well known strain of *Nocardia*, nor as a streptomycete. Pending further investigation, which would include a cell-wall analysis, it is not possible to definitely assign the microbe to a genus. Present knowledge indicates that the microbe might belong to the genus *Nocardia*, *Mycobacterium*, or a number of others.

On three occasions the filamentous microbe was reinjected into the patient from whom it was originally isolated. Initially, a killed suspension of the organism was injected intradermally to simulate a crude "skin test". At 48 hours, the site showed a 5 millimeter area of erythema and induration.

A small amount of the living culture was then injected subcutaneously. After two weeks, a barely palpable, deep skin nodule was present. Biopsy was reported as a "foreign-body granuloma". Many cocco-bacilli, which were not acid-fast, were noted with the Fite-Faraco stain.

The third inoculation with a grossly cloudy, 1 cc suspension of the living organism, was injected subcutaneously. After 40 hours, the area became erythematous and indurated. Five days, post-inoculation, a biopsy was performed from the central portion of the lesion, and examined histologically and bacteriologically.

The dermis showed acute inflammation with a large number of eosinophiles. Inflammatory aggregates were most evident around the blood vessels. Rare AFB and many cocco-bacilli were noted with the Fite-Faraco stain.

The impressive bacteriologic finding was that a filamentous organism was not recovered in culture. Instead, organisms most consistent with atypical mycobacteria were cultured. This last experiment demonstrates the bacteriologic confusion that besets the study of an organism which, in culture, appears to vacillate between a bacterium and a truly branching, filamentous "fungus".

#### *Comment*

We attempted to minimize the culture growth of surface acid-fast skin "contaminants" by use of sterile technique and excision of the epidermis and upper dermis at the time of biopsy. *Mycobacterium phlei* and *M. smegmatis*, unlike our isolates, are saprophytic species occasionally found on the skin surface, which grow rapidly and readily on media designed for the culture of *M. tuberculosis*.

In our experience, the Ziehl-Neelsen tissue stain was unsatisfactory, but rare bacilli were observed by use of the Fite-Faraco stain. In this procedure, the addition of (cottonseed) oil in deparaffinization helps to allow the penetration of the stain (carbol fuchsin) into the capsule of the bacillus [4]. In a recent paper [6], comparing fluorescence microscopy and Ziehl-Neelsen staining in the ability to demonstrate AFB, it is apparent that the former method is greatly superior. This study also suggests that it is unwarranted to dismiss infection with mycobacteria on the basis of negative tissue examination by Ziehl-Neelsen staining methods.



Still hypothesizing the role of AFB in scleroderma, it is suggested on the basis of few demonstrable organisms in fixed tissue, that the host resistance and the bacterial virulence may be in a state of fairly well-balanced equilibrium. The mild leucocytic infiltrate in the presence of AFB, may signify that the mechanism of infection may be mediated through enzymatic factors, rather than the more usual and familiar mechanisms whereby bacteria evoke a marked cellular response by the host. The recent report [10] that certain bacteria (*Nocardia madurae*) have "collagenase" activity may have bearing on this hypothesis.

#### *Conclusion*

Perhaps the further study of the type of microorganisms reported here, particularly as regards human pathogenicity, will elucidate a possible mechanism for the production of a disease, such as scleroderma. To view these organisms as microbes of no consequence, because we lack knowledge and familiarity with them, may be an injustice to the patient, in whom these bacilli are found\*.

#### *Acknowledgements*

*Tim Dodge* produced the microphotographs. *Nona Mahany, Charlotte Kirshnen, Eleanor Averill,* and *Edna Nations* performed the histologic techniques. *Ruth Gordon*, Ph. D. of the Institute of Microbiology, Rutgers University, studied the organism isolated from case two. *Edwin Brosbe*, Ph. D., and *Daniel Omieczyski* contributed to the bacteriologic studies. Doctors *Joan Li, Margaret Storkan, Roy Averill,* and *Mark Tanenbaum* assisted in the clinical and histological interpretations of the cases presented.

#### *Addendum*

Case one expired in January, 1967. Culture from multiple skin biopsies of affected areas at autopsy, revealed a rapidly growing pleomorphic mycobacterium on Lowenstein-Jensen medium. This was identified by *Ruth Gordon* and also by the Communicable Disease Center, Atlanta, Georgia, as a strain of *Mycobacterium fortuitum*. *Robert Mansfield MD*, pathologist at the Carville Leprosarium confirmed the presence of acid-fast bacteria in multiple skin tissue autopsy sections.

A cell-wall analysis of the organism isolated from Case two, performed by *Mary Lechevalier* at Rutgers University, showed it to be a strain of *Micromonospora*, a recently described genus of the aerobic actinomycetes (*Becker, B. et al.*: Chemical composition of cell wall preparations from strains of various form genera of aerobic actinomycetes. *Appl. Microbiol.* 13: 236-243 [1964]).

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\* Case one was presented before the Los Angeles Dermatologic Society on February 9, 1966. (Ref.: *Arch. Derm., Chicago* 94: 363 [1966].)

*Summary*

This report concerns the finding of unusual acid-fast bacteria in smear examination, tissue section, and bacteriologic culture from skin biopsy specimens of three patients with scleroderma. Consideration should be given to them as possible etiologic agents until the significance of the presence of these organisms and their pathogenicity is more clearly established.

*Zusammenfassung*

Es wird die Anwesenheit von ungewöhnlichen säurefesten Bakterien in Ausstrichen, Hautschnitten und bakteriologischen Kulturen aus Hautbiopsien von 3 Patienten mit Sklerodermie beschrieben. Sie sollten als mögliche ätiologische Faktoren angeschaut werden, bis die Bedeutung dieser Organismen und ihre Pathogenität besser abgeklärt ist.

*Résumé*

Ce travail concerne la découverte de bactéries acido-résistantes peu communes dans les frottis, les coupes histologiques et les cultures de biopsies de peau prélevées chez trois patients atteints de sclérodermie. Il faut prendre en considération ces bactéries en tant qu'agents étiologiques éventuels, jusqu'à ce que la signification de la présence de ces organismes soit plus clairement établie.

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## Scleroderma

*One Cause, Many Ailments* by Dr. John O.A. Pagano

Scleroderma (hard skin) is a condition where "the body turns to stone;" as it is often described. It is really a systemic condition that involves collagenous connective tissue, but the skin is the most visible organ in which the hardening of such is observed. All the internal organs can be involved: the kidneys, lungs, heart, liver, and even the arteries and glands

Scleroderma was one of the most devastating skin diseases that I encountered as a young intern in Denver. The afflicted patient was a woman who was in the last stages of her life when I met her. While there was nothing I nor anyone else could do to help her, many years later I had three separate cases of Scleroderma come into my office in one year. Two of them responded, one did not – but she was already at the point of irreversibility when she first came to me. She had been under medical care for several years before I first saw her, but try as the doctors might, it was just too late.

The second case, however, a woman whom I will call Cathy, was different. After being under extended medical care, she found her way to my office in the hope of trying a more natural approach. For this I turned exclusively to the Edgar Cayce material. In his works he emphasized that Scleroderma was primarily due to a malfunction of the glands of the body, principally the thyroid, adrenal, and liver. With the hormones of these glands malfunctioning, a tubercle bacillus or germ in the lymphatics of the skin itself occurs. The glandular deficiency creates a *lack of nutrition* in the circulation of the skin itself which affects the lymph flow. I followed the same procedure suggested for psoriasis, eczema, and psoriatic arthritis with two extra inclusions: a charred oak keg and castor oil. All



other measures – the high-alkaline diet, olive oil/peanut oil massages, colonic irrigations, etc. – were followed.

The charred oak keg was employed since the woman had Scleroderma with lung involvement. There was crystallization of the lung taking place. The charred oak keg is exactly what it implies: an oak keg that has been charred on the inside. To this was added 100 proof Apple Brandy that filled the bottom half of the keg. A breathing tube was supplied and inserted in the center of the keg that allowed the patient to breathe the fumes generated in the upper half of the keg. This procedure was advised for many problems of the respiratory system: asthma, emphysema, tuberculosis, pneumonia, and other such problems. The protocol was successful as is evidenced by her letter to me dated March 8, 1992:

**Dear Dr. Pagano,**

**I'm writing you this letter to inform you of the results of my tests I had run at Lahey Clinic. I went to Lahey on February 4, 5, 6. They did a pulmonary test which measured the amount of air I take into my lungs and checked my blood gases. I'm pleased to tell you the test turned out great. My lungs have improved from last year. I have 97% oxygen in my blood. The doctors couldn't believe it. They said that they have never seen that before. When you have a thickening of the lung as I did, it does not improve; it can stay the same but it will not improve. Well, Doc, we proved them wrong – and I'm living proof it can happen. I wish you could have been there to see how confused they were because they couldn't explain it – it was great! I know what did it though. I feel using the charred oak keg and following the diet you gave me and following the Cayce readings has made a major change in my health. I want to thank you for everything you have done for me.**

**Sincerely, Cathy**

What, you may ask, does a charred oak keg have to do with the Leaky Gut Syndrome? Let's remember that the leaky gut causes systemic problems, the list of which can be staggering. Scleroderma is a systemic condition; therefore, it must be treated systemically if results are to be realized. In Cathy's case, her lungs became affected by the Scleroderma and produced pulmonary complications. Clearing the lungs with the charred oak keg gave her a higher oxygen capacity. This gave her immune system a boost and helped her build up her entire system. In the meantime, the dietary changes from acid to alkaline which she incorporated helped the overall picture.

# Scleroderma—

## Cayce's Treatment for an Incurable Disease

BY GLADYS T. MCGAREY, MD



### Remarkable things happen with castor oil...

**I**N AUGUST OF 1968 I was at the A.R.E. Clinic seeing patients while my partner and then-husband William McGarey, MD, went to Virginia Beach. He was starting to work on the research in the Circulating Files of the Edgar Cayce material dealing with the physical readings. One day Shirley, a 30-some-year-old woman came in to see me. She had been diagnosed with scleroderma and had for the last six months been severely handicapped because the disease was progressing so rapidly. She was a secretary in the Air Force and found that she was unable to type as fast as before because her fingers were getting stiff and hard. She had trouble swallowing and had not been able to eat solid foods for several months; she also had generalized pain.

Scleroderma is a dreadful disease. Sclera means hardening and derma, of course, is skin. The skin of the patient becomes hard and stone-like because of the calcium deposits. It is dreadfully painful and affects much more than just the skin. It is one of the collagen diseases which affect the connective tissues of the body. This disease is a very complicated one and affects not only the skin, but blood-forming structures such as bone and lung tissue itself. [Ed. note: There is currently no cure for scleroderma. Mainstream medicine combats this disease by treating individual symptoms to provide relief for the patient and to attempt to slow its progression.]

I called Bill at Virginia Beach and

asked him to look up what Edgar Cayce had to say about scleroderma. By the time Shirley came back to see me, Bill had sent me the material. I started the patient on a therapeutic regimen of castor oil packs over her liver three days a week for an hour to an hour-and-a-half; castor oil massaged into the hands at night and white cotton gloves worn over the castor oil to bed during the night; full-body massages as often as she could get them, but at least once a week, and keeping the diet as alkaline as possible. Since she was unable to eat solid food this was mostly pureed vegetables, soups, some fresh juice, and plenty of water.

We had our first medical symposium at the A.R.E. Clinic in January of 1969 and at that time presented Shirley's case as a case history because her response to this simple therapy had been so remarkable. She had for the first time in two years been able to eat some solid foods on Thanksgiving Day and when we presented her at the symposium she had been able to move her fingers more readily. A remarkable thing happened after we presented Shirley's case: a physician from San Diego, Allan R. Cantwell, Jr., came up to the podium and said that he had just published a paper in Barcelona, Spain, identifying acid-fast bacillus in the skin of scleroderma patients. In the 1920s Edgar Cayce had said that this type of bacteria is present in the skin of scleroderma patients. The synchronicities of the events were really impressive for those of us who were part of this symposium.

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*Conventional therapies do not bring about a cure or even much in the way of relief for the patient, whereas the simple methods Cayce suggested actually give relief and, in some cases, a cure.*

We followed Shirley for the next seven years during which time she added the use of the wet cell appliance\* which Cayce had suggested, used Atomic Iodine\* to balance the glandular system, and maintained the regular Cayce diet. When we lost track of her after seven years she was completely well and was teaching yoga.

**BILL MCGAREY IN HIS BOOK *Edgar Cayce Remedies* describes the progression of the disease in detail:**

Scleroderma is one of a group of what are called collagen diseases or diseases of the connective tissues of the body. In 1968 Alan R. Cantwell, Jr., a dermatologist in California introduced us to the factual information that acid-fast bacteria are present in the skin of scleroderma patients... Cayce said in the 1920s that such bacteria were present in the skin of these patients.

Edgar Cayce however, did not see scleroderma being caused by bacteria. The disease is a process and a complicated one, affecting not only the skin, but the blood-forming structural areas such as the bones and the lung tissue itself. It is the process that produces a hardening or a clotting of the blood mainly as a result of the blood itself attempting to bring about coagulation—that creative process within the body that is the building up of new tissue as old tissue normally dies. This is seen most graphically in the skin

where the superficial circulation to the various layers of the skin itself is involved in this process. Then, nerve endings in these areas become deadened because of their involvement in the process, which in turn results in acute pain and also reflexes to the autonomic nervous system, which then becomes involved itself. In this manner the organs throughout the body become disturbed.

There are glands within the body—in the case of scleroderma, these being principally the thyroid, the adrenals, and the liver—that become deficient in supplying elements that normally would keep all portions of the skin normal. These glandular elements are necessary in the formation of structure out of energy as Cayce described the event many times in his readings. With these hormones absent, the effect on the glands is, apparently, to produce a tubercle bacillus or germ in the lymphatics of the skin as a direct result of the skin being destroyed and becoming hardened more rapidly than it can be rebuilt. This becomes a “consumptive” condition with an inflammation of the lymph in that area between the outer, the inner, and the innermost portions of the skin covering.

Far-advanced cases, of course, have nearly all portions of the body involved. Thus, little of the oxygen needed by the body can be met by a malfunctioning respiratory system, and the entire body is put under a greater strain. As

these conditions progress, assimilation becomes more difficult and less capable and the lack of reconstructive activities in the body progressively becomes more acute. The glands, then, are seen as the primary cause leading to a difficult end unless measures are taken to reverse the trend and rebuild the body.

**THROUGH THE YEARS** I have worked with many scleroderma patients and have been delighted and excited with the results achieved when the patient follows the regimen as closely as they can. In fact, I almost get excited when the patient comes in with the diagnosis of scleroderma, because the conventional therapies really do not bring about a cure or even much in the way of relief for the patient whereas the simple methods which Cayce suggested, when applied, actually give relief and in some cases a cure.

I remember a 12-year-old girl who came to the A.R.E. Clinic in the mid-'70s with the diagnosis of scleroderma. She had hardening patches on her back and her fingers were beginning to become stiff. She was a musician and loved to play the piano. Her father was a Baptist minister and it was a little difficult for him to accept the concepts which came from the Edgar Cayce material but he was so concerned about his daughter's health, and the prognosis was so dire, he was willing to actually go along with the therapy. We started with the castor oil packs, with the massage of her hands, with the full-body massage, with the dietary regimen. Almost immediately we began to notice a softening of the skin particularly in the patches that had already formed. Over a period of two years she had improved markedly and by the time she graduated from high school she was playing the piano for school events and had no residual from the scleroderma whatsoever.

Just recently my interest and excitement about the treatment of scleroderma was

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re-energized when I was doing a book signing at Changing Hands Bookstore in Tempe, Ariz. A lady came up to the front of the line; at first I didn't recognize her but as soon as she said, "My name is Joan," I knew who she was. Her name was Joan Stanford and I had written her story in the 1997 book *The Physician Within You*.

Joan came to see me in the mid-'80s, two or three years after she was diagnosed with scleroderma. At that time I had not seen her for many years—I had helped deliver her ninth baby 35 years prior and really had not been in contact with her since. She had gone to see a doctor because she was in severe pain all over her body, her energy was greatly depleted, and the difficulty in moving her body was becoming more and more pronounced. The doctor said she was depressed and gave her an antidepressant. She did not like this diagnosis and did not take it. She went to see another doctor who diagnosed her with a collagen disease and then sent her to a rheumatologist who diagnosed the scleroderma. He prescribed an anti-inflammatory drug which she did not take because of the side effects. She was having trouble clenching her hands. She could see the disease creeping up on her whole body. She saw several other rheumatologists and the disease kept getting worse. She was told there was no cure and the disease was terminal. When I finally saw her she was mobile and she was hopeful but her hands were so sclerotic that she could not stretch her fingers out and she could not make a fist. The skin over her hands was shiny and the fingertips broken down with calcium deposits protruding from the tips. Her forearms were very hard and tender. The skin on her face was tight and thin with her lips so fixed that it was hard for her to smile.

We began working with the castor oil, the castor oil packs, and the massage. She was riding her bicycle. She continued to do that. She got back to doing yoga. She was careful with her diet and I followed her for several years until I retired, during which time she progressively improved. Much to my delight when I saw her at the book signing on September 23 she looked very much like she had looked when I had seen her 10 years before. The disease had not progressed, and her right hand was still tight but she could use her fingers, she

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## "Dr. Gladys" turns 90

By Patrick Belisle

Hundreds of admirers gathered in Scottsdale, Ariz., on October 29 to celebrate the 90th birthday of the indomitable Dr. Gladys McGarey. Edgar Cayce's A.R.E. was a sponsor of the event which paid tribute to this great woman and many A.R.E. members and staff were present. Over her lifetime of involvement with the Edgar Cayce readings and the A.R.E., Dr. Gladys wrote many articles (including her regular *Venture Inward* column *Women's Wellness*) and books, gave countless lectures, and opened the eyes of many health practitioners to the efficacy of the Cayce health readings. In addition to her myriad other accomplishments, she co-founded and ran the (now-closed) A.R.E. Clinic in Scottsdale as well as the (still-thriving) American Holistic Medical Association. A loving pioneer in human health and spirituality, Dr. Gladys continues to influence the world of holistic health care and loves living near her family in Arizona. Happy Birthday, Dr. Gladys!



Dr. Gladys with A.R.E. CEO Kevin J. Todeschi

could use her left hand, and her smile was genuine. When I asked her how she was, she said, "I love my life." She has continued to help other people. She is loved by many people and has led a life that has been productive and gracious.

**WHEN I COMPARE THE STORIES** of these three people with other patients who have not been blessed with the Cayce therapies for scleroderma, I understand the importance of the healings that come about when we understand the physiological processes that go on within the body and work with them rather than trying to just eliminate a disease. The cost-effectiveness of using castor oil packs, massages, dietary regimen, exercise, and energy medicine such as the wet cell\*, are truly amazing. The "normal" patient requires therapeutic interventions, medications, and ultimately help in just surviving. The pain,

the immobility, and the destruction the disease causes to the functioning organs, such as the intestinal tract, the kidneys, and the lungs is tremendous. On top of all of that is the incredible disfigurement that comes with the hardening of the skin all over the body. Certainly anyone can benefit using the Cayce material when treating scleroderma.

As I practiced my profession, the Cayce readings gave me ways by which I have been able to help people contact the "Physician Within" themselves and age into health rather than decline into a disease. This, then, becomes healing at the level of body, mind and soul and is true healing. ①

A Circulating File on scleroderma is available for free download at [EdgarCayce.org/members](http://EdgarCayce.org/members)



\*Available at [baar.com](http://baar.com) or 800-269-2502

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