

Circulating File

TUMORS: GENERAL

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

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TUMORS: GENERAL CIRCULATING FILE

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

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

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

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

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

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

Blessings, A.R.E. Member Services Team

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

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

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

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

Tumors: General

<u>Contents</u>	<u>Pages</u>
A. Introduction to the Edgar Cayce Readings on Health and Healing	4
B. Case Studies from the Readings:	
1. Reading # 283-1, 46-yr-old woman, 7/22/27	8
2. Reading # 283-2, same woman, 11/10/27	14
"Pinprick of Blood Tells All", and other articles	16
3. Reading # 283-3, same woman, 6/22/28	26
Testimonials on the castor oil pack	29
4. Reading # 596-1, adult woman	31
5. Reading # 890-1, 36-yr-old woman	34
6. Reading # 998-1, 54-yr-old woman	38
7. Reading # 999-1, 48-yr-old woman	41
8. Reading # 1013-1, 42-yr-old woman	44
9. Reading # 1403-1, 37-yr-old man	47
10. Reading # 1445-1, 38-yr-old woman	49
C. Related Circulating Files and Research Bulletins*:	
1. Cancer Files	
2. Cysts (Breast, General Vol. 1 & 2, Ovarian, Pilonidal, Skin)	
3. Pelvic Disorders & Adhesions, Vol. 1 & 2	
4. Tumors: Brain	
5. Tumors: Breast	
6. Tumors: Lymph, Vol. 1 & 2	
7. Tumors: Uterus, Vol. 1 & 2	
D. Baar Products	55
E. Related Articles and Books	57

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

Introduction to the Cayce Readings on Health and Healing

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

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

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

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

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

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

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

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

TUMORS: GENERAL CIRCULATING FILE

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

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

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

The dangerous side of medicines is their potential to diminish the body's own healing work. This is what Cayce alluded to when he warned about "palliatives" that deceive the soul with half-truths and temporary relief. It's also what he meant when he warned that we shouldn't come to rely on any condition outside of ourselves that could be assimilated by the body inwardly. All of this is to say, take the medications prescribed by the physician you trust. Keep in mind this thought: what those chemicals can do is temporarily - and somewhat artificially - give your body an experience of greater oneness.

Healing that really takes hold and lasts must come from changing one's inner consciousness and vibration. That happens most effectively from consistent and persistent human effort (that is, engaging one's desires, purposes, and will) - something that pills all too easily allow us to skip.

These have been long-standing. Do not take the treatments just a few days, or even a few weeks, and expect to be well - and then revert to old conditions. But be consistent and persistent! Have periods when these will be taken (that is, ALL of those things indicated) for two, three to four weeks. Then rest by leaving them off a week. And then be just as patient and just as persistent as though you were beginning all over again. 976-1

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

TUMORS: GENERAL CIRCULATING FILE

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

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

- Self-acceptance. As we rid ourselves of self-condemnation, we make room for healing forces to enter.
- Optimism and hope. We're encouraged to expect healing.
- Patience. It's much easier and quicker to destroy health than it is to rebuild it. We need to be willing to patiently invest whatever time is required.

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

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

On occasion a reading from Cayce would pose this question to the person who was ill: What would you do with your life if you were healed?

What would the body be healed for? That it might gratify its own physical appetites? That it might add to its own selfishness? Then (if so) it had better remain as it is. . . But first the change of heart, the change of mind, the change of purpose, the change of intent. 3124-2

The position of Cayce's psychic source was simply this: Why correct the physical condition unless there's also going to be an inner correction? People who are looking for both inner and outer healing are the best candidates for restored health and vitality. In Cayce's philosophy, healing should equip us to be more useful to others.

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

For this to be most effective, the recipient must desire such help and have requested healing prayer. Of course, we can always pray for someone, even if that

TUMORS: GENERAL CIRCULATING FILE

individual hasn't asked us. But it's important that we not assume we know what's needed in any person's life. For one who hasn't specifically asked for prayer, we can simply offer prayers of protection and blessing, rather than try to direct healing energies to that person or for a specific condition.

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

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

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

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

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

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

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

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

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

In summary, the Cayce readings remind us that our natural state is wholeness and health. An innate wisdom within ourselves knows what's needed for healing. We should expect to get well, and we should be willing to do our part to make it possible. "Those that expect little of the Lord receive little; those that expect much receive much - if they live it!" 1424-1

Blessings,

A.R.E. Member Services Team

INDEX OF READING 283-1 F 46

CYSTS: OVARIES

Dentistry: Surgery	Par. 21-A
Digestion: Indigestion: Tumors	Par. 8
Electrotherapy: Violet Ray: Cysts	Par. 15
Exercise: Breathing: Yoga : Walking: Tumors	Par. 23-A Par. 14
Eyes: Glasses: Unnecessary	Par. 22-A
Muscles: Tight: Tumors	Par. 11, 17
Neuralgia: Tumors: Abdomen	Par. 9

PELVIC DISORDERS: TUMORS

Physiotherapy: Douches: Glyco-Thymoline: Cysts	Par. 15
: Massage: Myrrh: Tumors	Par. 12, 14, 19-A
: Oils, Olive:	Par. 12, 14, 19-A
: Salt & Vinegar, Apple: Muscles	Par. 17
: Packs: Castor Oil: Tumors	Par. 13, 14, 19-A
: Lard, Hog:	Par. 13, 19-A
: Turpentine:	Par. 13, 19-A
Prophecy: Prognosis: Tumors	Par. 19-A
Surgery: Preventive: Tumors	Par. 9, 10
Teeth: Tonsils	Par. 20-A, 21-A
Tonsils: Teeth	Par. 20-A

TUMORS: ABDOMEN

Vibrations: Body	Par. 23-A
Womb: Fallopian Tube: Tumors	Par. 9

BACKGROUND OF READING 283-1 F 46

B1. 5/23/27 Letter from Miss [283] to EC: "...The wonderful healings that you have accomplished have interested me very much and inspire me with confidence to tell you of my troubles, as I am quite convinced that you can help me, and suggest a means of curing me, other than by a surgical operation which I have been assured is my only means of recovery..."

B2. 7/4/27 Letter from [283] to EC: "...I am sending you the report I received from my doctors' examination, and some of the questions I wish to ask in regard to my health, to be taken up in your reading..."

"Doctors' report: 'Heart and lungs normal, blood pressure 128/86. Diseased tonsils which should be removed if you suffer from sore throat. (I do not so suffer) Eye test showed defective vision which should be corrected by proper glasses. Urine showed no abnormalities. Blood reports were negative. Dental test reports several pyorrhetic teeth and should have complete X-rays. Large tumor felt in abdomen, we believe this is an ovarian cyst and urge removal.'

"Questions: What state of mind brought about this obstruction in the ovaries? Can this growth termed an ovarian cyst be dissolved by means other than a surgical operation? How can my tonsils be cured of their diseased condition? Is the state of my teeth in any way responsible for the condition of my tonsils or the converse? What is the best way of treatment of my teeth? Do I need glasses, what kind, and must they be worn continuously or only for reading? Would the Yogi breathing exercises improve my health?..."

B3. 7/14/27 Letter from [283] to EC: "...I cut my thumb, had it operated on to sew up the ligament, but find it impossible to move the upper joint. Can anything be done to give me full use of it again?..."

B4. 7/22/27 See EC's Reading 283-1, with subsequent Reports.

TEXT OF READING 283-1 F 46

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 22nd day of July, 1927.

2. EC: We have the body here.

3. Now, as we find, there are those specific conditions with the physical forces of the body that cause distress, and these may be corrected. They have to do with specific physical conditions, yet the reactions from same are not always identical with the conditions.

4. These, then, are the conditions, as we find them as respecting this body, [283] we are speaking of:

5. IN THE BLOOD SUPPLY, this we find near normal, though there are times when there is seen that there is carried in the blood stream the effects of those conditions as exist in and through the lower portion of the mesenteric system, or in the false pelvis proper.

6. IN THE NERVE SYSTEM, this we find shows the effect of those conditions as are existent in the body, and the pressure as is produced on those nerve centers and the reflexes throughout the whole sympathetic and cerebrospinal system - the effect being direct, of course, to the sympathetic and to the vibratory forces of the creative forces in the mesenteric system.

7. IN THE PHYSICAL FUNCTIONINGS OF THE BODY, eyes, ears, nose, throat, bronchials, lungs, heart, all are very good in their respective functionings; yet we find there are times when all of these respond to the over nerve strain as is seen in the system.

8. In the digestive system, this is more sensitive to the action of the sympathetic system and the pressure as is produced in the nerve system.

9. In the false pelvis, as is given, we find the seat of the trouble. In times back we find there was congestion caused in and about the body, when the menses showed there was a congestion in same. Neuralgia, as is termed, resulted from same. Hence there became involved in the ovarian or in the Fallopian Tube, that of a congested condition which has continued to enlarge. Hence we have rather that of enlarged ovarian and of the Fallopian Tube than of a condition wherein there is seen the necessity of removal. This may become so, yet - were those conditions as applied to the body overcome by the application of that that would reduce these conditions and eliminate same from the system - this would not be necessary, and would bring better conditions for the body.

10. These we would apply then to the system for the removal of these conditions.

11. As to those conditions as are seen in hand, or those in any portions of the body where there is tautness caused in the muscular forces, those things may be applied there also that would remove these conditions.

12. In that as is seen in the pelvic regions, we would apply that as found in heated olive oil and myrrh, massaged in the cerebrospinal region, or the lumbar and sacral, until these portions show EASINESS from pressure as is caused.

13. Then we would alternate hot packs - when there is pain - across the lower portion of the abdomen and across those portions where there is seen indications of the trouble as resultant from that condition or congestion in the Fallopian Tube - hot packs of Castor Oil, alternated with hot packs of turpentine and LARD. Use hog lard! Not with the other OILS - but hog lard, see? fat of hogs. This would only be at periods, when there is seen that the body suffers from standing on feet, or from moving about, see?

14. Naturally, exercise must be taken to reduce the conditions, or produce in the body eliminations. Hence those physical exercises as of the setting-up. Not severe. Walking - when it does not overtax the body, see? Those massages then would follow. Oil packs would follow after the massage has relieved the condition.

15. ONLY when there is pressure or inflammation seen, see, use as douches - in and through the vagina - those of properties as act as an eradicator, or use these: To the gallon of warm water add two (2) teaspoonfuls Glyco-Thymoline in douche. Also use the electrode on the applicator from the Violet Ray. These will assist in reducing. After using the applicator, use the douche, see, to remove any inflammation.

16. Do this, and we will bring the better conditions for the body.
17. Massage the thumb, or the hand, or those extremities of the body that show there has been tautness in the muscular forces from the attempt to eradicate conditions, with equal parts, or a saturated solution, of salt and vinegar. This may be massaged into the hand once each day, or every other day - just so we overcome these conditions. Pure apple vinegar and saturated solution with salt - table salt, see?
18. Do that. Ready for questions.
19. (Q) How often should the olive oil and myrrh be massaged?
(A) This should be done first, as given, see? until the body is relieved, before we begin with packs that would be alternated between the Castor Oil and Turpentine and lard, see? This will be used until the body is eased from pain in the pelvic and in the lumbar regions, when walking on feet, see? Now, as is seen, when the body walks on feet there is tendency for the feet or ankles to swell, see? or tiredness and heaviness across the abdomen, see? When this is relieved - which should be in five to six days - then we begin with the packs - ONLY when there is hurting or inflammation, see? This should overcome these conditions. In thirty to sixty days we would give further information as to how these have been applied, and that necessary then to bring about the normal conditions for the body, [283].
20. (Q) How can my tonsils be cured of their diseased condition?
(A) Correct the teeth and we will find that all the inflammation as collects there will be removed. These need local applications, see?
21. (Q) What is the best way of treatment of my teeth?
(A) Have the corrections made by one that attends to the teeth - dental surgeon.
22. (Q) Do I need glasses, what kind, and must they be worn continuously or only for reading?
(A) Not necessary for glasses if these corrections and massages are given, so that there is full activity to these portions of the body.
23. (Q) Would the Yogi breathing exercises improve my health?
(A) Improve the health - very good, see, AFTER the body is in that condition to apply that as is given TO body through the application of such exercise. Give the body that position wherein that each functioning organ gives off its correct incentives and vibrations. Then exercises of the general nature are good. Exercises of the specific nature, as is seen, for the correction of conditions, see? Common or ordinary understanding should give one the correct idea as to how the application of exercises deals with the body, if a little thought is given to this: That the body is built up by the radiation of vibratory forces from each and every unit of the body functioning in its proper manner. Then, to over-exercise any portion not in direct need of same, to the detriment of another, is to hinder rather than to assist through exercise. Exercise is wonderful, and necessary - and little or few take as much as is needed, in a systematic manner. Use common sense. Use discretion.
24. We are through for the present.

REPORTS OF READING 283-1 F 46

R1. 7/26/27 Letter from [283]: "...The reading received diagnoses my condition as nearly correctly as I can tell from the symptoms given. I am following the treatment as nearly as I can..."

R2. 9/21/27 Miss [283] secured Physical Reading for Case [4803], an epileptic.

R3. 10/29/27 Miss [283] to EC: "...I had a reading from you on July 22, 1927 in regard to my bodily conditions. In it you said that after 30-60 days treatment as directed I should report further directions and treatment, which is the purpose of this letter.

"First of all I wish to thank you for your diagnosis and treatment and tell you how much it has done for me. I have been greatly helped and benefitted by the treatment so far, and with your assurance that cases like mine have been cured, am sure that I also can be ENTIRELY relieved.

"I had the rubbings in the pelvic and lumbar regions and the spine with olive oil and myrrh as directed, which brought a great relief from nervous irritation.

"As for the hot packs to be applied across the abdomen, etc., it has not seemed necessary as there has at no time been such severe pain, as I have carefully avoided any strain or too great exercise. I have, however, gone to an osteopath who also uses the ultra-violet ray and had her give me ray treatments for the vagina as I did not feel competent in undertaking it by myself. These were given two times a week for several weeks and now once a week, besides having my whole body rayed to improve my general condition.

"I find lately that my head is bothering me quite a bit - headaches both front and back, also muscular strain at the back of the neck and the cervicals, and my eyes seem to show strain. My arms tire very easily with physical labor.

"I do feel as though a good deal of the benefit of my treatment, which I DID feel for a while, was lost through the strain we had to go through having [4803] here, as he had another spell of which I will write you separately as you expressed an interest in hearing about him.

"Dr. [Marjorie] Johnson seems to think PERHAPS there is a slight reduction of the abdomen and I feel easier there on the WHOLE, though there are occasional uncomfortable times, but nothing specific.

"I would like very much to have you give me another reading, to review my bodily conditions and to suggest further treatment and give me an idea whether a cure is possible. Will you let me know when it takes place so I can concentrate and meditate during that time?

"Thanking you for all you have done for me, and awaiting further directions, I am...

"P.S. Would any special diet help? I cannot seem to digest sugar very well..."

R4. 11/7/27 Letter from [283] including questions: "...Have I made any progress or improvement in my physical condition since my last reading? Does the swelling seem reduced? Does the blood still show traces or effects of my bodily conditions? Have the sun ray treatments or ultra violet ray, as they are called, over my whole body and in the vagina covering a period of eight weeks,

TUMORS: GENERAL CIRCULATING FILE

improved my condition, and how? Shall I continue these or follow out Dr. Johnson's idea of waiting now until spring for another 15 treatments? I still have times of irritability now - these were greatly relieved during the period that I was having the rubs of myrrh and olive oil - is this due to pressure in the nervous system and shall I go back to rubbings of lumbar regions, etc.? My eyes still suffer strain - can I hope for relief? I have had severe headaches occasionally both front and back - a thing rather unusual to me. Can you explain this? I seem to have trouble digesting sweets, refrain from eating much, but still have a craving for them. How can I overcome this? The pains in pelvic and lumbar regions have never seemed severe enough to warrant use of packs as directed. At least so it seemed to me, or have I been too stoical in disregarding the pains I have had which have seemed no worse than slight pains at menstrual periods? It seemed as though I were making splendid progress, the growth even appearing reduced, until about ten days ago. Then while working outdoors - I gave my stomach in the region of the swelling rather a severe knock and now it seems as though there were a greater swelling. Is this true and can it be reduced again or overcome? Am I too stoical in my disregard of pains and should I have used the packs? I dislike centering my mind much on bodily ills so they never trouble me much. But at the same time, I do not wish to disregard directions and necessary treatments and would appreciate being told frankly whether I have been too casual. Is there assurance of a cure by further treatment or would removal be the best cure?..."

R5. 11/10/27 See 283-2.

TUMORS: GENERAL CIRCULATING FILE

INDEX OF READING 283-2 F 46

Assimilations: Eliminations	Par. 15-A
Bible: Books Of: Galatians 6: 9 : II Thessalonians 3: 13	Par. 6 Par. 6
Blood: Diagnosis From	Par. 12-A, R2
CYSTS: OVARIES	
Diet: Sugar: Charcoal Tablets	Par. 16-A
Digestion: Indigestion	Par. 15-A
Doctors: Johnson, Marjorie: D.O.	Par. 13-A
Electrotherapy: Violet Ray : Eyes	Par. 13-A Par. 9
Eyes: Strained	Par. 9
Headache: Digestion: Indigestion	Par. 15-A
Names: Organizations Mentioned: Battle Creek Sanitarium	Par. 15-A
PELVIC DISORDERS: TUMORS	
Physiotherapy: Massage: Myrrh: Tumors : Oils, Olive: : Packs: Castor Oil: : Epsom Salts : Lard, Hog: Tumors : Turpentine:	Par. 14-A Par. 14-A Par. 7, 11-A Par. 11-A Par. 7 Par. 7, 11-A
Prescriptions: Charcoal Tablets: Digestion	Par. 15-A, 16-A
Prophecy: Confirmed: Blood	Par. 12-A, R2
Surgery: Preventive: Tumors	Par. 7
TUMORS: ABDOMEN	

BACKGROUND OF READING 283-2 F 46

B1. See 283-1 on 7/22/27 with subsequent Reports.

TEXT OF READING 283-2 F 46

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 10th day of November, 1927.

1. GC: You will give the physical condition of this body at the present time.
2. EC: Yes, we have the body and those physical conditions appertaining to the improvement of same from those conditions as exist in the physical forces of this body.
3. Now, we find that the physical forces show much improvement in the general way and manner throughout the body, and that those distortions, or those conditions as have brought distress in many portions of the body are much improved; while some others are not as much improved AS others.
4. In those physical forces as cause the distress through the pelvic region, that as is seen throughout this portion shows improvement.
5. The effects as have been brought to the various portions of the body, especially in the upper portion, through the cervical, through the clavicle, to the head, eyes - these do not show as much improvement as the others.
6. Yet let's not be weary in well-doing - for we find improvements are coming in the general way and manner. Let's make haste slowly, that the building in the system may be in that way and manner that will give the best reaction and not over stimulate nor overtax one portion to the detriment of another.
7. Even though we find there has been some injury to the lower portion, where the swelling in the abdominal region shows, in the false pelvis, from an accident, or from abrasions as caused - this, as we see, does not necessitate the operation for removal of condition - unless this should become acute. Any condition arising from an acute form it would be well to ease through those compacts that have been suggested. Well that one or two of these be used occasionally anyway, that assimilation in the system internally may be made the more perfect, see?
8. Then, we would keep up those suggestions as have been given, from time to time, for the improvement of the body. Not necessary for the whole of those suggestions given, but that necessary to meet the needs of the physical conditions as the body improves.
9. For the Violet Ray we would apply that to the EYES occasionally (using the eye applicator), and we will find this will rest the nerve reflexes and bring better reaction to the eyes proper, and the stimulation to the nerve system will be beneficial also.
10. Ready for questions.
11. (Q) Does the swelling seem reduced?
(A) Swelling, as seen, has been reduced. At present the FEELING, or pressure, that it is distended some, but this is why, as given, that the packs might be used occasionally. Once of the oil - Castor Oil - pack. Again of the saturated solution Epsom Salts.

12. (Q) Does the blood still show traces or effects of my bodily condition?

(A) This is bettered, though there are still EVIDENCES of same in blood.

For, as is seen, there is no condition existent in a body that the reflection of same may not be traced in the blood supply, for not only does the blood stream carry the rebuilding forces to the body, it also takes the used forces and eliminates same through their proper channels in the various portions of the system. Hence we find red blood, white blood and lymph all carried in the veins. These are only separated by the very small portions that act as builders, strainers, destroyers, or resuscitating portions of the system - see? Hence there is ever seen in the blood stream the reflections or evidences of that condition being carried on in the physical body. The day may yet arrive when one may take a drop of blood and diagnose the condition of any physical body. [See 283-2, Par. R2, R3.]

13. (Q) Shall I continue the Violet Ray treatments? or follow out Dr. Johnson's idea of waiting now until spring for another fifteen treatments?

(A) Be well to keep these occasionally, though they may be made farther apart. Not necessary that the vagina treatment be given so often, but necessary that this stimulation be kept occasionally that the discharges through the various portions may be kept in their proper channel.

14. (Q) Should I continue having the rubs of myrrh and olive oil?

(A) These are WELL for the body. We would continue same.

15. (Q) What causes the severe headaches occasionally?

(A) The improper digestion in the system, or the lack of perfect coordination in eliminating and assimilating forces in system. Well that the body take Charcoal Tablets occasionally, such as that prepared by the Battle Creek Sanitarium.

16. (Q) I seem to have trouble digesting sweets, but have a craving for them. How may I overcome this?

(A) Supply the system with those things necessary to meet the needs. Hence this just given - Charcoal Tablets.

Do those as we have given, and we will keep the better conditions of this body, [283]. We are through for the present.

REPORTS OF READING 283-2 F 46

R1. 6/22/28 See 283-3.

R2. 12/27/69 Clipping from Dallas News: [See page 62 THE SLEEPING PROPHET by Jess Stearn]

PINPRICK OF BLOOD TELLS ALL

NEW YORK (WMNS) - A single pinprick of blood can now yield as much medical information as an entire syringe of blood.

At the moment, new "microchemical techniques" are used only for babies, whose blood supply is limited and precious, and only in certain pediatric centers. But Dr. Knud Engel of Babies Hospital, who helped develop the microchemical technique in Denmark, says the technique may become routine for babies and may spread to adults within five years.

TUMORS: GENERAL CIRCULATING FILE

The conventional method of obtaining a blood sample involves tapping a vein in the elbow crease for a syringe-full. Arteries must be punctured for special tests. Using the microchemical technique, a foot or a hand is warmed, which increases the arterial blood flow. When sophisticated, miniaturized electronic equipment is used to analyze a pinprick of this blood, the results are as valid as for a large quantity of arterial blood, Dr. Engel says.

R3. See Source File Key #283 for article in World Research News (1st & 2nd Quarter 1992) titled "The Whole Can Be Found In Every One Of Its Parts...Aurascopy" re 283-2.

YOUR BLOOD

Our private clipping service picked up an article on blood from the February 1947, McCall's Magazine. It contains the following:

"Not long ago a speaker at the New York Academy of Medicine made a striking statement. Dr. Laurence H. Snyder of Ohio University told a large audience:

"It would be possible for me to take a drop of blood from each of you in the audience tonight. Then five years later I could return here, gather you together, take another drop of blood. Without knowing the source of the bloods, I could then assign the correct sample to the proper person."

"This statement gives some idea of the enormous gain in knowledge about human blood. More facts have been gathered in the past 48 months than were collected in the previous 48 years"

In the February 24th, 1947, issue of *Time Magazine* there was a brief report of a chiropractor who was brought into court on a charge of taking money under false pretense by using an "etheronics" machine.

" he took a drop of the patient's blood and put it in a small black 'analyzing' box. From this he determined the individuals' frequency and sent out to them health waves."

Patients disagreed over the benefits of the treatments. Experts for the State must have been rather critical and skeptical—but the jury said "not guilty."

We are not suggesting a comparison of these two widely different techniques. Our reason for repeating them is to focus your attention on the following quotation from a reading given by *Edgar Cayce 20 years ago*.

"There is no condition existent in a body the reflection of which may not be traced in the blood supply. Not only does the blood stream carry the rebuilding forces to the body; it takes the used forces and eliminates them through their proper channels in the various portions of the system. We find red blood, white blood and lymph, all carried in the veins. These are only separated by the very small portions that act as builders, strainers, destroyers, or re-suscitating portions of the system. For there is always seen in the blood stream the reflection or the evidence of that condition being enacted in the physical body. *The day may yet arrive when one may take a drop of blood and diagnose the condition of any physical body.*"

No. 283-P-2

BUSINESS WEEK November 21, 1964

Enzymes may serve as diagnostic meter

Enzymes—organic catalysts that alter the rate of chemical reactions in the body—may soon be playing a bigger role in the diagnosis of disease. At least, that's the implication of a report by Dr. John B. Henry, professor of pathology at the Medical Center of the State University of New York, in Syracuse, at the annual meeting of the American College of Clinical Pathologists in New York.

It has been known for some time that the amount of enzymes in the

blood and other body fluids could be viewed as a measure of cell death or damage. For example, cancer sometimes produces high enzyme levels in the blood. Lower enzyme levels, on the other hand, indicate some other types of disease.

The ultimate hope, says Henry, is to have a series of laboratory tests—a single enzyme "profile"—through which any one of a large number of possible diseases might be diagnosed by running blood tests. Screening thus would be possible for a wide variety of diseases.

A single enzyme profile run in a few hours could take the place of many hours of examination and thus speed disease diagnosis. **End**

VIRGINIAN-PILOT, Norfolk,
March 20, 1958: (ARE Bul
4758)

Reporting on research being conducted by Dr. Winston Price at Johns Hopkins Hospital on medical diagnosis by analyzing particles in the blood stream—"His discovery could mean that a medical laboratory can tell what ails you—cancer, tuberculosis, ulcers, or even mental disorders—simply by examination of a drop of your blood."

The following is verbatim from reading #283-2, 11/10/27:

The day may yet arrive when one may take a drop of blood and diagnose the condition of any physical body.

* * *

A. R. E. Bulletin 3/60:

DAILY NEWS, Washington
February 16, 1960

A short feature describing a method of analyzing a single drop of blood or a tiny bit of tissue to identify the enzymes present.

Doctors R. L. Hunter and C. L. Markest have developed the technique at the University of Michigan with financial support from the American Cancer Society. They hope that the "zymograph" method "will make it possible (by observing and analyzing the enzymes) to trace the changes which take place in the process of growth from the embryonic stage to old age."

Plan is to study the chemical changes that accompany various diseases and, in time, "make possible the diagnosis of some diseases, perhaps cancer among them, before clinical symptoms have appeared."

Reading No. 283-P-2 discusses the blood and its reflection of the condition of the whole body. It includes the following statement:

The day may yet arrive when one may take a drop of blood and diagnose the condition of any physical body.

VA-PILOT, 3/20/58
Cancer, TB, Ulcers, Heart #13 - Key

Are You Sick? Blood May Tell

● Johns Hopkins Hospital Cautiously Voices Possibility Based Upon Research Work Done By Dr. Winston Price on Serum Mucoids

BALTIMORE (AP)—Dr. Winston Price, who last fall isolated one of the common cold viruses and developed a vaccine to combat it, possibly has discovered a way to diagnose diseases by analyzing particles in the blood stream.

The possibility was voiced cautiously Wednesday by Johns Hopkins Hospital, where Dr. Price is an associate professor of epidemiology and biochemistry.

Price's theory suggests that these particles take on characteristics peculiar to a certain disease whenever the disease is present.

His discovery could mean that a medical laboratory can tell what ails you—cancer, tuberculosis, ulcers, or even heart or mental disorders—simply by an examination of a drop of your blood.

Hospital Statement

The hospital, in a carefully worded statement, said:

"Dr. Winston Price and his associates have for the past 18 months been conducting clinical, field, and laboratory studies of children with certain chronic diseases.

"In addition, studies have been made of the families of these children, and of normal families, which has led to a possible method of recognizing both clinical and subclinical disease.

"This work would seem to indicate that serum mucoids are a sensitive indicator of clinical and subclinical manifestations of certain chronic diseases.

"Dr. Price has developed a method for the fractionation of serum mucoids, and a number of chronic diseases appear to show abnormal serum mucoid patterns, which on the basis of preliminary and limited data seem to be characteristic for given diseases."

More Data Needed

It added, however, "It cannot be too strongly emphasized that the number of cases of each disease that have been analyzed is small, and that much more data will have to be accumulated before the true significance of these patterns can be determined."

The mucoids, described in the statement, are particles or substance in blood plasma. Dr.

Blood

F-15 Key

THE WASHINGTON DAILY NEWS, TUESDAY, FEBRUARY 16, 1960-9

Zymograph Method

New Process Unlocks Secrets of Disease

By DAVID DIETZ

A technique so simple that a bright high school student can use it promises to unlock the basic secrets of the chemical changes that go on in health and disease.

Known as the zymograph method, it was developed at the University of Michigan by Dr. R. L. Hunter and Dr. C. L. Markert with the financial support of the American Cancer Society.

The method makes it possible to identify the enzymes present in a single drop of blood or in a bit of tissue no larger than a grape seed. Two or three technicians can run off more than 100 tests in the course of an 8-hour day.

WIDE VARIETY

The enzymes are complex proteins which make possible the chemical reactions which go on in the human body.

Chemists call such substances catalysts.

A wide variety of enzymes make possible the process of digestion. Still other enzymes play basic roles in the interior of the living cell.

The University of Michigan scientists hope that the zymograph method will make it possible to trace the changes which take place in the process of growth from the embryonic stage to old age.

They hope also that it will reveal what happens when disease sets in.

Plans are under way to study the chemical changes in cancer, hardening of the arteries, diabetes, arthritis, and other diseases. Here is how it is done:

The drop of blood or bit of minced tissue is diluted with water and allowed to soak into a piece of filter paper. The paper is then placed in the center of a slab of starch-gel. This has the consistency of jello.

THRU SLAB

Next an electric current is passed thru the slab. This causes the enzymes to migrate into the gel. Different proteins move with different speeds and, as a result, each enzyme settles at a different distance.

The slab of gel is now treated to a chemical bath which stains the enzymes so that

they now appear as a series of parallel colored bands.

In this way, the presence or absence of a particular enzyme can be quickly noted. The intensity of a band is a measure of the amount of that particular enzyme present.

It is impossible, of course, to say at this time how far-reaching the results of the new technique will be.

ONE HOPE

One hope is that it will make possible the diagnosis of some diseases, perhaps cancer among them, before clinical symptoms have appeared.

An interesting discovery to

date has been that certain proteins which were believed to form a single enzyme system are creating four or five widely separated bands in the starch slabs.

This would seem to indicate that what was thought to be a single enzyme may turn out to be a complex system of four or five.

This may lead to considerable changes in views concerning the nature of enzymes.

DAILY NEWS, Washington, February 16, 1960

A short feature describing a method of analyzing a single drop of blood or a tiny bit of tissue to identify the enzymes present.

Doctors R. L. Hunter and C. L. Markert have developed the technique at the University of Michigan with financial support from the American Cancer Society. They hope that the "zymograph" method "will make it possible (by observing and analyzing the enzymes) to trace the changes which take place in the process of growth from the embryonic stage to old age."

Plan is to study the chemical changes that accompany various diseases and, in time, "make possible the diagnosis of some diseases, perhaps cancer among them, before clinical symptoms have appeared."

Reading No. 283-P-2 discusses the blood and its reflection of the condition of the whole body. It includes the following statement:

The day may yet arrive when one may take a drop of blood and diagnose the condition of any physical body.

KARL E. THOMAS, Arlington, Va.

Mon. 11:30 a.m.
Edgar Cayce Readings and Star,

Blood Tests Reveal Start Of Diseases

By ALTON BLAKESLEE
Associated Press Science Writer

NEW YORK (AP)—Now there are prospects of diagnosing diseases long before you ever know you are sick, a physician said today.

Blood tests for certain tell-tale chemicals would provide the tip-off that a heart, kidney, liver or other organ was heading into trouble, and perhaps even tell why.

Then doctors could start earlier treatments, to prevent or minimize damage.

This research promise was outlined by Dr. Felix Wroblewski of New York City at the opening scientific session of the 110th annual meeting of the American Medical Association.

He finds that some enzymes—vital agents sparking chemical processes in the body—are composed of closely related substances rather than being single entities.

One such enzyme, lactic dehydrogenase of LDH, is composed of five elements or isoenzymes.

The interesting thing, he said, is that the proportion of these five elements vary in different healthy body organs or tissues.

"Within certain limits, each person's normal patterns are as distinctive as his fingerprints," he explained.

Periodic blood tests could detect early, subtle changes in organs before there were any usual physical signs or distress, said Wroblewski, assistant professor of clinical medicine at Cornell University Medical School.

#Blood: Key # 13 See 283-2 Suppl.
THE NEW YORK TIMES, SUNDAY, APRIL 14, 1963.

TEST GIVES HOPE IN RARE DISEASE

Blood Examined to Identify
Carriers of Tay-Sachs

By ROBERT K. PLUMB

A blood test that can be used to identify carriers of Tay-Sachs disease, which is fatal, is one of the so-called genetic diseases in this country.

The test may represent the first effective step in the control of the rare disease. There is no known treatment for it.

Tay-Sachs' is one of the so-called "genetic diseases" in which faulty hereditary mechanisms doom infants to an early death or to a life of handicap. It is estimated that there are half a million carriers of Tay-Sachs' disease in this country.

The disease is named for two physicians, Dr. Warren Tay and Dr. Bernard Sachs, who first recognized it.

If two carriers marry, their children will probably be afflicted. A carrier will probably have normal children, however, if the spouse is not also a carrier.

Less Rare Among Jews

The disease particularly strikes children of Jewish couples. It is estimated that one out of every 44 Jews is a carrier. In the non-Jewish population, it is estimated that one person in each 333 is a carrier.

The new test, it is reported, could identify carriers of the disease before they marry. Two carriers who had planned to

marry might then decide not to do so rather than risk having a child afflicted with the disease.

In Tay-Sachs disease there is a malfunction or absence of one or more enzymes that break down a fat-containing protein in the cells of the nervous system. The afflicted child does not have the ability to process this fatty material. It builds up in the cells and destroys the child's central nervous system.

A child born apparently healthy ceases to develop at about six months of age and the nervous system deteriorates. The child loses eyesight and the ability to sit up and grasp objects. Muscular control is lost, convulsions occur and the child cannot accept food orally. Death usually occurs between 2 and 3 years of age.

Test Involves Enzyme

The new test involves the detection in the prospective parents' bloodstream of an enzyme called fructose-1-phosphate aldolase. This enzyme normally participates in the metabolism of sugars. If the enzyme is not present in the blood, it is believed that the test subject is a carrier.

The test was devised after an eight-year study at the Isaac Albert Research Institute by Dr. Bruno W. Volk, Dr. Stanley M. Aronson and Dr. Abraham Saifer. Their research was supported by the National Institutes of Health and the National Tay-Sachs Association.

Dr. Volk reported that the test is simple to carry out and that any well-equipped laboratory should be able to make the necessary enzyme measurements. The Jewish Chronic Disease Hospital has a special

bed ward for Tay-Sachs children.

Geographical Factor

Dr. Volk pointed out that development of the test was of particular importance to Jews of Eastern European origin. A previous study at the institute showed that most of the Jewish victims traced their origins to a narrow strip of land along the former Latvian-Polish-Russian border.

Tay-Sachs disease was first recognized 80 years ago. The specific chemical process that causes the disease has not yet been isolated and identified.

It is hoped that the test will shed some light on the cause of Tay-Sachs disease as well as some allied neurological disorders. And it may eventually enable investigators to establish a treatment for the fatal affliction.

BIOPHYSICS

Blood Key # 13 See 283-2 Suppl.
Carbon Traces Changes

► FALLOUT from nuclear bomb tests is allowing University of California at Los Angeles scientists to develop a new method for tracing vital chemical and physical changes in the human body.

Radioactive carbon increased by "dirty" H-bombs of 1961-62 opens up a way for measuring the metabolic turnover rate of tissue in the brain, heart, liver and blood stream, without endangering the human subject or resorting to indirect animal tests.

The research was conducted by Dr. Willard F. Libby, who won the Nobel Prize for his radiocarbon development, and Dr. Rainer Berger of UCLA's Institute of Geophysics and Planetary Physics together with Dr. James F. Mead, George V. Alexander and Dr. Joseph F. Ross of the Laboratory of Nuclear Medicine.

For their investigations, the scientists relied on Dr. Libby's "atomic clock" or radiocarbon-dating technique, which accurately measures, with supersensitive instruments, even the tiniest amount of carbon 14 in all living, and formerly living, plants, animals or humans.

During the testing of atomic and nuclear bombs, the level of carbon 14 in the atmos-

phere's carbon dioxide rose steeply.

"The bomb tests had the same effect as if somebody with a gigantic global syringe had injected some radioactive carbon as a tracer in every plant, animal and person in the world," Dr. Berger explained.

Autopsies were made on four men who had lived in Los Angeles for over 20 years and who had died in their early seventies during January 1964. They showed that measurable, though far from dangerous, amounts of carbon 14 had been incorporated in the brain proteins and lipids, the liver and heart, but practically none in cartilage samples.

Blood samples taken from six healthy Los Angeles residents over a two-year period showed a rising carbon 14 intake in the plasma and red blood proteins, corresponding to the increase of carbon dioxide in the air from bomb tests.

While the group's pioneer study has barely scratched the surface, Dr. Berger believes that the new technique may give life scientists a new and simple way of studying the formation and decay of tissues and cells.

• Science News Letter, 87:116 February 20, 1965

1969

Reactor Analyzes Blood

By DR. LEONARD REIFFEL
©1967, World Book Science Service

Doctors are always looking for new diagnostic tools, and one that has not yet come into clinical practice but which looks very promising involves analyzing blood in a nuclear reactor. The idea is to measure the so-called "trace elements" that are ignored in most diagnostic procedures, yet which could be key indicators of disease.

Trace elements include cobalt, chromium, mercury, rubidium and selenium and they are present in small concentration. We don't even know what the trace elements in the body really do in many cases and this makes any procedure for measuring them quite interesting because it may give us a base line of data from which we may ultimately make all kinds of valuable discoveries. We may find that diseases we have a difficult time detecting or understanding now affect certain trace elements that no doctor ever checks, except in special research situations.

How does the nuclear reactor get involved? The prescription starts this way: Take a cubic inch of blood and remove the water from it. Put the remaining material into the reactor and subject it to a very intense neutron flux. Just about all the elements in the dried blood sample will thus be rendered radioactive.

Radiation detectors then separate the different energies of gamma rays that come out of different kinds of radioactive trace elements and the end result is a graph curve with peaks characteristic of different elements. There might be one peak for chromium, another characteristic of selenium, another for zinc and another for manganese.

By looking at these peaks at different times, after the blood sample has been taken out of the reactor, doctors and physicists can assess many of the different trace elements in which they're interested. The peaks stand out clearly, even though many of the elements involved might only be present in a few parts per billion!

At present, we don't even know what the normal concentrations of many of these elements are in the blood. This will be the first use of the measurement technique I've described. After sufficient data are collected and we have information on what "normal" is for a large number of people, then we may be able to use trace elements as a help in diagnosis. At the moment, however, the thrust of the research is to establish the normal concentrations of these minute and exotic elements in the blood.

San Francisco Chronicle 37
Thurs., Nov. 22, 1973

Finding Birth Defects Early From a Drop of Blood

New York

British doctors have reported the discovery of a test that detects severe, paralyzing brain and spinal cord birth defects early in pregnancy from a few drops of the mother's blood.

A maternal blood test is an unusual aid to diagnosing birth defects. Doctors can diagnose many conditions before birth by testing fluid from the womb.

Also, they can detect parents who as carriers of genetic diseases have a high risk of passing the disorder on to other children. But there are few maternal blood tests that can help diagnose a condition in the fetus during pregnancy.

Cautiously optimistic

American researchers eager to confirm the British finding said they had run into a snag — a chemical necessary to do the test is no longer sold in this country, and those interested must prepare their own supply.

Nevertheless, the researchers are hopeful that ultimately by applying the test for mass screening of all pregnant women, and then by therapeutically aborting affected fetuses they could drastically reduce the emotional and physical pains and financial impact of these birth defects, which can be so devastating as to produce monsters.

In the most severe form, called anencephaly, babies are born dead because their skull bone is missing and

techniques and lifetime financial support that can cost parents and society tens of thousands of dollars for each case.

Doctors at the Massachusetts General Hospital in Boston have used a different version of the British test routinely in more than 600 cases to help diagnose the central nervous system birth defects by amniocentesis.

In this procedure a needle is inserted in a woman's abdomen to draw a small sample of fluid from the womb. But Dr. Aubrey Milunsky said his team at the Boston hospital had not yet adopted the technique the British doctors have used to test maternal blood.

Dr. Philip Flalkow of the University of Washington hospital said Seattle doctors

they have no brain.

Others, with myelocoele or similar conditions affecting the development of the central nervous system, can be paralyzed from birth.

Their care often required complex neurosurgical tech-

...bearing the validity of the British blood test with results obtained from amniocentesis. He said he regarded such a protocol as a necessary experiment before mass blood screening programs could be recommended.

But Dr. Henry Nader of Northwestern Medical School in Chicago said that lack of commercial availability of a key chemical called alpha-feto-protein (AFP) had forced him to postpone experiments to confirm the British findings. AFP is the substance the British doctors have detected in maternal blood. But AFP is also a necessary ingredient in the test.

Doctors have long sought a maternal blood test to detect the serious central nervous system birth defects because they affect about one in 1000 babies born in the United States.

However, the incidence can vary regionally. In some areas of Britain, for example, the frequency reportedly reaches 1 in 150 births.

New York Times

283-2 Supplement

2/1/80 Bud Brainard to Gail Cayce in the Edgar Cayce Foundation: "Enclosed is a copy of an article I have just sent to Scott Sparrow for Perspective."

Nobel Prize Winner Confirms Cayce Prediction



In 1927, during a reading for a woman suffering from an abdominal tumor, Edgar Cayce was asked if the conditions of the woman's blood had improved. He stated that the woman's blood was indeed improving. At that point, he also made a striking prophecy about blood which is being fulfilled today - half a century later. Cayce declared, "The day may yet arrive when one may take a drop of blood and diagnose the condition of any physical body." (283-2)

Relatively little was known in 1927 about the nature of blood other than it came in four basic types: O, A, B, and AB. However, since the 1940's, scientists have discovered a myriad of new substances which are present in the bloodstream - enzymes, minerals, vitamins, hormones, proteins and various trace elements. Similarly, researchers have been constantly refining techniques for extracting more and more information from blood: Ever since the search began for new ways to analyze blood, scientists were confronted by a major impediment: most methods were expensive, laborious and imprecise.

The development of the radioimmunoassay (RIA) has now revolutionized blood analysis. This new technique has had such an impact on medicine that Dr. Rosalyn Yalow, a senior researcher at the Veterans Administration Hospital in Bronx, New York, won the 1977 Nobel Prize for developing the RIA.

In the early 1950's, Dr. Yalow was involved in diabetes research with a physician, Dr. Saul Berson. Their work was greatly encumbered by the lack of a sensitive and reliable method for determining the amount of insulin in a patient's bloodstream. Over the next ten years, they developed and refined a new method, the RIA, for quantifying the amount of insulin in a small blood sample. The RIA has been modified and further developed so that thousands of substances can be detected in the blood. The RIA is now used in virtually every branch of medical and biological research in laboratories throughout the world.

In a recent lecture to the Health Science Center at the University of Texas in San Antonio, Dr. Yalow stated "If there is a subject of biological interest in the blood, it can be determined easily with RIA." She went on to say that literally hundreds of thousands of substances in blood or body tissues will be determined by RIA in the near future.

The most remarkable aspect of the RIA is that it requires only tiny amounts of blood. In Dr. Yalow's own words, "One can now do determinations on a drop of blood that twenty years ago would have required a quart." Thus, Edgar Cayce's 1927 prediction concerning a single drop of blood has now been confirmed by one of the world's most eminent scientists.

INDEX OF READING 283-3 F 46

CYSTS: OVARIES

Diet: Acidity: Tumors	Par. 6-A
Digestion: Indigestion: Tumors	Par. 3-A
Fasting: Tumors	Par. 6-A
Intestines: Colon: Prolapsus	Par. 1, 5-A

PELVIC DISORDERS: TUMOR

Physiotherapy: Massage: Myrrh: Tumors	Par. 1, 2-A
: Oils, Olive:	Par. 1, 2-A
: Salt & Vinegar, Apple: Muscles	Par. 2-A
: Packs: Castor Oil: Tumors	Par. 1, 2-A
: Lard, Hog:	Par. 1, 2-A
: Turpentine:	Par. 1, 2-A
Prescriptions: Charcoal Tablets: Digestion	Par. 3-A
: Pepsin, Lactated:	Par. 3-A
Psychosomatics: Tumors	Par. 2-A, 4-A
Tonsils: Toxemia	Par. 5-A

TUMORS: ABDOMEN

WOMB: FALLOPIAN TUBE: TUMORS

BACKGROUND OF READING 283-3 F 46

B1. See 283-1 and 283-2.

B2. See Par. B3, B4 below for questions submitted for 283-3.

B3. 5/17/28 Letter from [283] to EC: "...It is now some months since I have communicated with you regarding my trouble and I am very anxious to have another reading in order to know how I am getting along. I have been rather alarmed lately by conditions and feel I need assurance and help to keep up the treatment...

(Q) Is there any cause for alarm about the sharp pains which come in the pelvic regions, especially on the right side toward the back? The packs relieve somewhat, but at night pain is rather acute, for the past ten days. My digestive organs do not seem to be functioning properly. Have you any suggestions to make as to diet? Can you suggest a nerve tonic? I seem to feel in need of a builder-up. In what condition are my tonsils now?

B4. 6/16/28 Further questions submitted by [283]: "...After fasting two weeks, with nothing but orange and tomato juice, my tongue is still coated and eating simple foods still causes some indigestion, although on the whole I feel better for fasting. Are there any particular foods to avoid which nourish the growth? It seems smaller after fasting. What foods would be best? It seems to me as though the character and position of the growth had changed. It seems farther up and tighter. Also I feel a small lump between the ribs and above the solar plexus. What is this...."

B5. 6/22/28 See 283-3 Reports.

TEXT OF READING 283-3 F 46

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 22nd day of June, 1928.

1. EC: We have the body here, this we have had before. Now, we find in a general manner there is not as much disturbance in the physical forces of the body as when we had same here before; yet conditions at present are not altogether as satisfactory as they have been, as there has been the reoccurrence of the swelling as has been indicated through the abdominal region, or from the condition as exists in the false pelvis, as well as that in the descending colon region. The application of those conditions as have been given for this, to relieve this pressure, to reduce the swelling, if applied when these conditions OCCUR would remove the trouble, [See 283-1, 283-2 for suggested massages and packs] as given. The manipulations for the correction and the proper stimulation of elimination would KEEP conditions nearer normal. Ready for questions.

2. (Q) Is there any cause for alarm about the sharp pains which come in the pelvic regions, especially on the right side toward the back?

(A) Apply, when these occur, those preparations as were given for this condition. We will find relief in same. No cause for the trouble, would the conditions be kept cleared as has been outlined. Over anxiety, of course, would make it worse.

3. (Q) My digestive organs do not seem to be functioning properly. Will you give suggestions as to diet?

(A) Diet has been outlined for the body. This naturally, as with all conditions in the human body of any individual, needs changing occasionally. Any one line diet is never good for ANY individual, unless suffering from a specific condition that needs one GENERAL line; even then THIS should be altered from time to time. In these conditions here, we would add (preferably) to those as have been given, that which will cause the proper digestive elements for the body, as would be seen from occasionally taking a few drops of lactated Pepsin, and again a charcoal tablet - these will be found effective, and will assist the digestion and assimilation, and especially preventing that pressure as caused in descending colon.

4. (Q) Do I need a nerve tonic? If so, what?

(A) The activities of the system physical, of the mind mentally, is the best nerve tonic for THIS body.

5. (Q) In what condition are my tonsils now?

(A) These show some improvement, as do the general conditions of the mouth, throat, and those conditions in the gum. These, as we find, are not cause of infection. Rather that of the prolapsus and of the condition as has existed in the false pelvis.

6. (Q) After fasting two weeks, with nothing but orange and tomato juice, my tongue is still coated, and eating simple foods still causes some indigestion. Are there any particular foods to avoid which nourish the growth? It seems smaller after fasting. What foods would be best?

(A) Remove those CONDITIONS by the application of those properties as have been outlined, and by the manipulation necessary to cause the proper absorption of condition in system. We will find the growth (as is called) reducing, rather than that as is caused by poison in the system, and the AMOUNT as is seen that exists after fasting, as indicated, is that the condition is of the nature that may be removed by the absorption method, if there is the proper administration of conditions to cause, or produce, or bring about, those conditions in system where - through these may be accomplished. Hence, do as has been given for this, rather than that of the diet that weakens the vitality of the system; though the diet is necessary that there be not added too much of the acids for system that cause detrimental results from auto-intoxication that exists from that caused in the body.

7. (Q) The growth seems farther up and tighter. Also I feel a small lump between the ribs above the solar plexus. What is this?

(A) The same condition as has been described, as of the pressure as is caused from the condition existent in the body, as has been outlined.

8. Follow those suggestions, then, as has been given, reducing these conditions with the application of those things that will cause the proper eliminations from the body, and we will find that the physical forces may be builded nearer to the normal forces for this body, [283] we are speaking of. We are through.

REPORTS OF READING 283-3 F 46

R1. 4/15/30 Letter from [283]: "...The writings by Edgar Cayce for me in July and November, 1927, were followed carefully with some very good results. The June, 1928 one did not seem to do me as much good..."

"I will add that with my trouble it became necessary to have an operation through which I came very successfully last year in January..."

R2. 2/24/33 See 283-4, her life reading.

R3. 11/26/60 Letter from [283]: "...His [EC]'s recommendation of using the 'cathode ray' was so in advance of the time (1928) that I could find no one here in Boston to find it and all I could get was some violet-ray treatment which did not help and I had to have a hysterectomy. Unfortunately, too, I did not realize that I could ask questions ABOUT the reading...and now I know one of my great troubles is synovitis..."

TUMORS: GENERAL CIRCULATING FILE

283-3 Supplement

6/26/72 Mrs. Judy [Gene R.] Windross wrote:

First of all I want to thank you for so rapidly sending me the circulating file on Ovarian Cysts. We received it on Saturday. I am not as panicky as I was when the doctor first told me about the cyst last Thursday. I am confident that with all the prayers of our Detroit Council members, and with the Castor Oil Packs, as suggested in the File and in the Palma Christi, that the cyst will disappear. I am under the good care of Gene and of Dr. J. Slowik (an excellent A.R.E. Chiropractor). I hope to soon be able to tell my Gynecologist what I did that made the cyst disappear. It will be interesting to see his reactions. My next visit to him is this Thursday--so I will let you know what he discovers--probably that the cyst has decreased in size.

9/6/72 Mrs. Windross wrote:

Sorry I have been so negligent in writing to tell you about my ovary cyst problem--I have no excuse so all I can do is apologize. Doing the treatments outlined in the Ovarian Cyst Circulating File, in the Palma Christi, and going to an A.R.E. chiropractor, my cyst problem is licked. I don't have it any more and I do not need surgery. I was real heavy on the use of the castor oil packs and I think they played the biggest part in taking care of the situation. Next would be the adjustments and massages from the chiropractor, Dr. Joe Slowik. He is the greatest. We also used the warm olive oil and Myrrh back rubs; charcoal tablets to aid in digestion, sips of olive oil for good eliminations, etc. All in all, I feel great--still on the packs though a few nights week just to keep everything in its proper working order.

10/3/72 She wrote:

Yes, you certainly may quote any part of my letter, especially the third paragraph (letter dated September 6, 1972). You may also use my name as you requested for authenticity.

If I can be of any further help or if you have any specific questions you'd like to ask, I will be happy to answer them.

One thing I can add now is that I slept with a Castor Oil pack on my abdomen for 3 to 4 hours a night for 3 months--without missing a night. I am still on the packs a few nights a week but am now able to taper off with their use.

I can understand why the Foundation Form would be helpful to you so I am giving it to my doctor, Dr. J. Slowik, along with a copy of your correspondence to me. I am sure he will fill it out and send it on to you.

Glad to be of help to you in this matter. It's nice to know that some good may come from what was first a frightening experience for me.

12/30/75 Report from Jeannie Barham:

"Two and one half years ago I was told by a doctor that I needed surgery for a growth on one of my ovaries. Because of the manner in which I was told, I consulted another doctor. I was told the same thing and a date was set for the operation.

"Today as I look back, I believe that this was one test of my faith. I had been reading of Edgar Cayce and other material, as well as the Bible, telling myself and others that I believed in my new faith, but now there was a test.

"I sent for the reading* *[Circulating File?] on castor oil packs, and began to follow them. Also at this time a good friend and my first teacher or guide, because she did more than any other person to get me to look at my life and see what I might do to improve it, suggested that I have my family meditate with me as I used the packs. I was surprised at the number of people who joined with me at that time.

TUMORS: GENERAL CIRCULATING FILE

"I am happy to report that I did not have to have the surgery and I also feel that because I had the faith to follow through with the packs and meditation, many of my friends have looked more closely at their lives and might be changing them for the better. I do pray that I have been so used by my Lord to help others.

"I wish to thank the A.R.E. for having these readings available...."

4/1/77 Report by ARE Member:

"... I just had to write and share my joy with you. After weeks of pain and discomfort my doctor discovered a cyst on my ovary the size of a tangerine. I waited some time before going to him and after the initial shock of impending surgery I remembered Edgar Cayce and his hot castor oil packs. I looked through my books and found in *There Is A River* the exact instructions for same. After only two treatments my pain had left and after three days of faithful treatments I resumed all my daily chores without even a 'twinge.'

"One month later I went back for a check and my doctor could not find any evidence of that 'culprit cyst.' I told my doctor what I had done and he said 'Well, whatever you did - it worked. '

"I truly believe together with my prayers, faith and castor oil hot packs I won't be bothered again with any inconvenience.

"I've always been good naturedly biased about my belief in Edgar Cayce and his work, and now I've got the 'last laugh.'

"I wish to express my gratitude for those who keep his work alive..."

INDEX OF READING 596-1 F ADULT

ANEMIA

CANCER: TENDENCIES

Doctors: Shorell, I. Daniel: M.D. Par. R1, R3
: Tucker, A.R.: D.O. Par. 18-A, R1--R3

Electrotherapy: Elliott Machine: Tumors Par. 10, 16-A, 18-A
: Sinusoidal: Par. 9, 16-A, 18-A

Hospitalization: Tucker Sanatorium Par. 18-A, R3

NERVOUS SYSTEMS: INCOORDINATION

PELVIC DISORDERS: ADHESIONS: LESIONS

Physiology & Anatomy: Tumors Par. 4

Prophecy: Prognosis: Tumors Par. 12, 16-A

Surgery: Preventive: Tumors Par. 20-A, R4

TUMORS

: General Par. 4

TEXT OF READING 596-1 F ADULT

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 26th day of June, 1934.

2. Now, as we find, there are disturbances in the functioning of the body. These, as we find, have to do with specific conditions that disturb the functioning of organs, and have proven to be of those natures that separate themselves through such forms of lesions as to produce a segregation in the circulation such as to cause tumors to form on the organs themselves. This specifically with the organs of the pelvis, and through the pressure INVOLVING - or producing - other conditions in the body.

3. These, then, are the conditions as we find them with this body, [596] we are speaking of, at her parents' home near ..., N.C.

4. The BLOOD SUPPLY shows the lack of sufficient red blood, owing to the system producing such quantities of the leucocyte and white blood (lymph and the urea in same) to form coagulation; yet this has tended to make for a double or quickening in the pulsation - which is an ordinary indication that tumorous conditions exist in the system. Instead of there being the skipping of a beat, it is at times as a DOUBLE beat - even more than is discernable in conditions where

TUMORS: GENERAL CIRCULATING FILE

pregnancy has brought about such an activity, or until a period of three to four months - or gestation has begun. This is the CHARACTER; though, to be sure, it is of a different beat, but is an indication of the condition - and of the LOCATION of conditions that disturb the better condition of the body.

5. To be sure, the NERVE SYSTEM is very much taut in many portions of the body, yet in other portions such a laxness as between the sympathetic and cerebrospinal nervous system as related to the functioning or flow of the circulation through the trunk or torso portion of the body, and especially in the pelvic and the caecum area.

6. As to the functioning of ORGANS themselves, in the general depleted condition we find many portions of the body and the organs of same - suffer from what may be called impoverishment, through the lack of vitale' [elan' vitale'?] because of the lowered condition of the blood supply; yet few of these suffer other than from a functional condition.

7. In the pelvis area, then, do we find the seat or the cause of conditions, produced by a lesion that - first coming from the 12th and 10th dorsal center - allowed adhesions that affected the functioning of the organs, and produced the accumulations there that have brought about the pressure, the activity in other portions of the body. And with the REMOVAL of the condition, as we would find, there would be brought near NORMAL conditions for this body.

8. Then, in making at present those applications necessary for building resistances in the body and at the same time setting up such drainages, such activity in the circulation both as related to the internal and the superficial circulation as to combine them in a coordinating way and manner, we would give:

9. First, we would make the applications of the sinusoidal electrical vibrations, using a VERY LOW alternating voltage, making the application of the anodes - one on the 12th and 10th dorsal center, the other over the abdominal area where the indications of the engorgements are, you see; so that the electrical force passes along the impulse nerves to the activity for DRAINING same to the organs and the places for the elimination through drainages in the circulation. This we would give about twice each week; not too long a period at a time and not too severe; that is, not more than the three to five number in the cycle of the vibration.

10. Also each day we would give, for at least thirty minutes in the first of the treatments, increasing after three to five treatments to forty to fifty to sixty minutes each day until ten to fifteen treatments are given, the Elliott machine or the Elliott vibrator that makes for the application of heat to the organs of the pelvis area to such an extent as to not only allay but produce for the tissue - that has been involved by the dilation and by the poison accumulations in such conditions in the body - the drainage through the regular channels for elimination.

11. Keep the body BUILDING fluids for the body. Plenty of the alkaline diet and the blood BUILDING, that will raise the blood count and reduce the stress on the internal circulation, reducing the tendency for the heart's action to become disturbed in the condition.

12. And we will find these will bring about near normal conditions for this body.

13. Ready for questions.

14. (Q) Should she live at any particular location or place while taking treatment?
(A) Just where these may be applied. To be sure, each of these applications will be necessary to be given by a trained nurse.
15. (Q) Where is the closest place to her home that she can get these treatments?
(A) In Raleigh.
16. (Q) About how long before she will be able to get around fairly well?
(A) How many treatments have we outlined? When these have been given - all of these - we will find she will be able to get around, and overcome these conditions.
17. (Q) How can she obtain temporary relief from headaches and sinus trouble?
(A) By the removal of those pressures on the system that have caused those activities that produce the slowed circulation through the sinus, and through the upper portion of the body.
18. (Q) Would she be able to get both treatments, or all the treatments, at the Tucker Sanatorium in Raleigh?
(A) The sinusoidal may be obtained there. The Elliott treatment is not given there at present, but it may be arranged for.
19. (Q) Is there any further advice that will be of help for this body?
(A) We would follow these outlines as given here, making the applications, building up the system; and we will find we will overcome these disorders.
20. (Q) Will any operations be necessary?
(A) No operations would be necessary.
21. We are through for the present.

REPORTS OF READING 596-1 F ADULT

R1. 6/26/34 GD's notes enclosed with 596-1: See enclosed letter to Dr. Tucker [A. R. Tucker, D.O.], also Dr. Shorell [Daniel Shorell, M.D.]. Both may be given to Dr. Tucker, then if he agrees to find out about the Elliott machine he may send the letter on to Dr. Shorell with any questions he wants to ask himself.

The enclosed diet list may be helpful, as it outlines the principal foods that should be taken; though those in charge may already understand about the diet. Nourishing food JUICES may be best obtained by cooking the food in Patapar paper, so as to preserve all the building elements.

R2. 6/26/34 GD's note to Mr. [416] enclosed with 596-1: Mr. [416]: The lady in Raleigh who is taking treatment under Dr. Tucker at present, according to a reading, is Mrs. [565].

R3. 6/26/34 GD's letter to Dr. Shorell enclosed with 596-1: "...Will you please give Dr. Tucker any information on the Elliott machine, how arrangements may be made to use it in his sanatorium, etc.? We read the article in the May issue of READER'S DIGEST on this machine, entitled, 'Young Doctor Heat.' Have you any literature you could send us on this mode of treatment?..."

R4. GD's note: Mr. [416] was greatly encouraged by the Reading, said he would endeavor to get it followed. Later he reported that Mrs. [596], being a nurse herself, did not follow the Reading but resorted to ANOTHER operation, saying if that did not work she might later on follow the Reading.

INDEX OF READING 890-1 F 36

Ash: Animated: Tumors: Lymph	Par. 3--5, 11-A, 12-A
Clairvoyance of E.C.: Conditions Confirmed	Reports
Diet: Blood-Building	Par. 8
Electrotherapy: Ultra-Violet Light: Tumors: Lymph	Par. 4, 5, 11-A, 12-A

ELIMINATIONS: INCOORDINATION

LESIONS

Osteopathy: Tumors: Lymph	Par. 6
Psychosomatics: Healing	Par. 13-A
Surgery: Tumors: Lymph	Par. 2, 5, 12-A

TUMORS: LYMPH

BACKGROUND OF READING 890-1 F 36

B1. 3/30/35 Letter from sister, [813]: "...My sister [890] has just written me a letter full of woe. It seems she has just been advised by a physician that she has secondary anemia, has a rather bad heart condition and has a fibroid tumor. I don't wonder she is upset, especially since the anemic condition would make her low in spirits anyway.

"She has been married about ten years and she and her husband lived in Long Beach, California until the earthquake that wrecked the city occurred. It wrecked my brother-in-law's business also and they lost all their worldly goods then with the exception of a little money in the postal savings. They came East after the earthquake and have been living in my home in up-state New York since that time. They have managed to earn their bread and butter so far but haven't been able to save anything. Now they find that at the time their old automobile is about to heave its last sigh, and they had reached the conclusion that they must get a new one or walk to work, they are informed that my sister must have an operation for the tumor. Aside from the financial difficulties, her heart condition is bad and I don't know how she will stand an anesthetic.

"Now you can see how much faith I have in the diagnosis and prescription you are able to give. If you are willing and can find it possible to do so, I would very much like to have a Physical Reading for my sister, [890]. I told her that I would write to you about the matter.

"I will not be satisfied to allow her to be operated on unless the reading so advises. She is now taking milk and some iron pills. Her hair is coming out in handfuls and she is very nervous.

"Have you had fibroid tumor cases for diagnosis? Is an operation always necessary? I think from the usual medical standpoint it is, but I am wondering if there is any alternative. Anyway, I wish we could have a complete diagnosis of her condition.

"I know that you will want her written consent, and that it is necessary for her to become a member of the Association. But I have in mind another thing. Would it be possible for me to read the diagnosis before she sees it? I don't think it would be wise to give her a manuscript to read at this time if there are any fatal symptoms or if the condition is very serious. If such exists I would like to tell her in my own way and not have it shock her from a printed page. I do not know what the ethics of the case would be from your standpoint. I am afraid that if it is necessary to get her written consent to advise you to allow me to read the diagnosis, she will become unduly alarmed and think that we are hiding something from her. You don't know her capacity for worrying! On the other hand, she would take it for granted that I would forward the information to her. So if you think it is ethical to do so, in the event that you are willing to give her a Physical Reading, I wish that you might send the diagnosis to me instead of forwarding it direct to her. Please let me know about this.

"There is no immediate hurry about the reading, unless her condition changes. It need not be done for several weeks. I would rather like to talk with her first, if I can find the opportunity..."

TEXT OF READING 890-1 F 36

This psychic reading given by Edgar Cayce at 1851 Columbia Road, Washington, D.C., this 13th day of April, 1935, in accordance with request made by the sister - Miss [813].

2. Now, as we find, there are specific conditions that disturb the better physical functioning of the body. These, as we find, have to do with the eliminations in the physical forces of the body, and especially the coordinating conditions between the SYSTEMS of elimination. And there have been those hindrances in this coordination between the drainages as set up in portions of the torso and especially in that as related to the organs of the pelvis and the organs of assimilation and elimination in the circulation of the lymph through the system. This hindrance, as we find, arises from an impingement that has existed for times back, owing to those conditions brought about by the necessity of the position of the body for a period. This lesion that formed in the lower portion of the solar plexus ganglia, in the 9th and 10th dorsal area, allowed for those stoppages of impulse to the system in the eliminations of same. And hence there has been produced an accumulation in the form of a tumorous growth upon the organs themselves. This is of the lymph nature, and - unless there is a release of those conditions producing this stoppage, and drainages set up - will continue to grow until the pressure from same causes distortions and such pressures upon organs

as to become a hindrance in their functioning. This produces a drainage upon the system. This is not of a malignant type, but rather that as indicated - the accumulations of lymph. And the causes need to be eradicated; and with those things released in the system would set up that which would allow for drainages that would gradually reduce the condition. Or this may be removed by the operative manner that may not cause any great discomfort to the body, for the assimilations carry the effluvia that would or does cause the proper coagulations in the system. And with the proper precautions, so that there are not those causes of infectious forces, it would be the quicker way of relief to the system. But we would build the resistances, and prevent such pressures as to cause an unbalancing that would make for hemorrhages in the body.

3. We would take, then, internally, the Animated Ash in those proportions of an eighth grain morning and evening, emptied dry on tongue and washed down with water (do not take IN capsule).

4. In the evening, five to ten minutes after the Ash has been taken, we would apply the ultra-violet ray over the torso portion - but from the cerebrospinal area; the mercury or the quartz light, NOT the sun light or the carbon light - but that which carries more of the mercury vapor light; this is more penetrating. It should not be closer than thirty-eight to forty-two inches of the body, and for not a longer period than one and a half minutes at a treatment.

5. This will tend to make for the accumulations to be more separated and in a shorter period there may be the operative measures taken, insuring less danger or less activity that would be of a detrimental condition.

6. After each ultra violet ray treatment, HOLD - as a pressure, you see - on the areas where the subluxation has existed. The pressure would be upon the left side of the 9th and 10th dorsal area plexus, for the lower portion of the solar plexus center, from the cerebrospinal system - or the bursa there. Also at the same time hold those in the area where the hypogastric and pneumogastric plexus cross, which is in between the 3rd and 4th cervical centers. This will prevent any overflow of circulation for the heart's activity or flooding of the lung or the aorta artery to the heart and liver and lung.

7. These will make for better preparations for the removing of these disturbing condition.

8. In the matter of the diet, well that this be that which would supply a sufficient quantity of those vitamins necessary for increased blood and nerve energies for the system; and should naturally be of the alkaline type. (That is, green vegetables, fruits and milk products.)

9. This we would do, [890].

10. Ready for questions.

11. (Q) How often, and for how long should the treatments be given before the operation?

(A) For eight to ten days, given each day.

12. (Q) When would be a good time to operate?

(A) After this treatment has been carried on, as indicated here, for eight to ten days. Then we would have this period being between April 29th and 30th or the 1st or 2nd of May.

13. (Q) Any other suggestions at this time for the body?

(A) Let the body keep that mental attitude that the correcting of the physical disturbances will give the opportunity for the mental and physical expression in the material things, for the manifestations of the greater influence of Creative Forces. HOLD to those things that make for creating of energies in Him.

14. We are through for the present.

REPORTS OF READING 890-1 F 36

R1. 7/30/35 Letter from sister [813]: "...You will be gratified to know that the Physical Reading you gave my sister, [890], in April seems to have had spiritual results. She is keenly interested in your work, grateful for the reading, and, as we say in philosophy, is 'turning within.' When I was home for a brief visit early in July I was quite astonished to find how her thought is changing, how interested she is becoming in the spiritual life.

"She realizes her Oneness with all, for she has so much tenderness for all living things, she cannot hurt anything. But she was living too worldly a life, with too much thought for the transient things. Something was required to turn her attention within. No one knows better than you that sometimes our approach to the spirit must be through the physical. Of course I have prayed for blessings for her and I have visible evidence that the prayers were answered, for there is no question but that the reading has been of spiritual benefit to her. She is feeling better than she has in years, physically and mentally, so has postponed an operation for a while. She said she wanted to enjoy this summer in the mountains..."

R2. 10/7/38 Letter from sister [813]: "...In this reading Mrs. [890] was advised that a lesion had formed in the lower part of the solar plexus ganglia and that there was a tumorous growth of a lymph nature, not of a malignant type. She was told that the quickest method of relief would be to have the growth removed by an operation.

"Mrs. [890] had had a very serious goiter operation and she dreaded another. She couldn't seem to overcome her fear of an operation, and since it was not imperative at this time, she procrastinated and delayed the inevitable until this Summer. Finally she became less fearful and nervous and on July 2 of this year submitted to an operation at the Albany, N.Y. City Hospital Dr. Stein.

"The tumors were found and were of the type indicated in the reading of April 13th. Mrs. [890] made a good recovery, leaving the hospital in less than three weeks after the operation.

"She has not entirely recovered her full strength but she has returned to her position and is doing nearly as much work as she did before the operation. It is expected that in three or four weeks she will be completely recovered..."

INDEX OF READING 998-1 F 54

Breathing: Shortness: Circulation: Impaired	Par. 7, 10
CIRCULATION: IMPAIRED	
Diet: Toxemia	Par. 25
INTESTINES: COLON: ENGORGEMENT : PROLAPSUS : Colonics: Toxemia	
	Par. 16, 17, 19, 22, 24
LESIONS	
Osteopathy: Lesions	Par. 20--24
Physiotherapy: Packs: Castor Oil: Tumors	Par. 15, 18, 19, 22, 24
TOXEMIA	
TUMORS	

BACKGROUND OF READING 998-1 F 54

B1. Daughter, Mrs. [934], said she had undergone surgery several times for removal of tumors, which continued to form.

TEXT OF READING 998-1 F 54

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 11th day of September, 1935.

1. EC: Yes, we have the body here, [998].
2. As we find, there are conditions that prevent a nearer normal physical functioning of the body. These conditions have to do with the eliminations of the body and the effects that are produced by the disturbance in the organic functioning and in the reaction of the nervous forces or systems in the body.
3. Then, these are the conditions as we find them with this body, [998], we are speaking of:
4. The BLOOD SUPPLY indicates a toxic condition, which arises from both an engorgement and a prolapsus in the colon area.
5. In times back there were disturbances in the eliminations through constipation and then a tendency for these to be exaggerated through cold, congestion, and an intestinal flu.
6. Then there arose from same a colon irritation.

7. So we find in the transverse colon and the descending colon there is this condition. The engorgement is in the transverse. Hence the distress that is felt at times in the side and across the abdomen. The prolapsus begins in the descending, or curve of the descending colon; so this on the left side makes for the pressure against the circulation to the heart's activity, producing shortness of breath when there is the least exertion or excitement to the body, climbing of steps or the like. This occurs at times also after eating; at others it may occur soon after the body arises of morning, making for a dizziness or an uneasiness, with headaches that come from same.
8. The pressures from same also make for the slowing of the superficial circulation to the lower portion of the body. Hence we find a lesion in the 4th lumbar and in the coccyx area, with a suppression of the circulation in the lower extremities; causing the swelling of the limbs, as in the knees and the ankles, and pains throughout the whole lower extremities.
9. These effects are seen, then: The heart's activity, the swelling, the shortness of breath. And these are all sympathetic conditions. So with the removal of the cause we would correct the disturbances through these areas.
10. Also at times the reflex action makes for those effects of sour stomach, a good deal of belching; at others a great deal of gas forms on the stomach and bowels themselves; bad taste in the mouth at times; blurriness, as it were, before the eyes; pains through the chest - or the lower portion of the chest. These, as we find, are effects to the circulation.
11. The poisons that arise from same make for these conditions in the NERVOUS SYSTEM and the functioning of the ORGANS. For in the NERVE FORCES we find the lesion as indicated in the 4th lumbar, and naturally the reflex action in the lower portion of the secondary cardiac plexus - or the 4th dorsal area.
12. In the nervous or nerve reactions, these are the areas - as in the side, as in the extremities - that through the circulation become affected.
13. The toxic forces in the blood supply produce that slowing of the circulation, causing at times a bad color - and a reaction that makes for the distresses throughout the functioning ORGANS.
14. In meeting the needs of the conditions and making for the corrections, as we find:
15. First we would begin with the Castor Oil Packs. These should extend across the whole of the colon area; that is, from the lower portion of the liver, across the abdomen and over to the left area just above the hipbone, extending to that almost in align with the umbilicus plexus; so that the whole area is affected by these Oil Packs. Take these for an hour to an hour and a half EACH day for three days.
16. Then, after the three days, have a COLONIC irrigation.
17. Let three days elapse and then take another colonic irrigation.
18. Then have a rest period of three to four days, and begin with the Oil Packs again - for three days. These would be taken for three days at a time, with a rest period of three days in between each round.

19. After the ninth or twelfth application of the Packs, have ANOTHER colonic irrigation.
20. Then begin with the manipulations that will make those corrections in the sacral, the lumbar, the coccyx area, and more specific in the upper dorsal; coordinating the cervical area. These osteopathically given, as we find, would be preferable to JUST the adjustments.
21. These we would keep for six to eight treatments, one given every other day.
22. Then have a rest period of a week or two weeks, and during that rest period take the Oil Packs again - and another colonic irrigation.
23. Then continue with the osteopathic treatments until the necessary corrections are made. But these may be necessary only occasionally.
24. Occasionally there should be these osteopathic treatments or manipulations, and the use of the colonics and the packs; but with the proper care, proper precautions as to diet, we find that these would make the corrections for this body, [998].
25. In the diet keep near to the alkaline-reacting foods; that is, abstaining from white bread, too great a quantity of sweets (or pastries, at least), or tea. However, coffee may be taken in moderation. But preferably cereal drinks.
26. Ready for questions.
27. (Q) What will prevent the tumors from reforming?
(A) Cleanse the system, as we have indicated!
28. (Q) If these treatments as outlined are followed, it will not be necessary for another operation?
(A) If we remove the causes, why should there be?
29. We are through for the present.

REPORTS OF READING 998-1 F 54

- R1. 4/36 She said the reading was perfect in describing her condition, but she hadn't followed it yet, due to expense.
- R2. 6/20/36 She thought she would follow the reading while visiting her other daughter in the city.
- R3. 5/5/53 Daughter [934]'s letter: "...Mother is critically ill in the hospital in ... They operated on her this morning for cancer and I believe she is going to be all right. They seem to think they got all of it this time..."
- R4. 5/18/53 Daughter's letter: "...She seems to be getting on fine. They had to graft skin on her chest and it was pretty serious..."
- R5. 5/20/58 Letter: "...She was operated on again at Christmas for cancer..."
- R6. 8/61 She died with tumorous cancer, reported her daughter, Mrs. [934].

INDEX OF READING 999-1 F 48 (?)

Appliances: Wet Cell: Tumors	Par. 11, 13
Arthritis: Tendencies	Par. 22-A
Doctors: Campbell, Mary: M.D.	Par. 21-A
Glands: Kundalini: Menopause	Par. 3
Healing: Magnetic: Tumors	Par. 11, 14

MENOPAUSE

SURGERY: PREVENTIVE: TUMORS

TUMORS

Work: E.C.: Readings: Attempted, Not Given	Par. B3, B4
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BACKGROUND OF READING 999-1 F 48 (?)

B1. 8/25/35 Questions submitted: "1. Am I having change of life? 2. Do I have a tumor? 3. Am I pregnant? 4. If pregnant, please advise me as to diet and treatments. 5. Was Dr. Mary Campbell's diagnosis correct? 6. Was Dr. James McGeah's diagnosis correct? 7. Do I have arthritis? 8. To what are the spells of dizziness, nausea and headaches due? 9. What causes the pains in neck, shoulders and back? 10. Are present psychic conditions due to psychic attacks? 11. Are these disorders functional or organic?..."

B2. 9/1/35 Wire from [999]: "Address near Marine City, please give me three o'clock Monday..."

B3. 9/2/35 Reading attempted: "We don't find the body here."

B4. 9/4/35 EC's letter to [999]: "...We regret to inform you that we were unable to obtain your Physical Reading, because - evidently - we did not have sufficient address. All we could get was, 'We don't find the body here.' In obtaining a Physical Reading, it is necessary that we have the exact address of the individual at the time of appointment; that is, if impossible to give a street number, a description of the place just as if you were directing someone there; giving how many miles from a certain place, etc.

"I am very sorry of this delay, as I'm sure your case is quite urgent, but we made the attempt - and will have to wait for further information.

"We are setting a definite appointment for Saturday morning, the 14th, between 10: 30 to 11: 30 o'clock Eastern Standard Time. If this is satisfactory,

let us know by return mail the exact address at which you will be during the hour set, remaining quiet and in meditation, seeking. I trust that we will be able to be of a service. There must be the personal contact made during the hour appointed.

"Trusting then to hear from you by return mail, and with all good wishes - asking to be remembered to Miss [681] and Dr. [991]..."

B5. 9/11/35 Wire from [999]: "Letter received doubt about receiving reply by Saturday slow mail service sorry about insufficient address...."

TEXT OF READING 999-1 F 48 (?)

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 14th day of September, 1935.

2. Now, as we find, conditions that disturb the better physical functioning of the body are of an unusual nature or character from a normal physical reaction.
3. There being, then, those changes that are natural at this period in the experience of the entity - and there being through intense concentration the activities of the nature that make for the raising of those influences and forces within the body as to cooperate or coordinate with energies that are creative within themselves, we have a confusion in the organs of gestation - or upon the Fallopian tube there are those formations which, as we find, may be removed in either of these manners:
4. The operative measures, or - in a longer process - the absorption.
5. Absorption may be brought about in either of two manners. It may be accomplished through magnetic applications, or through mechanical forces for the passing of the low electrical vibrations that would dissipate and cause the eliminations through absorption.
6. These are the conditions that disturb the general physical forces.
7. The reactions are of two natures and characters: Those that make for the tendencies as from the UNORDINARY or OUT of ordinary conditions that arise from pregnancy; as to the dizziness that occurs at times, the heaviness that occurs across the lower portion of the abdomen, the nausea that occurs - during the evening or night, rather than of morning. These are the reactions to the general system.
8. There is required, then, more of an application through suggestive forces; combined with the magnetic vibrations.
9. Or, as the entity has been told, the operative measures would be necessary to resort to.
10. It must be determined by the body itself as to which of these methods it will use:
11. As to whether there may be the application within self; either through the coordinating forces of someone that may be of a magnetic nature such as to dissipate the condition, or through the use of the low electrical vibrations that may be had from a Wet Cell application or Battery.
12. Or as to whether there will be the operative measures resorted to.

13. If the Wet Cell Appliance is chosen, then the attachments would be made in this manner: The first plate attached (the copper, positive plate) would be to the 9th dorsal center, between the 9th and 10th. The other larger plate (nickel, negative plate), on the nickel anode, would be placed over the umbilicium plexus, or where there is the feeling - or where there is the enlarging or engorging in those portions of the body. This would be applied for thirty to thirty-five minutes each day, preferably as the body rests in the afternoon.

14. The magnetic forces, if chosen, would be given with the same positions; that is, the left hand of the magnetic individual would be placed over the cerebrospinal system covering the 8th, 9th, 10th dorsal centers, while the right hand would be placed upon the engorgement or enlargement - or the feeling in the frontal portion of the lower part of the abdomen itself.

15. It would be well that the body keep the eliminations in a near normal condition. Also we would keep an alkalinity in the system, through the diet, that may prevent cold or congestion. This would be followed with either of the absorption methods.

16. Or there may be operative forces, as indicated.

17. These, as we find, are the physical forces of the body in the present. While an indeterminate attitude has been assumed for the body through these conditions described, the following of one of the modes outlined must depend upon the choice within self.

18. Ready for questions.

19. (Q) Is this condition a tumor?

(A) Read just what has been given.

20. (Q) Am I pregnant?

(A) Read just what has been given!

21. (Q) Was Dr. Mary Campbell's diagnosis correct?

(A) Those that agree with the condition NOT being pregnancy are correct.

22. (Q) Do I have arthritis?

(A) There are only the tendencies for such conditions, through the lack of the eliminations.

The vibrations that may be set up for the whole of the eliminating forces and drosses, as well as the direct activities for the secretions and glands (through the absorption methods indicated), would overcome these conditions.

Do these. We are through for the present.

(9/14/35 GD's note: If the Wet Cell Appliance method is chosen, this appliance may be obtained only from the Health Home Remedies Co., Box 103, Virginia Beach, Va. I think the price of this type mentioned for you in \$20, with instructions as to its use in the home. Order about ten days before you wish to begin treatments, as each appliance is made to order. Ask for the Plain Wet Cell Appliance, with attachments as indicated.

No doubt you know a good magnetic healer, or someone in your family may have magnetic ability, if you choose this method. Let us know.

See Alkaline-Reacting Diet list [which was enclosed].)

REPORTS OF READING 999-1 F 48 (?)

R1. 11/35 She phoned EC while he was in Detroit but did not come to see him.

INDEX OF READING 1013-1 F 42

CANCER: TENDENCIES

CIRCULATION: LYMPH

CYSTS: WENS

Diet: Cancer: Tendencies Par. 20

ELIMINATIONS: INCOORDINATION

Healing: Consistency & Persistency Par. 6

Osteopathy: Eliminations: Incoordination Par. 14--17

Physiotherapy: Massage: Camphor: Cysts: Wens Par. 11--13
: Mutton Tallow: Par. 11--13
: Pine Needles Oil: Par. 11--13
: Turpentine: Par. 11--13

Prescriptions: Alcohol, Grain: Cysts: Wens Par. 8--11, 18, 19
: Cascara: Par. 8--11, 18, 19
: Pepsin, Elixir of Lactated: Par. 8--11, 18, 19
: Sarsaparilla Compound: Par. 8--11, 18, 19
: Stillingia, Tincture of: Par. 8--11, 18, 19
: Tolu, Balsam of: Par. 8--11, 18, 19
: Valerian, Tincture: Par. 8--11, 18, 19
: Wild Cherry Bark: Par. 8--11, 18, 19

Prophecy: Prognosis: Cysts: Wens Par. 23-A

TUMORS

BACKGROUND OF READING 1013-1 F 42

B1. She secured a physical rdg. previously for her little daughter, [2184] via her mother, Mrs. [326].

TEXT OF READING 1013-1 F 42

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 3rd day of October, 1935.

2. As we find, conditions in many respects are very good; yet there are tendencies and inclinations in the physical functioning of the body that unless corrected must eventually lead to very distressing conditions.
3. These, as we find, have to do with the separation of the lymph circulation and the emunctory activities from the deeper circulation. And when cellular forces become so aggravated, either by bruising or lack of elements in the system to keep a continuity of life force, they set up within themselves. Thus they draw upon the system, becoming - ORDINARILY, and oftentimes - malignant in their nature.
4. As we find in the present, these have not assumed such proportions; though there are the tendencies - through the pressures upon the superficial or vegetative nerve system and the lymph carriers - for fatty tumors, or wens, or a plethora in some duct or gland or just OFF of same an accumulation of the circulatory forces that BECOME at times as pits in which drosses are left through the very poor circulation created by this separation in the system.
5. In the deeper circulation and in the blood supply, and in the segments along the cerebrospinal system, do we find those conditions that are contributory causes to the disturbance. And by building these for a unification of activity throughout the body they would be first suppressed and no others forming. Gradually by stimulating the deeper circulation such drainages would be set up for these to become absorbed and gradually eliminated from the whole of the system.
6. We find that this will, however, require persistence and consistence on the part of the body in its relationships to such conditions and such applications.
7. Also with the correcting of these we will make correction of disturbances in the manner in which there are the eliminations through the alimentary canal, the coordinations through the eliminations of the system with the hepatic circulation and the alimentary canal, the respiratory system, that are disturbed at times naturally from the disturbances through the lymph and emunctory activity. Thus we will make for a great deal better condition in every way for the body.
8. First, then, we would prepare a compound to be taken for the GENERAL system. This will at times produce some irritation, or the appearance of the forming of other centers that have weakened; but as soon as these have been taken in whole, and there has begun the stimulating and the relieving of pressures in centers, the formations will stop and absorptions will gradually begin, see?
9. Then, to 4 ounces of Elixir of Lactated Pepsin as the carrier, add:
 - Essence of Wild Cherry Bark.....1/2 ounce,
 - Compound Syrup of Sarsaparilla.....1/2 ounce,
 - Tincture of Stillingia.....1/4 ounce,
 - Tincture of Valerian.....1/4 ounce,
 - Syrup of Cascara.....1/4 ounce.

TUMORS: GENERAL CIRCULATING FILE

Then to this add 1 ounce of Grain Alcohol into which there would be cut 1 dram Balsam of Tolu.

10. Shake thoroughly before the dose is taken, which would be 4 times each day, 1/2 teaspoonful before each meal and before retiring.

11. When one-half or two-thirds of the quantity has been taken, BEGIN with the gentle massage of the nobules or areas where there is indicated the rising of the wens or the soft or fatty tumors, with a combination of equal parts Mutton Suet, Spirits of Turpentine, Spirits of Camphor and Oil of Pine Needles.

12. Now, the Oil of Pine Needles is not the same as the Turpentine, though akin. One is from the body or the sap, the other is from the needles themselves.

13. GENTLY massage this compound into those places.

14. And at the same time such gentle massage is begun, begin also with the osteopathic treatments; making corrections and causing drainages to be set up, especially in the upper dorsals and through the cervical area, COORDINATING - about every other treatment - the LUMBAR plexus WITH the dorsal and the brachial and cervical plexus.

15. These would be twice each week for a period of two weeks; that is, the osteopathic adjustments.

16. Then rest from same for two weeks.

17. Take then two weeks of treatments again, osteopathically.

18. By that time the whole of the properties in the compound will have been taken.

19. Then rest a week, and prepare the compound in the same proportions and take again.

20. In the diet keep towards those that are the less acid-forming foods; more of the alkalin-reacting. One meal each day should consist of the raw vegetables; made into a salad and used with dressing or olive oil. The fats should be principally from nuts, not from meats. Meats when taken should be lamb or fowl (but none ever fried). No fish should ever be taken by this body during these treatments, or during these properties.

21. Do this, and we will find the better conditions for this body, [1013].

22. Ready for questions.

23. (Q) If I follow these treatments, how long before the knots will be completely cured?

(A) Four to six months. As indicated, these will first be HELPED - you see; that is, less of these forming; then the absorption through the eliminations will be begun.

24. (Q) What should I do about my teeth?

(A) These need some LOCAL attention.

25. (Q) Are my female organs in good condition?

(A) With the disturbances of such nature with the body, there are repressions and at other times an overflowing in their activity. As we have indicated, these conditions will be aided; also the digestive forces, and the sympathetic nervous forces as related to the organs of the sensory system. Do that. We are through.

REPORTS OF READING 1013-1 F 42

R1. 5/2/40 She submitted questions.... 5/3/40 See 1013-2.

INDEX OF READING 1403-1 M 37

Bible: Books Of: I Corinthians 10: 13 : II Peter 3: 9	Par. 12 Par. 12
CANCER	
Electrotherapy: Infra-Red: Cancer	Par. 4, 8, 9
Healing: Spiritual: Cancer	Par. 12, 13
Prayer: Intercessory	Par. 12, 13
Prescriptions: Mullein Tea: Cancer : Ventriculin:	Par. 4, 9 Par. 4, 9
Surgery: Tumors	Par. 3, 6
Temperature: Fever: Cancer	Par. 6
TUMORS	

BACKGROUND OF READING 1403-1 M 37

B1. 6/14/37 Mother's letter: "Our son has been ill for two and one-half years, and we are quite disturbed by his apparent lack of improvement. During this time he has had two major operations, and another has been suggested. We would like to know if it would be wise for him to go through another operation and whether or not there is any help for him. (Mrs. [1348] told us of the material help you gave in illness of their son [1215].)"

TEXT OF READING 1403-1 M 37

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 10th day of July, 1937.

1. EC: Yes, we have those conditions and those records here that are being examined in the present.
2. All these conditions - that arise from the effects of disturbances that cause more and more inroads into the vital forces of the body, as to structural as well as to locomotion and activities through the assimilating system - must be taken into consideration.
3. As we find, there may or may not be the necessity for further operative forces. This would depend upon the manner in which the reactions of the applications that are being considered will react upon destructive forces that arise from inroads, and inactivity of those portions of the body that have been indicated are in rebellious force against the better physical functioning.

4. If there would be added either the Essence of Mullein (in a Mullein Tea), or the Ventriculin, and if there is the ability to give sufficient reaction with the deeper electrical rays - as the deep therapy from the Infra-Red, these as we find would respond the better.
5. These are the conditions then as we find that are apparent.
6. If there is the continuation of temperature, indicating the destruction of the red blood cellular forces and a continual reduction in the hormones or plasmas that make for the ability to segregate and discharge from the system the affected portions, then it would become necessary for operative measures.
7. But as we find, in either case, if those applications as indicated are used, these may have the better opportunity.
8. And as we find the deep or Infra-Red would be more effective than even the X-Ray, for this - owing to the very thinness of the plasma - too easily becomes effective to the lymph and produces scar reaction that would be more harmful than helpful.
9. While the Infra-Red produces a character of temperature, this because of the very nature of same is a destructive force to the humor that is active in the system; especially if the elements are added as indicated (the Mullein Tea or the Ventriculin) that would act with the blood stream in the building of constructive forces for the plasmatic reaction in the lymph, if the Infra-Red is used.
10. Then we would do that; and necessarily, under the circumstances, this must depend upon those determinations as may be made by the physician in charge. These are merely then suggestions, but are to be verified or rejected by those using same.
11. As to the attitudes of those that wait upon the body - as to the attitudes of those to whom the body is near and dear in material things:
12. Much might be said respecting the necessity of not only confidence in the activities of those in charge but respecting the greater relying upon the spiritual forces that lend impetus to influences and forces about a living organism; and the re-dedicating of self to the spiritual activities, to those influences that arise from Creative Energies or God-force and influence in the experience of every one. These we would adhere to, for those assurances that have been given - as not willing that any soul shall perish but with each temptation, with each weakness, there is the assurance of strength - if there is the application of self in consecration of the efforts in material things.
13. Meditate, then, and leave it in the hands of Him. We are through.

REPORTS OF READING 1403-1 M 37

R1. 7/26/37 Letter from mother of [1403]: "My dear Mr. Cayce: You may be interested to know that [1403] was operated upon the 12th of July and died the next day. The tumor developed so fast and he was so miserable he wanted to get relief.

"I am so sorry we did not hear of you two years ago. I feel sure you might have helped him. We did all we could in getting medical aid. Perhaps God had some good reason for taking him. I pray that you may continue to do your good work and later receive your reward..."

INDEX OF READING 1445-1 F 38

Appliances: Wet Cell: Nervous Systems: Incoordination	Par. 7--14, 17
Attitudes & Emotions: Suffering	Par. 19-A
Bible: Books Of: Hebrews 5: 8	Par. 19-A
: Hebrews 12: 2	Par. 19-A
: Luke 6: 40	Par. 19-A
: Matthew 10: 24	Par. 19-A
: II Peter 3: 9	Par. 19-A
Blood: Coagulation: Poor	Par. 5, 6
CANCER: TENDENCIES	
Clairvoyance Of E.C.: Conditions Confirmed	Par. R2
Diet: Acidity & Alkalinity	Par. 16
Forces: Creative	Par. 19-A
Neuropathy: Cancer: Tendencies	Par. 14, 15
OSTEOMYELITIS	
Osteopathy: Cancer: Tendencies	Par. 14, 15
Soul Development: Experience	Par. 19-A
Spiritual Advice	Par. 19-A
Surgery: Tumors	Par. 5, 6
TUMORS	

BACKGROUND OF READING 1445-1 F 38

B1. 9/15/37 Mr. [531]'s wire to EC:

Received at FH27 86 DL XU=PHILADELPHIA PENN SEP 15 1218P

EDGAR CAYCE= ASSOCIATION RESEARCH AND ENLIGHTENMENT
HAVE A LADY THIRTY SEVEN YEARS OLD JUST ARRIVED FROM
SALVADOR CENTRAL AMERICA! AFTER HAVING BEEN OPERATED UPON
THIRTY SEVEN TIMES AND HAS BEEN ENTRUSTED TO ME TO ASCERTAIN
ABSOLUTE CAUSE AND POSSIBLE CURE IF ANY STOP WILL YOU BE
WILLING BE CHALLENGED DETERMINE DIAGNOSIS CAUSE ETC TO BE
SUBMITTED MEDICAL AUTHORITIES IF YOU ARE ABLE LOOK THIS
MATTER WILL APPRECIATE YOU MAY MAKE APPOINTMENT AND I WILL
BE SENDING YOU HER FEE AS MEMBER ASSOCIATION WRITE OR WIRE
COLLECT MY OFFICE ... ST. PHILADELPHIA=
[531] 107P

B2. 9/15/37 EC's letter to [531]:

Glad to try and help but never as a challenge. You may explain nature of work to her. If she desires we try let her say so sending signed membership application with verification, questions and address for appointment Monday morning, twentieth. Regards.

Day Letter - Collect. Sent 3 Associate Blanks

B3. 9/17/37 Mr. [531]'s letter to EC:

Friend Cayce:

I could not make the appointment for to-day Monday as this lady was at the Hospital. Now here is the story - this woman has had 37 operations, drainage of pus in her legs, on side of face etc. etc. etc. She has a will power worth something, that's why I said to her that jointly with doctors report I would like a psychic report.

She came from Salvador seeking health, if it can be bought, and her diagnosis has been OSTOMEALITIS [Osteomyelitis]. Her Wasserman is negative, and all I know is that she has been through the mills.

She is available Tuesday, Wednesday or Thursday - the last two days anytime in the morning or noon, the Tuesday, that is tomorrow late in the evening. I suggest you wire - MISS [1445] [Born Dec. 15, 1898] PHILADELPHIA PA

BE READY FOR MATTER DISCUSSED [531] IN YOUR ROOM AT THIS
ADDRESS SUCH AND SUCH DATE FROM SUCH AND SUCH HOUR
SIGNED CAYCE

Now, I said "challenge" because if you can show her that TRUTH which is not found anywhere else, she will be happy. I told her that if she was curable she would be cured, if her sickness can be stopped before making further damage it would be done, if it were possible, to let her live more happily than before she would be made to live as such - that she had to have implicit confidence in my guidance and what you said

Her questions, are

1. Would more operations better my general condition?
2. Is my sickness curable or incurable, if curable, what ought to be my best way to attend to it physically?
3. What should be my system of life in the United States and in Salvador, and how long should I stay in the former country (United States).
4. Was the cause of my illness an infection of the knee or carelessness [carelessness] in treatment.

She was treated for measles originally, Cayce, and while having this she fell down and had a tramaultism or broke her right knee cap, and this was an open wound for a year or so, since then, continuous drainage has been necessary occasionally, while all is healed, and scars are plainly shown there and on the other knee, face, etc (she cannot move her jaws, and she eats by chewing without any teeth, with her tongue - does not eat meat at all) she has the fear that she is to continue, year after year in one operation after another, wants to make if necessary one final operation, if it will clear or stop advance of her sickness.

X-Rays shows some sort of a tumor somewhere around her womb, and may be you can see something about this too - [531]

B4. 9/22/37 Be ready for matter discussed [531] in your room at above address this morning ten-thirty, eleven-thirty Eastern Standard. Otherwise advise immediately. Chg. 259 - Straight.

At 11: 50 Western Union reported no one home to accept the telegram, but they left message for answer to be given soon as she returned home. W.U. tried to get us on phone earlier, but Rdg. was in session. At 2: 00 P.M., Western Union phoned they had report on message, it had been delivered; probably about 30 minutes after first attempt.

TEXT OF READING 1445-1 F 38

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 22nd day of September, 1937, in accordance with request made by the self, through Mr. [531].

2. As we find, conditions are very disturbing; and these are of such a complication that all those experiences through which the entity has passed must be taken at least partially into consideration, for complete understanding. But in the meeting of the disturbances in the present, these as we find would not necessarily be a part of the applications for corrective or helpful measures.
3. While the first causes of infections arose from external injuries, and the applications produced rather that of more infection by the lack of proper consideration and proper sterilization at the time, conditions in the present as we find are as these:
4. First, there is in the blood stream the tendency and the inclination for infectious forces to become segregated; as is indicated by conditions in the pelvis as well as that which prevents the activities in the head, neck, face; as well as the lower extremities from which these conditions first arose.

5. As we find, it will be necessary then, when there have been those purifications of the blood stream sufficient by the tests of the coagulative forces, for operative measures to be used to remove those TUMOROUS conditions in the pelvic organs.
6. Specific directions for preparing the body for the operation - these are under the supervision of those who would operate. There should be made for the better coagulations before operative measures are undertaken. But this should be the end of operations, if the applications as we will give are carried forward.
7. Then, some two and one-half weeks after the operative measures (not before), we would begin to apply the low electrical vibrations from the Wet Cell Appliance for creating that which will become creative in its activity upon the organs of assimilation and for the purifying and making for better activity of the glandular system; for the correction of those conditions that have been of longer standing by the pressure upon the nervous system, thus causing a static condition between the cerebrospinal and sympathetic systems.
8. Hence we would relieve those conditions by the use of the Appliance carrying one day the Gold Solution, the next day the Atomidine Solution, the next day the Camphor Solution. Take the Appliance for thirty minutes each day, alternating the Solutions in the manner indicated; continuing for the full twenty-eight days; then rest from same a period of three to five days; then begin again.
9. The attachments would be made in these manners:
10. The first day, the small plate would be attached first, to the 4th lumbar; while the larger plate through which the Gold Solution passes (three grains of the Chloride of Gold to each ounce of Distilled Water) would be attached last, to the umbilicus and lacteal duct center; so that the activity is upon the assimilating forces of the bodily functions.
11. The next day, the small plate would be attached first, to the 2nd and 3rd cervical center; while the larger plate through which the Atomidine passes (in full commercial strength) would be attached last, to the 9th dorsal center.
12. The third day, the larger plate through which the Spirits of Camphor Solution passes would be attached FIRST, to the cardiac plexus of the frontal portion - that is, the cup or that through which the Solution passes would be attached first, to the cardiac plexus of the stomach or in the front; while the smaller plate would be attached last, to the 4th and 5th dorsal.
13. Continue alternating the Solutions and the attachments in this manner. The application each day would be for thirty minutes; but only begin with these about two and one-half weeks AFTER the operative measures have been carried out.
14. Also each day FOLLOWING the Appliance treatment, we would have the massage Neuropathically or Osteopathically given, to relieve those tensions that prevent the body from full activity of the face, the neck, the body, the limbs.
15. These as we find, applied in their proper coordinant way and manner, would bring curative forces and EVENTUALLY produce ALMOST normalcy in the reaction; save where such destructive forces have been carried on by tissue that has become stayed in its activity in the system - but would prevent further operations, further creations of activity as would produce these segregations in the system, in the body.

16. In the diets: These we would keep more in a well-combined balance between the acids and the alkalines, but those that would be easily assimilated; or keep to liquids and semi-liquids in the better part of the applications.

17. Every twenty-eight days recharge the Appliance; change each Solution. Do not leave any anodes IN the solution when not giving the treatment. Connect only about three to five minutes before the attachments are made to the body. Keep all plates clean.

18. Ready for questions.

19. (Q) What should be my system of life in the United States and in Salvador, and how long should I stay in the United States?

(A) This becomes rather the problem for the body. As we find, if first the applications for physical corrections and physical help are carried forward, these will produce in the experience of the body, gradually, a different outlook upon its associations, its activities, in this material experience.

Hence the sojourn in the United States should be at least for six to twelve weeks; until decisions then might be made.

Let the body-mind continue in the attitude of seeking for the SPIRITUAL awakening. Know that each experience in this material plane is, if used in a constructive manner, FOR SOUL DEVELOPMENT! For He (God) hath not willed that any soul should perish. While the trials, the temptations, the sufferings come; and oft may the body ask self, "If the Creative Force or God is mindful of man, why does He allow me to suffer so?"

Know that though He were the Son, yet learned He obedience through the things suffered in body, in mind, in the material or earthly plane.

No servant, then, is greater than the Master.

Then, looking to Him who is the author, the finisher of life, GIVE that in self to seeking the greater understanding of thy relationships to Creative Forces as they may be manifested in thy dealings with thy fellow man. 20. We are through.

REPORTS OF READING 1445-1 F 38

R1. 9/24/37 EC's letter to Mr. [531]:

Dear [531]-

Hope the information proves of help, do not suspect the Gen practitioner will agree with the information for relief, but feel very sure from the information, will this be given a fair trial she will see wonderful results. This is one of the kind of cases that we need an institution where it might be followed just as is suggested but we can only hope for the best. Will be anxious to know your, as well as Miss [1445]'s reaction to the information, and will appreciate your writing me fully.

Thanking you and hoping to have been of a service, Sincerely Edgar Cayce

R2. 9/28/37 Mr. [531]'s letter to EC:

Dear Edgar:

I received yesterday the reading on Miss [1445], and I wish to inform you that your telegram arrived at a late date and she was not present in her place between the hours which you stated. However, my friend, it may interest you to know that precisely the statement which you make in the fourth paragraph of your reading is just the condition that is wrong with this lady.

TUMORS: GENERAL CIRCULATING FILE

In other words, I have here the X-Ray and report from the physicians and they find that she has a tumor in and about the region which you stipulate in your reading. More power to you because, once more, you have hit the nail on the head. [531]

R3. 9/30/37 EC's letter to [531]:

Dear [531];-

Thank you for yours of 28th, we were aware from the manner of approach in the reading that Miss [1445] was not in, but that the interest you had been able to arouse has made a contact with her. That there was the ability to verify the information is fine. Just hope she gets the desired results, and feel sure she will if they will carry out the suggestions given. That is the real proof.

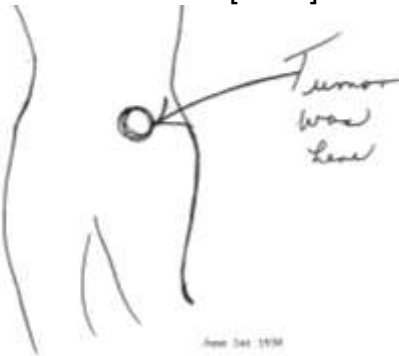
Thanking you, and asking that you remember us very kindly to the young lady, [1228]. With all the best for you and yours, Sincerely [signed] Edgar Cayce

R4. 5/38 Mr. [531]'s reply to Questionnaire:

The lady - the X-Ray showed - had a tumor on and about the pelvic region, it was a large one and found somewhere around there, and she was operated and removed, and she never knew she had it, BUT for me, this was a most unfortunate experience, as this lady after I gave her all the best in me by way of service, considerations, attention, wrote me a very nasty letter from the hospital, as if I was using her for a play toy with the physicians. She turned out to be a "sour apple" for my kindness, and she appeared to be a trouble maker, I dropped her out of my program of service to others... [Hand-drawn picture included. See Par. R5 below.]

[531]

R5. See location of [1445]'s tumor via [531] re 1445-1.



R6. 6/1/38 EC's letter to [531]:

Dear [531];-

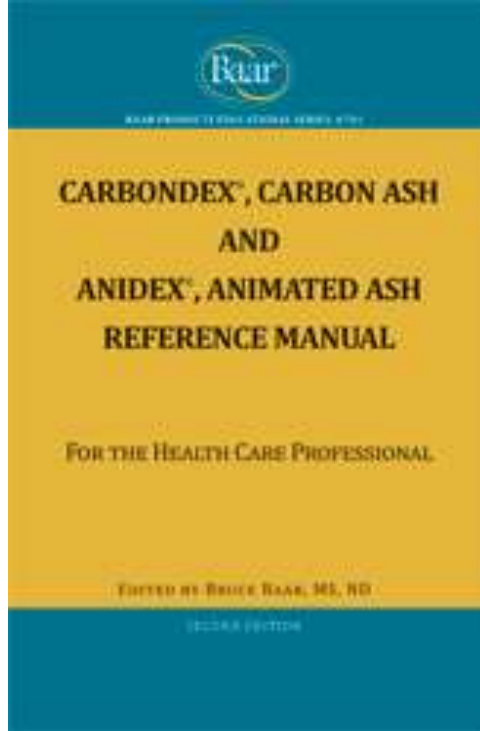
How are you and yours - thanks very much for your report - my Oh My - how often are we all met with just such an experience as you when we try and help - but he was rejected of men - should we expect better treatment than HE??

About time for our meeting again - can't you and the Mrs. and the young lady [1228] make the Beach this year at that time? Would love to have you With all good wishes, Sincerely [signed] Edgar Cayce

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- Recommended by Doctors, Scientists and Health Care Physicians
- Official Edgar Cayce Formula
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Baar Atomic Iodine is the world's only electrified and stable non-toxic aqueous form of iodine that liberates the element in an atomic or nascent state. Atomic Iodine, was developed by Dr. Sunkar A. Bissey in the 1920's. His product was used for goiter, malaria, hypothyroidism and other health issues. Iodine in the nascent state is known to fight infections.

Cayce suggested electrifying the product. This process of electrifying was developed and perfected by Dr. Bruce Baar in the 1980's. Dr. Baar's unique process not only includes electrification but also includes the effect of the specialized herbs from the Bissey formula.

Baar Atomic Iodine is excellent for external application to cuts, boils, bites, rashes, poison ivy and more. A truly unique and economic product that is electrified as indicated in the Edgar Cayce Health Care Philosophy.

Suggested Use:

One drop in a half glass of water provides approximately 600 mcg of nascent Iodine which is more than the minimum daily requirement.

Apply as needed, topically to skin. Allow time to air dry. Bandaging is discouraged after application as it may cause tissue irritation.

Ingredients:

1% solution of Electrified Nascent Iodine (approximately 600 mcg iodine per drop).

Warning: If used internally, do not use in conjunction with any other concentrated source of iodine. Over-stimulation of the thyroid gland with resulting nervousness may be experienced. People who are hyperactive or have cardiovascular difficulties should not use this because glandular stimulation might over stimulate the heart.

What I Would Do if I Had Cancer



Dr. Whitaker at his Wellness Institute

By Julian Whitaker, M.D.
Venture Inward, January/February 2004

Cancer! Perhaps no other diagnosis is as feared. Yet many people fear the treatment options nearly as much as the disease itself – and rightly so. Conventional cancer therapy is toxic and dehumanizing – and, by and large, it doesn't work. Its reliance on aggressive, invasive, and toxic methods such as surgery, chemotherapy, chemotherapy, and radiation therapy is based on the faulty paradigm that the body must be purged of cancer by any means necessary. This may have seemed reasonable in the early 1890s when William Halstead, M.D., performed the first radical mastectomy, but it has proven to be so wrong over the last century that continuing to adhere to it constitutes more fraud than honest mistake.

In this report, I am not going to tell you what you should do if you have cancer. Only you can make that decision. However, I will tell you what I would do if I had cancer. Equally important, I will tell you what I wouldn't do. To begin with, I wouldn't accept a diagnosis of cancer as a death sentence. I wouldn't swallow everything my doctors told me. I would research treatment alternatives and become my own expert on my condition. In short, I would fight for my life by all means available to me.

The strategies that I would use to fight cancer are similar to strategies I would use to fight any serious illness such as heart disease or diabetes: dietary modifications, targeted nutritional supplements, and other natural therapies. The beauty of these therapies is that they can be used with whatever other treatment – conventional or alternative – you would choose to undergo. Together, they give your body a fighting chance to heal itself. Let's first look at my anticancer diet.

My Cancer-Fighting Diet

Diet is a more powerful cancer therapy than most people realize. **There is solid evidence that improved nutrition strengthens the immune system, slows the growth of tumors, and protects against metastasis (the spread of cancer).** In a study conducted at the University of Victoria, B.C., researchers examined 200 cancer patients who had experienced "spontaneous regression" (an inexplicable cure or tumor reduction). A full 87 percent of these patients had made major changes in their diets.

If I had cancer, I would take this research to heart. I would switch to a primarily vegetarian diet and eliminate virtually all sources of saturated fat, including meat and dairy products, as well as trans fatty acids found in processed foods. Diets high in these saturated fat and trans fatty acids have been shown to stimulate cancer growth. At the same time, I would

TUMORS: GENERAL CIRCULATING FILE

include healthy fats from cold-water fish (salmon, tuna, and mackerel) and flaxseed. The omega-3 essential fatty acids in these foods are proven to protect against cancer.

In addition to small amounts of healthy fats, my anticancer diet would include moderate servings of protein, and abundant helpings of fiber-rich vegetables, fruits, legumes, and whole grains. Plant foods are loaded with beneficial vitamins, minerals, and phytonutrients that slow cancer growth. I'd make a special effort to eat foods with known anticancer properties – soybeans, cruciferous vegetables (such as broccoli and cauliflower), leafy green and yellow-orange vegetables, berries, citrus and other fruits, garlic, and green tea.

I would also investigate macrobiotics. Macrobiotics is an Eastern tradition, defined by Michio Kushi, founder of the internationally famous Kushi Institute in Massachusetts, as “the universal way of health, happiness, and peace.” At its center is a “perfectly balanced” diet consisting of 50 percent whole cereal grains and 20 to 30 percent locally (and preferably organically) grown vegetables, supplemented with smaller amounts of beans, sea vegetables, soup, and occasionally white meat, fish, and fruit. Many studies have demonstrated the value of this kind of diet in treating cancer patients.

Nutritional Supplements Are a Must

A healthy diet is only one tool in the fight against cancer. Equally important are nutritional supplements. As a doctor, I know that cancer cells drain nutritional resources from the body and leave it in a state of malnutrition. Studies have shown that cancer patients have sub-optimal levels of a number of vital nutrients – particularly antioxidant vitamins and minerals.

If I had cancer, I would take a high-potency multivitamin and mineral supplement to ensure my body had the nutrients it needed in doses adequate to mount an attack on cancer cells. I would also take targeted supplements that have proven to strengthen the immune system and help the body fight back against cancer. Here are some of the most promising:

Selenium: The trace mineral selenium is one of our most powerful weapons against cancer. In a study published in the *Journal of the American Medical Association* in 1996, researcher Larry Clark, Ph.D., of the Arizona Cancer Center, presented convincing evidence that supplemental selenium could reduce cancer death rates by as much as 50 percent! In this study, Dr. Clark recruited 1,312 people with a history of skin cancer and divided them into two groups. Those in the first group were given 200 mcg of selenium per day, while those in the second group were given a look-alike placebo. Though selenium had no effect on skin cancer recurrence in these patients, its effects on overall cancer incidence and mortality were dramatic – there was a 37 percent lower cancer rate and 50 percent fewer deaths from cancer in the selenium group. In fact, the results were so definitive that the study was stopped early, as researchers felt it would be unethical to deny the placebo group the benefits of this remarkable mineral.

Selenium is a powerful antioxidant that facilitates the quick repair of free-radical damage to DNA – one of the primary causes of cancer. In addition to its own antioxidant properties, it is also essential for the production of glutathione, an important antioxidant and detoxifier produced by the body. But selenium's ability to protect against cancer goes far beyond this. It actually causes cancer cells to self-destruct before they replicate, thereby short-circuiting cancer growth.

I take 200 mcg of selenium daily and strongly recommend that anyone concerned about cancer do the same. The form used in the study is high-selenium yeast, which is the most bioavailable form.

Vitamin C: Numerous studies have shown that high-dose vitamin C is associated with a decreased risk of cancer. But can it be effective in the treatment of cancer? Studies done by Scottish physician and researcher Ewan Cameron, M.D., provide compelling evidence that it can.

Malignant cells produce an enzyme called hyaluronidase that breaks up the “glue” that holds cells together. This allows cancerous cells to infiltrate healthy tissues. Dr. Cameron discovered that vitamin C inhibits the production of this enzyme, thereby strengthening the “cellular cement” and slowing cancer growth. When he gave high-dose vitamin C (an average of 10 grams per day) to cancer patients, he reported remarkable improvements in quality of life and survival time.

In addition to strengthening the “glue” between healthy cells, vitamin C enhances immune function and stimulates the formation of collagen that encapsulates or “walls off” tumors and prevents them from spreading. It also corrects the vitamin C deficiencies seen in most cancer

TUMORS: GENERAL CIRCULATING FILE

patients, speeds surgical wound healing, enhances the effectiveness of some chemotherapy drugs, and reduces the toxicity of others.

Extra vitamin C is a must for cancer patients. **If I had cancer, I would take 10,000-15,000 mg a day.** High-dose vitamin C can cause gastrointestinal distress in some people, so it should be taken in small doses throughout the day, with food, to minimize that possibility. Some people tolerate buffered vitamin C better. Vitamin C may also be given intravenously.

Coenzyme Q10: Like vitamin C, coenzyme Q10 (CoQ10) is a powerful anti-oxidant and cancer fighter. CoQ10 is most active in the mitochondria, the energy-producing factories in every cell. It functions like a spark plug within the mitochondria, igniting the creation of ATP, the basic unit of energy that runs your entire body.

Research has shown that cancer patients often have serious deficiencies of CoQ10. According to Dr. Karl Folkers, the “father of CoQ10” who began studying this nutrient back in the early 1960s, supplemental CoQ10 is extremely effective in reducing and eliminating tumors in some patients. In 1995, in conjunction with Danish researchers, Dr. Folkers published a study reporting complete tumor regression in five patients with advanced breast cancer using an average of 390 mg of CoQ10 per day.

I am convinced that CoQ10 is a valuable component of a comprehensive cancer treatment program. **If I were facing cancer, I'd take 100-200 mg of this very safe supplement, in an oil-soluble form, every day.** CoQ10 requires a little fat to be best absorbed, so it is best taken with a meal.

Bovine and Shark Cartilage: One of the most exciting discoveries ever in cancer research was announced in the summer of 1998. Two drugs under development were able to dramatically shrink tumors in mice by choking off their blood supply. It may be years before these drugs, called endostatin and angiostatin, are ready for human use, but two natural agents that work in a similar way are available right now in your health food store – bovine and shark cartilage.

Research on cartilage dates back to the 1950s, when Harvard-trained physician John Prudden, M.D., discovered that bovine cartilage dramatically facilitated wound healing. Dr. Prudden later found that bovine cartilage inhibited angiogenesis, the growth of a network of blood vessels around a dormant tumor that allows it to grow and metastasize – the metastasize – the same mechanism by which the drugs endostatin and angiostatin are purported to work.

Attention turned to shark cartilage in the early 1990s. Sharks are unique in that they have no bones – their entire skeleton is cartilage. This ancient species also has an amazingly robust immune system, and unlike other animals, sharks rarely get cancer. Biochemist William Lane, Ph.D., was intrigued by Dr. Prudden's work but thought shark cartilage might work even better as an anti-angiogenic agent.

After carrying out some early studies – and being given the run-around by the NCI – Dr. Lane teamed up with Charles Simone, M.D., a well-respected oncologist who utilizes nutritional therapies in his medical practice. In 1993 they set up a full-scale study of shark cartilage involving patients with advanced metastatic cancer, most of whom were considered to be “terminal” by conventional cancer doctors. Thirty-five of the patients went on an intensive shark cartilage program, along with dietary and lifestyle changes to enhance immune function, and over a third of these “terminally ill” patients showed improvement. Three patients experienced complete remission, and nine others experienced a significant reduction in their cancer. All of the patients reported improvements in overall quality of life, energy, pain, appetite, and mood.

The recommended dose for bovine cartilage is 9 grams per day. For shark, it is an average of 70 grams per day (1 gram per 2.2 pounds of body weight, or as much as 1 gram per pound in very advanced cases). Both bovine and shark cartilage come in capsules, but with the large amount of shark cartilage required, it is easier to mix a powder in juice or water three times a day – or to administer it by rectal enema. Because cartilage doesn't actually kill tumors, but shrinks them by cutting off their blood supply, it should be taken indefinitely to avoid possible recurrence. The higher doses of shark cartilage may be lowered by half as improvement is noticed, usually after a minimum of 20 weeks, and then reduced to a maintenance dose of 8-10 grams daily.

Essiac Tea: In 1922, Canadian nurse Rene Caisse met a woman who told her she had been cured of cancer by drinking an Ojibway Indian tea which consisted of four herbs: burdock

TUMORS: GENERAL CIRCULATING FILE

root, sheep's sorrel, slippery elm, and Indian rhubarb root. Caisse made the tea for her aunt, who had inoperable cancer. Her aunt was completely cured, and Rene, naming the tea Essiac (Caisse spelled backwards), found her life's work.

Rene Caisse never claimed that Essiac tea was a cancer cure, nor that it would help everyone. But neither should we dismiss it as just another old folk remedy – its history is too solid to ignore. The individual herbs in Essiac tea have all been shown in recent years to have anticancer activity, and thousands of cancer patients in the past 70 years have claimed to have been helped by Essiac tea.

The most convenient and least expensive way to use Essiac tea is to buy the mixed herbs, brew your own, and store it in the refrigerator. Drink two ounces three times a day at least one hour before meals, and give it an initial trial of 12 consecutive weeks without interruption. Essiac tea is available in health food stores.

Hydrazine Sulfate: Most cancer patients don't die from cancer. They die from cachexia – the energy loss, malnutrition, and wasting away that cancer causes – and from opportunistic infections and organ failure that accompany this weakened state. Cachexia results from the abnormal metabolism of cancer cells. Unlike healthy cells, cancer cells break down glucose for energy in the absence of oxygen, generating lactic acid as a byproduct. Lactic acid and other breakdown products are taken up by the liver and – with the expenditure of a great deal of energy – converted back into glucose. The glucose is again gobbled up by the cancer cells, more lactic acid is produced, and the energy drain is perpetuated.

If I had cancer,
I would take this
research to heart.
I would switch to a
primarily vegetarian
diet and eliminate
virtually all sources of
saturated fat, including
meat and dairy prod-
ucts, as well as trans
fatty acids found in
processed foods.



Joseph Gold, M.D., an innovative physician who has been consistently hounded by the cancer establishment, has researched a safe, effective way to break this vicious energy-depleting cycle – hydrazine sulfate. This inexpensive chemical breaks the energy depleting cycle by blocking an enzyme that is required to convert lactic acid back into glucose. Instead of attacking a tumor, it simply deprives the tumor of the energy needed to grow. Studies conducted in the former USSR and at the UCLA Medical Center have shown that hydrazine sulfate improves appetite, weight gain, energy levels, quality of life and, in terminal patients, survival

time. It also appears to relieve the side effects of chemotherapy and radiation therapy.

The dosage of hydrazine sulfate Dr. Gold recommends is one 60 mg capsule before breakfast for the first three days; two capsules a day, one before breakfast and another before dinner, on days 4 to 6; and on day 7 and thereafter, three capsules a day, one before breakfast, one in the mid-afternoon, and one before bedtime with a snack. However, the dosage of hydrazine sulfate may vary with body weight, and should be discussed with your doctor. The course lasts six weeks and is then interrupted by a one- to two-week drug-free interval. This same cycle can be repeated as often as needed.

Alcohol, barbiturates, tranquilizers, and foods high in tyramine (cheese, raisins, cured foods like sausages, and fermented products like yogurt and miso) should be strictly avoided while taking hydrazine sulfate, as they can interfere with the drug's effectiveness and cause significant side effects and sickness.

Amygdalin (Laetrile): Amygdalin (also known as **vitamin B17** or laetrile) has been the subject of more controversy than any other single anticancer agent. This naturally occurring substance is found in over 1,200 plants, and is especially prevalent in the seeds of apricots, peaches, cherries, plums, and apples. In the body, amygdalin acts like a "smart bomb," breaking down into substances that selectively target cancer cells while leaving normal cells alone.

TUMORS: GENERAL CIRCULATING FILE

Studies carried out by biochemist Kanematsu Sugiura, Ph.D., at Memorial Sloan-Kettering Cancer Center in the 1970s showed that amygdalin stopped the growth of small tumors and could dramatically reduce the spread of breast cancer in laboratory animals. However, the results of these studies were not made public by Memorial Sloan-Kettering. In fact, officials there set out to discredit this research. When one experiment failed to confirm Sugiura's findings, the public affairs department was told to instruct the media that amygdalin had been "proven" worthless. What they didn't say is that this experiment had used 1/40 of the dose used in Sugiura's successful studies – hardly a fair trial of a potentially valuable cancer-fighting compound.

Likewise, a widely publicized 1981 clinical trial "proving" amygdalin to be worthless had serious flaws. This trial was carried out at the Mayo Clinic, with the support of the National Cancer Institute, among terminally ill cancer patients who had already had their immune systems devastated by surgery, chemotherapy, and radiation. These patients were unlikely to benefit from any therapy. To make matters more difficult, the substance used was not amygdalin (laetrile), but isoamygdalin, a relatively inactive form of amygdalin. Despite these challenges, the cancers of 70 percent of the patients stabilized during the three weeks that they received intravenous amygdalin. (Oral amygdalin did not halt the progression of cancer.)

While the cancer establishment continues its criticism of amygdalin, this natural compound remains one of the most widely used supplements among alternative physicians. Although it can be dangerous if too much is taken, at recommended intravenous and oral doses, it is safe and appears to be an effective anticancer agent, especially for improving well-being and relieving cancer pain. Apricot kernels or laetrile capsules can be ordered by mail. The usual dose is 250 to 1,000 mg or 10 to 20 apricot kernels daily.

Ukrain: Ukrain is a unique product consisting of an herb called greater celandine (*Chelidonium majus*) combined with a cancer drug called thiotepa. Greater celandine has a long history of use as a folk treatment for cancer, while thiotepa was the first anticancer drug produced by the German pharmaceutical industry. Although each of these compounds is highly irritating and toxic on its own, the combination is remarkable for its ability to destroy cancer cells while leaving normal cells unharmed.

Ukrain is the brainchild of Dr. J. Wassyl Nowicky, who named it after his native country (without the final "e") and unveiled it at the 13th International Congress of Chemotherapy in Vienna in 1983. For a therapy that stemmed from folk cancer treatments, it has an impressive body of research behind it. In studies conducted at the National Cancer Institute, Ukrain was tested against 60 different human cancer cell lines and completely inhibited the growth of cancer in 57 of them, including leukemia, melanoma, and cancers of the lung, colon, brain, ovary, breast, and kidney.

Clinical studies of this anticancer agent are equally impressive. In a 10- year clinical study conducted by scientists at Dr. Nowicky's Ukrain Anti- Cancer Institute in Austria, 93 percent of patients starting treatment at the earliest stage of tumor development (no metastases) experienced a total remission. In patients with minimal metastasis, the success rate was a still remarkable 72 percent. Even in patients with advanced metastatic cancer (considered "terminal" by most physicians), the success rate was 30 percent.

Ukrain works on several fronts to selectively destroy cancer cells. It inhibits DNA, RNA, and protein synthesis in malignant cells and reduces these cells' oxygen consumption to zero, effectively killing them. Like shark and bovine cartilage, it also inhibits the growth of blood vessels around a tumor, starving the tumor of nutrients and helping to prevent the spread of cancer beyond the original site. And it fortifies the immune system by increasing the number of T helper cells, which coordinate key immune activities, and macrophages, which seek and destroy abnormal cells.

Over 120 scientific papers on Ukrain have been published by scientists from 16 countries and 47 universities and research institutes. Investigation of Ukrain continues not just in Austria, where it is produced, but at many institutions in Canada, France, Germany, the Netherlands, Switzerland, Thailand, and even Swaziland. Unfortunately, American oncologists are far less open to the potential value of this anticancer compound. Only a handful of alternative practitioners in the United States offer Ukrain therapy. (See Resources sidebar.)

TUMORS: GENERAL CIRCULATING FILE

Keep Searching: The therapies that I have described above are the ones that, in my opinion, would offer me the best chance of success in fortifying my immune system and helping me to combat cancer without destroying my body in the process. In contrast to the invasiveness of surgery, the toxic brew of chemotherapy drugs, and the destructive effects of radiation, these therapies have an impressive record of safety. What's more, countless patients with "terminal" cancer have used these therapies to beat the odds and are living proof that "cut, burn, and poison" are not the only ways to combat cancer.

If I were battling cancer, I wouldn't stop with what I know now. I would continue to search for effective, nontoxic therapies that would give me a fighting chance. I would likely turn to Ralph Moss, Ph.D., probably the most knowledgeable writer in the world on alternative therapies for cancer. His books are a much-needed antidote to the mainstream media's glorification of conventional cancer therapy. Through a service called *The Moss Reports*, he also provides personalized recommendations on the best alternative cancer treatments worldwide, depending on the type and severity of cancer.

I would consult *People Against Cancer*, a nonprofit organization that provides a comprehensive counseling service called the Alternative Therapy Program. It includes a review of your medical records by a network of doctors who use alternative therapies.

Finally, I would look into cancer treatment clinics using therapies that promote the body's innate healing powers rather than devastate the immune system. Here are two of the most promising clinics that I would explore.

Burzynski's Antineoplastons: Antineoplaston therapy is a remarkable cancer treatment devised by Stanislaw Burzynski, M.D., and administered at his clinic in Houston, Texas. I firmly believe that antineoplastons are among the most important breakthroughs of the century in cancer therapy for one reason: they address cancer at its origins. Administered by mouth or intravenously, these small protein compounds enter cells and alter specific functions of their genes. Some activate tumor suppressor genes that cause cancer cells to undergo apoptosis (programmed cell death), while others turn off oncogenes that would otherwise cause unbridled cell growth – the very definition of cancer.

Dr. Burzynski recently celebrated the 25th anniversary of the founding of the Research Institute and the Burzynski Clinic. There was much to celebrate, for since opening his clinic, he has extended the lives of thousands of cancer patients, many of them with aggressive, "incurable," or highly advanced cancer. Dr. Burzynski's success rate is especially remarkable considering the types of cancer he is most closely associated with – virulent brain tumors that conventional medicine is powerless to treat. In one trial of patients with brain tumors, survival, complete remission, and partial remission rates were seven times greater with antineoplastons than have been documented in the published studies of patients with similar tumors treated with surgery, radiation, and chemotherapy.

If you are interested in pursuing antineoplaston treatment, be aware that the FDA controls who gets to use the therapy and who doesn't. Patients with malignant brain tumors or lowgrade lymphoma may begin therapy as soon as they are diagnosed, but those with other types of cancer are often required by the FDA to first undergo radiation or chemotherapy. Patients must be seen in the Burzynski Clinic in Houston, and may be required to stay in Houston for two to four weeks for daily antineoplaston administration and evaluation. It is an expensive therapy but is sometimes covered by insurance.

**DR. WHITAKER'S RESOURCES
MENTIONED IN THIS ARTICLE**

The vitamins and minerals mentioned in this report are available in health food stores or from Healthy Directions, at 800-722-8008 or www.drwhitaker.com.

Bovine cartilage developed by Dr. Prudden, VitaCarte, is available in health food stores or from Phoenix Biologics, 800-947-8482. Dr. Lane's shark cartilage, BeneFin, is also available in health stores or at www.lanelabs.com.

For more information on shark cartilage, read Dr. Lane's books, *Sharks Don't Get Cancer* and *Sharks Still Don't Get Cancer*.

Hydrazine sulfate is available from Bio Research Institute, 800-291-1508.

For information about **amygdalin (laetrile)**, call Bio Research Institute at 800-291-1508. To learn more about **ukrain**, which should be used under the care of a physician, write to the Ukrainian Anti-Cancer Institute, Margaretenstr. 7/ 7, A-1040 Vienna, Austria, or visit their Web site, www.ukrain.com.

Ralph Moss's books on the cancer industry and alternative treatments for cancer are available in bookstores and many libraries. For information on The Moss Reports, call 800-980-1234 or visit www.cancerdecisions.com.

To contact **People Against Cancer**, call 515- 972-4444 or visit www.peopleagainstcancer.com.

To learn more about the **Burzynski Clinic**, call 713-335-5697 or visit the Burzynski Research Institute's Web site, www.cancermed.com, or the Burzynski Patient Group's Web site, www.burzynskipatientgroup.org.

To learn more about **Hoxsey** therapy, contact the Bio-Medical Center in Tijuana, Mexico at 011- 52-66-4684-9011 or the National College of Naturopathic Medicine at 503-255-4860.

I3C is available from Life Extension, 800-544- 4440 or 800-841-5433, or www.lef.org.

The brand of **modified citrus pectin** used in the research cited in this report is PectaSol, available in health food stores or from EcoNugenics, 800-308-5518.

Cell Forte with **inositol hexaphosphate (IP- 6)**, from Enzymatic Therapy, is sold at most health food stores.

ImmPower AHCC by American BioSciences can be ordered from Harmony Company at 800- 422-5518.

Hoxsey's Herbs: The Hoxsey therapy is one of the oldest alternative therapies for cancer. A self-trained healer, Harry Hoxsey used herbal formulas passed on by his great-grandfather to treat cancer. Some of these formulas were applied to the skin in order to selectively destroy cancerous tissue, while others were designed to be taken internally. These tonics were believed to balance the body and create a healing environment in which the immune system is strengthened and tumors die.

Hoxsey established a clinic in Dallas, Texas, in the 1920s, where he had good success treating cancer patients. Despite popular support for his treatment, the conventional medical community dismissed Hoxsey as a charlatan and he was repeatedly arrested for practicing medicine without a license. In one two-year period, he was arrested over 100 times! Eventually, his treatment was banished from the U.S. When Hoxsey retired, he passed the torch to his nurse, Mildred Nelson, R.N., who established the Bio-Medical Center in Tijuana, Mexico, in 1963. It was the first alternative medical treatment facility catering to American citizens outside the United States.

Since its establishment, the Bio-Medical Center has treated thousands of cancer patients. The types of cancer that seem to respond most favorably include melanoma, chronic leukemia,

TUMORS: GENERAL CIRCULATING FILE

lymphoma, and other types of skin cancer. Patients with cancers of the lung, colon, prostate, cervix, and breast also report a good response. Recent research leaves no doubt that Hoxsey's formulas, however strange their origins, do indeed contain many plant substances with therapeutic activity. In fact, scientists have identified antitumor activity in all but three of Hoxsey's plants, including burdock root, red clover, barberry, licorice root, and prickly ash.

When patients are confronted with a diagnosis of cancer, reason often flies out the window. At the very time they should be making calm, well-considered, educated decisions, they're paralyzed by shock, fear, and an extreme sense of urgency. Many patients in this situation rush headlong into whatever course of action their physician recommends. They do so not so much because they have faith in the effectiveness of current cancer therapies, but because they're too scared to do anything else.

Be an "exceptional" patient, even if you're labeled "difficult." Don't be afraid to ask your doctor for documentation, and don't be reluctant to question what you don't understand or disagree with. Absolutely get a second opinion, and possibly a third and a fourth. I know it takes courage to question your doctor's recommendations and even more courage to reject them. Don't forget, it's his or her professional opinion. But it's your life.

Julian Whitaker, M.D., is founder and president of the Whitaker Wellness Institute Medical Clinic in Newport Beach, Calif. He the author of the monthly newsletter Health & Healing, and has written eight books including Reversing Hypertension, Reversing Diabetes, and Reversing Heart Disease (Warner Books). For more information, visit www.drwhitaker.com or call 1-800-539-8219. This article is a reprint of Dr. Whitaker's booklet of the same title. Used by permission.

The Nut That Heals: A Report on Almonds

Almonds can improve your health in many ways. They have been shown to fight cancer and are beneficial in preventing chronic illness.

by Scott Grady, *Research & Education, A.R.E. Clinic*

<http://www.areclinic.org/articles.asp?ArticleID=10&src=m>

For most scientists, an almond is a nut like any other nut. The common opinion seems to be that nuts taste good, fill you up, and provide you with plenty of energy — but that's about it. This way of thinking is on the verge of change.

The latest research into the biochemistry of nuts is shining a new light on the importance of nuts in the daily diet. The early stages of this research suggest that the nut of the sweet almond tree (*Prunus dulcis*) may possibly be the greatest of all the nuts, and capable of providing remarkable health benefits. It was in ancient times that the sweet almond first developed a reputation as a healing food. It was thought to help increase vitality, clear up skin problems, and help the body resist intoxication. In the late 20th century most researchers simply assumed that these old ideas were exaggerations, mere folk tales based upon mythology and the basic nutritional properties of nuts — protein, calories, and the known healing effects of vitamin E, which is abundant in almonds.

Edgar Cayce, a man regarded as the father of American holistic medicine, also highly favored the almond. In his readings, Cayce often recommended that almonds be included in the diet. Sometimes the consumption of almonds was portrayed as a key therapeutic agent — used to improve the complexion, improve eliminations through the colon, and even to prevent cancer.

If these recommendations of Cayce are accurate, and almonds are highly therapeutic in action, then clearly there are some unknown special qualities to the almond. What are these special qualities? What has modern research shown?

A search on the Internet for research on the benefits of almonds yields scant, yet intriguing results. Among these are studies where the American Institute for Cancer Research and the World Cancer Research Fund have reported that nuts, including almonds, are made up of many health-producing substances which could be helpful in the prevention of cancer.



Almonds vs Colon Cancer

The University of California at Davis reports that that a high-fat diet rich in whole almonds reduced the colon cancer risk in rats chemically treated to induce this cancer. When compared with rats fed a high-fat, wheat bran-rich diet, which has been thought to protect against colon cancer, the whole-almond group showed a 33% reduction in colon cancer precursor cells, a significantly greater reduction than found with the wheat bran.

Paul Davis, PhD, the study's lead researcher said, “Colon cancer is thought to be a nutrition-related disease, brought on and exacerbated by high-fat, low-vegetable, low-fiber diets. Since whole almonds are a complex, natural package of plant-based protein, monounsaturated fats, fiber, and a variety of micronutrients and phytochemicals, we hypothesized that they may be protective against colon cancer.

“In fact, not only did whole almonds inhibit colon cancer precursor cells from developing, but we were gratified to see that they were significantly more effective than wheat bran, widely believed to protect against this type of cancer.”

Almonds vs Lung, Breast, and Prostate Cancer

Research at Pennsylvania State University showed that plant chemicals found in almonds inhibited tumor cell growth in culture. Two flavonoids in particular, quercetin and kaempferol were found to be strong suppressors of lung and prostate tumor growth.

Other research has shown that flavonoids in almonds, fruits, and vegetables can suppress breast cancer cell growth when these cells have been exposed to cancer-causing agents.

TUMORS: GENERAL CIRCULATING FILE

Other phytochemicals, such as plant sterols and plant sulfur compounds, are also being linked to cancer prevention.

But not all of the almond research relates to cancer. Research presented at the Experimental Biology '99 conference suggests that almonds and other nuts can help reduce body weight.

“Smart” Fats are Good for You

Researchers at Harvard University have found that oils from almonds, other nuts, and olive oil do not significantly raise body fat. Contrary to popular belief, nutritious dietary oils — “smart” oils — rarely contribute to body fat. Body fat is typically created by the consumption of too much refined sweets and starches, as was noted by Edgar Cayce in the early 20th century.

The Harvard research shows that a person will lose just as much weight on a low-calorie/smart-fat diet as they would on a low-calorie/low-fat diet. In fact, eating a diet rich in smart fats like olive oil and almond oil provides multiple additional benefits. Smart oils add essential nutrients to the body, including important factors for building hormones. A diet including smart fats is also more satisfying and can help dieters avoid the “yo-yo effect” of weight loss followed by weight gain.

One researcher, Kathy McManus, MS, RD, said, “We found that initially people were reluctant to join the nut and olive oil diet group because they feared they might gain weight. But in the end, not only was this eating pattern as effective for loss as the low-fat diet, but there were additional benefits, both in terms of health and enjoyment.”

The report states that people in both the low-calorie/low-fat and low-calorie/smart-fat groups lost an average of 10 pounds over a 12-month period. The group using the smart-fat diet was successful in keeping the excess weight off, and even showed a significant drop in blood pressure, toward healthier levels. Those who used the low-fat diet, however, began to regain lost pounds and showed no change in blood pressure.

Almond and Olive Oils Lower Blood Pressure

Why did the Harvard researchers report a reduction in blood pressure for the smart-fat group? This positive change came about from better nutrition. The body's blood pressure is governed by hormones, so high blood pressure can be a sign that the body is starved for the substances found in the nutritional fats.

Almond Oil Reduces Cholesterol, Prevents Heart Disease

Not only can the oil in almonds lower blood pressure, but by the same mechanism it can positively affect blood cholesterol levels. A study conducted by the University of California at Davis showed a significant improvement in blood lipid profiles among men and women who replaced 50% of their habitual fat intake with either whole almonds or almond oil for six weeks. The reduction of “bad” LDL cholesterol was similar regardless of whether whole almonds or almond oil was consumed. The “good” HDL cholesterol levels remained fine.

“Since there were no differences in blood lipid parameters between the two dietary groups in this study,” said Davis, “it appears as if the oils in almonds, which contain monounsaturated fats as well as other lipid-related compounds, are primarily responsible for their cholesterol-lowering effects.”

Researchers from Harvard University's School of Public Health found that four thousand male and female heart attack survivors who ate nuts at least twice weekly had a 25 percent reduction in risk of recurrent coronary heart disease, compared to those who never consumed nuts. Reductions in risk were seen both in those on cholesterol-lowering therapy and those not on such therapy.

“We looked at other healthful foods, such as fruits, vegetables and grains,” said Lisa Brown, DSc. “Of these, only broccoli, cabbage and other cruciferous vegetables showed a similar reduction in recurrent heart disease risk.”

Almonds for Fertility and Diabetes

As the research on almonds continues, studies are beginning to illuminate the mechanisms behind Cayce's recommendations and the beliefs of ancient healers. Almonds contain nutrients that can help complexion, heal the cardiovascular system, and prevent cancer. Research from other countries suggests that almonds may also improve vitality.

Scientists at the King Saud University Research Center, in Saudi Arabia, have conducted a study on almonds, which are used as aphrodisiacs in Traditional Arab Medicine (TAM). Their research included acute toxicity tests, which show no toxicity related to almonds. Their findings also indicated that

TUMORS: GENERAL CIRCULATING FILE

consumption of almonds can lead to improved vitality in mice, as shown by an average increase in body mass, a reduction in white blood cell count, and significantly increased sperm motility and content without any evidence of spermotoxicity.

The Centre for Biomedical Engineering at the Indian Institute of Technology, in New Delhi, India, has conducted research showing significant hypoglycemic effects from a non-oil portion of the almond. This may indicate a use for whole almonds in the diets of those with excessively high blood sugar.

What is in Almonds?

So far laboratories have come up with only a few hints as to why almonds produce the health results they do.

Nearly half of the weight of an almond is almond oil. Almond oil is a bland-tasting oil — though rare, higher grades have a wonderfully sweet aroma.

The non-oil portion of the almond is largely made up of proteins, and contain virtually no starch, hence their reputation as an alkaline nut.

One ounce of almonds contains over 35% of the Daily Value (DV) for the antioxidant vitamin E, 21% DV for magnesium, 8% DV for calcium and 6% DV for potassium, as well as 3 grams of dietary fiber. Almonds also contain important flavonoids (including quercetin and kaempferol), plus biotin and sulphur compounds. As the research continues, I'm sure we'll hear much more about the remarkable properties of the almond.

Report from a Member

6/29/75 Mrs. Richard T. Brand, member from Yonkers, New York writes:

"I have just finished reading an article from the July, A.R.E. Journal entitled, 'Laying On of Hands.'

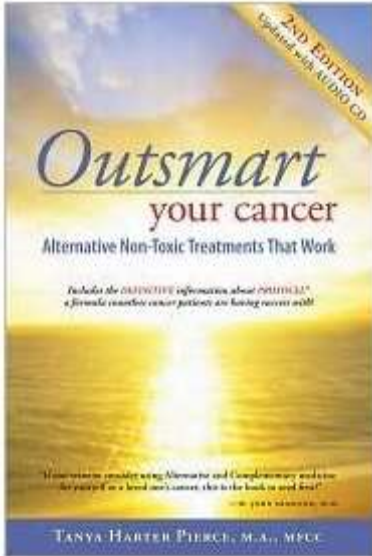
"The story was very significant for me because I had an experience similar to that woman. I too had discovered a lump in my breast and was told to see a surgeon as soon as possible. My doctor told me he thought it was a cyst and not a tumor but in any event should be removed.

"I had read where Castor Oil Packs on external cysts, warts and moles were beneficial but I hadn't read where it was recommended for the breast. Well I applied the packs faithfully for about a week. I even fell asleep once with a pack on! Almost immediately the size of the lump decreased. During this time I meditated daily. I say this only because I often miss a day or two and I know meditation has a healing effect on the body.

"During the next month I continued the packs but only once every two days.

"It is now two months later since finding the lump and it has disappeared. I returned to my doctor and after examining me found everything normal. He asked if I saw the surgeon and I replied, "no"... Whatever - the lump is gone and I feel the Castor Oil had a lot to do with it."

Outsmart Your Cancer: Alternative Non-Toxic Treatments That Work



In writing this in-depth book, author Tanya Harter Pierce interviewed scores of people who outsmarted their cancer and went on to live normal healthy lives. Read their real-life stories and how they completely recovered from lung, breast, prostate, colon, kidney, brain, bone, pancreatic, lymphatic, and other types of cancer using non-toxic approaches.

In an easy-to-understand conversational style, Pierce also presents sound scientific evidence supporting alternative cancer therapies, and explains why they are so effective.

<http://www.outsmartyourcancer.com>

Why Not Evaluate Alternative Treatments For Cancer?

What Have You Got To GAIN?

Below are brief descriptions of each alternative approach discussed in the book *OUTSMART YOUR CANCER, Second Edition*. For a more in-depth understanding, real-life case stories, and instructions on how to obtain each of these treatments as well as their approximate costs, please refer to the full-length book, *Outsmart Your Cancer: Alternative Non-Toxic Treatments That Work*.

The Hoxsey Therapy

Currently, this herbal approach to cancer, involving an internal tonic, a topical salve, and a topical powder, can be obtained in its original form from Mexico. But for decades it was a thriving successful cancer treatment in the U.S. It was the first widely used non-toxic cancer approach, but was so heavily opposed by the American Medical Association that it was finally forced out of the United States in the 1950's. Melanomas and lymphomas are considered the best responders to this herbal approach. The treatment is inexpensive and, for most effective results, the main Hoxsey clinic in Mexico should be consulted.

Essiac

A cold herbal tea, Essiac was first obtained from a Native American shaman in Canada. Based on age-old traditions, this combination of herbs has proven successful for thousands of people with cancer over many decades. It was eventually rigorously tested and endorsed in the United States by President Kennedy's personal physician, Dr. Charles A. Brusch. Essiac is currently mass-produced in a variety of forms and by a variety of companies. Many people have continued to experience success with it for cancer, but, as with any mass-produced herbal treatment, finding a good quality product is extremely important. Combining Essiac with some other alternative cancer approaches has also proven helpful for many cancer patients. (However, it cannot be combined with Protocol.)

The Gerson Method

This is probably the most difficult alternative treatment for cancer patients to carry out, but it is still achieving great results for many people. Dr. Max Gerson's method is a nutritional approach that involves very strict dietary changes, frequent juicing of fresh, organic fruits and vegetables, daily coffee enemas, and an array of supplements and other procedures. The Gerson Institute in southern California, or other certified clinics, start people out with instruction on the method, then this treatment can be continued at home.

Laetrile

This alternative treatment for cancer is possibly the most misunderstood by the public, as a result of massive misinformation propagated by the cancer industry and press decades ago. However, it is still being successfully used to treat cancer in Mexico as well as in a few places in the U.S. Intravenous treatments along with other nutritional supplementation (and sometimes other adjunctive treatments) are usually combined for best results.

Dr. Kelley's Enzyme Therapy

Two physicians in New York, Dr. Gonzalez and Dr. Isaacs, are working together to treat cancer patients with this approach and are having great results. The treatment centers around taking high doses of special enzymes that can only be gotten from these physicians. It is a rigorous nutritional/dietary approach, involving strict diet, up to 150 pills a day, and regular coffee enemas, but is not quite as difficult as the Gerson approach.

Burzynski's Antineoplastons

At his professional clinic in Houston, Texas, Dr. Stanislaw Burzynski heads an impressive team of physicians where they treat cancer patients with an innovative non-toxic approach called "antineoplaston therapy." This treatment is unique and can only be obtained at this clinic and one other location in Mexico. It is the most expensive alternative cancer treatment (averaging around \$7,000 per month), but boasts a good track record for many types of cancer. For a number of years now, the FDA has been supervising clinical trials at the Burzynski Clinic, and this restricts the administration of antineoplaston therapy to only certain cases. However, anyone with cancer can call the clinic, set up a consultation, and find out if they qualify for entering a trial. If not, Burzynski's group offers some other innovative methods for treating cancer as well.

Protocol®

This unique liquid formula is one of the easiest and least expensive alternative approaches to cancer, yet may be one of the most successful. Protocol is non-toxic and, because it is so easy to use, is often ideal for administering to small children with cancer or the elderly. It was developed by a chemist to interfere with the anaerobic functioning of cancer cells. The fact that cancer cells obtain their energy primarily through anaerobic means (glycolysis) was proven in the 1930s and 1940s by two-time Nobel Prize-winner, Otto Warburg. Since all healthy cells in the body use aerobic functioning, Protocol leaves healthy cells unharmed. In 1990, the National Cancer Institute tested this formula (under its previous name of Cancell®), and the results showed it to work better than chemotherapy on a large variety of cancer cells lines. *Outsmart Your Cancer* is the only source in print to present the history, theory, and correct usage of Protocol, and it also presents 16 inspiring testimonials from cancer patients who used it successfully to fight their cancer.

Hospital Santa Monica

This in-patient hospital in Mexico, run by Dr. Donsbach, is a professional setting that focuses their cancer treatment around various oxygenation therapies. Just over the San Diego border, this modern facility is an option for people who want around-the-clock supervision in a hospital setting. Doctors and technicians are trained to administer a variety of non-toxic approaches, with the three main treatments being Hydrogen Peroxide, Ozone, and Hyperbaric Oxygen.

Flaxseed Oil and Cottage Cheese

Flaxseed oil and cottage cheese, combined in the right way, are the mainstay of this dietary approach to cancer. Developed by the brilliant German biochemist, Dr. Johanna Budwig, it has been used very successfully by thousands of cancer patients. This approach is based on the fact that flaxseed oil is one of the highest sources of omega-3 and omega-6 fatty acids and cottage cheese is one of the highest sources of sulphur-based proteins. Taken

together, the fatty acids bind to the sulphur-based proteins, which results in optimum transport of the fatty acids to cancer cells. The underlying concept is that the omega-3 and omega-6 fatty acids repair the damaged cell walls and chemical communication of the cancer cells to the point where they normalize. Dietary restrictions and extra supplementation is also recommended. People with many different types of cancer have responded well to this method, but prostate cancer appears to show a *particularly* good response to this approach.

The Rife Machine

Possibly the most impressive method of defeating cancer ever developed, this technology was developed in the 1920s and 1930s by one of the true geniuses of the 20th Century, a microbiologist named Dr. Royal Rife. It involved aiming specific sound frequencies (piggy-backed onto a particular carrier wave for deep penetration) at cancer patients to kill their cancer. The treatment was so easy and non-toxic, it merely involved a 3-minute treatment every other day. Documented cancer recoveries that resulted were phenomenal. However, this approach was finally suppressed to the point where it is virtually impossible now to find a Rife Machine that uses the same technique and specifications of the original technology. Since many machines are being produced today that claim to be authentic, yet are not truly effective, it is important for cancer patients to know about the history and issues revolving around this particular treatment approach.

714X

Another unique approach, 714X is an injectable treatment developed by the French biologist, Gaston Naessens. Also considered one of the geniuses of the 20th Century, Naessens discovered details of the connection between micro-organisms and cancer that had never been understood before. He also discovered that cancer cells need more nitrogen than normal cells and that they produce something he named "Co-carcinogenic K Factor" (CKF) which masks the cancer cells from the immune system. His aqueous solution, called 714X, was specifically created to target these and other common aspects of cancer cells. Many amazing cancer recoveries have occurred for people using this relatively inexpensive approach, which can currently be ordered from a company in Canada. Refer to book for more details.

Cesium High pH Therapy

A truly impressive approach to killing cancer, Cesium High pH Therapy was originally developed by a brilliant American physicist named Keith Aubrey Brewer. Like Protocol, it targets the anaerobic aspect of cancer cells, but in a different way. Cesium is the most alkalizing common mineral, and is also readily taken up by cancer cells. The correct usage of cesium results in "alkalizing cancer cells to death," so-to-speak. Using cesium alone, however, will create a potentially dangerous potassium deficiency in the body, so sufficient potassium must always be supplemented along with cesium. Originally, a powdered form of cesium, that was difficult for the body to process out, was used. Recently, a liquid ionic form of cesium and potassium have been developed. This new development provides for even more effective and safe usage of this powerful cancer treatment approach.

* * *

Protocol – Information and eBooklet

The following is a brief description of PROTOCEL. For a more in-depth description, see <http://www.outsmartyourcancer.com/ebooklet.asp>.

Introduction

Protocol is a non-toxic liquid formula that thousands of people in the U.S. have used to successfully rid themselves of cancer. It was developed by an

American chemist, Jim Sheridan, who first conceived of it in 1936. He spent the following fifty years improving the formula, studying its effects on mice with tumors.

Originally, Sheridan called his formula Entelev, then a slightly modified version of it was named Cancell. Since 1999, the formula has been produced as a dietary/nutritional supplement under the name of Protocol. The exact same formula is also currently being sold in Australia under the original Entelev name.

History and Theory

Protocol was developed specifically as a cancer treatment and designed to target the anaerobic cell respiration of cancer cells. The principle that cancer cells are primarily anaerobic was proven by the Nobel Prize-winning biochemist Otto Warburg. Warburg was the first scientific expert to put forth the idea that cancer cells do NOT use oxygen in their main method of producing energy and claimed that this was the prime difference between cancer cells and normal healthy cells.

Jim Sheridan discovered a unique way to capitalize on this prime difference. He designed Protocol to interfere with the less efficient cell respiration of cancer cells to the point where the cancer cells could no longer produce enough energy for themselves to survive, thus allowing Protocol to target cancer cells while not harming the body's normal health cells. (More details on the theory of how Protocol works are presented in *OUTSMART YOUR CANCER* and the *Protocol and Cancer* eBooklet.)

After decades of work perfecting his formula, Sheridan was able to achieve a complete cure rate of about 80% on lab animals with cancer. Human cancer patients started using his formula in the 1980s and many late-stage metastasized cases had remarkable recoveries. Since then, people battling virtually every type of cancer have used Protocol with success.

Though Protocol is NOT a "magic bullet" that will cure everyone, there continue to be astounding recoveries – oftentimes in people who have been given no hope of cure from conventional medicine. Some of the fastest-responding types of cancer may be the childhood leukemias (especially the acute forms), cervical cancer, colon cancer, bladder cancer, basal cell skin cancers and aggressive astrocytoma brain tumors. But Protocol has also been known to bring about complete cures for breast cancer, prostate cancer, lung cancer, brain cancer, lymphomas, kidney cancer, liver cancer, pancreatic cancer, and melanoma, among others. (To read 16 inspiring case stories of cancer recoveries, see *OUTSMART YOUR CANCER, Second Edition* or the *Protocol and Cancer* eBooklet.)

Other Uses

As described earlier, Protocol works by interfering with the cell respiration (energy production) of anaerobic cells. Cancer cells happen to be primarily anaerobic. But there are other types of anaerobic cells in the body as well that are not necessarily cancer cells. These are always damaged cells in one way or another and often are involved in conditions such as auto-immune disorders and

viral infections. Thus, people have also had success using Protocol to recover from many different chronic illnesses such as arthritis, psoriasis, ulcerative colitis, Crohn's disease, multiple sclerosis, and viral conditions. Of these, the intestinal disorders and viral conditions tend to be the fastest responders, with multiple sclerosis and other auto-immune disorders taking longer.

Usage

There are two formulations of Protocol: Protocol Formula 50 and Protocol Formula 23. These are only slightly different variations of the same formula and either will work for most conditions. But the 50 is preferred by many people for certain diagnoses and the 23 is preferred for others. Since individuals may respond better to one or the other, having two versions allows people more control over their own recovery. Protocol Formula 50 is taken at about ¼ teaspoonful 4 times a day (spread out evenly around the clock) and the Formula 23 is taken at about ¼ teaspoonful 5 times a day (spread out evenly around the clock). For optimum results, never going more than 6 hours between any two doses is recommended. This means that people using Protocol for critical life-threatening situations will usually get up in the middle of the night to take a dose.

Because Protocol works in a different way than other approaches, by interfering with the cancer cell's ability to produce energy for itself, supplements that raise cellular energy are to be avoided. This means that people using Protocol should avoid supplementation of vitamin C, vitamin E, CoQ10, and selenium, among others. Taking these types of supplements can work against Protocol's action. (For more details about dosing and to read lists of supplements that are either compatible or incompatible with Protocol, see OUTSMART YOUR CANCER or the Protocol and Cancer eBooklet.)

In OUTSMART YOUR CANCER, there are four lengthy chapters on Protocol and these four chapters are also available by themselves in the form of the Protocol and Cancer eBooklet offered on this website.

See: <http://www.outsmartyourcancer.com/ebooklet.asp>

Other Books on Alternative Approaches to Treating Cancer

1. *Cancer-Free: Your Guide to Gentle, Non-toxic Healing (Second Edition)* by Bill Henderson, <http://www.beating-cancer-gently.com/buybook.html>
2. *Cancer Medicine From Nature: The Herbal Cancer Formulas of Edgar Cayce and Harry Hoxsey, (Second Edition)* by Roger Bloom
3. *German Cancer Therapies* by Dr. Morton Walker
4. *How to Cure Almost Any Cancer at Home for \$5.15 a day* by Bill Henderson
5. *Killing Your Cancer Without Killing Yourself: Using Natural Cures That Work!* by Allen S. Chips
6. *The Miracle Mineral Supplement of the 21st Century (Second Edition)* by Jim Humble, Download part one of this book for free at: <http://www.miraclem mineral.org/part1.php>, also see <http://www.drhealth.com/>

Antiperspirants: More Proof That Antiperspirants Cause Cancer

by Dr. Robert Jay Rowen

Second Opinion Newsletter, March 2008, Vol. XVIII, No. 3

Breast cancer is exploding in women and occurring with more frequency in men. There are many possible causes. But one concern I've raised in the past now has even more scientific proof behind it. Several years ago, I wrote about the potential problems with antiperspirants, particularly those containing aluminum. Aluminum compounds help wick up the moisture under your arm. Sounds like a good idea, but aluminum is a bad metal. It's a highly reactive metal and can damage sensitive breast tissue.

The aluminum you apply to your thin underarm area can easily migrate into tissues susceptible to cancer. Animal studies confirm that the metal can cause cancer. Researchers have believed for some time that your body can absorb the material from sprays or roll-ons. And a new study confirms that this does indeed happen in humans.

The researchers studied breast tissue samples from 17 breast cancer patients who had mastectomy. The women who used antiperspirants had deposits of aluminum in their outer breast tissue. Breast tissue closest to the underarm area had the highest levels.

Aluminum is not normally found in your body. So why is it concentrated in cancerous breasts?

The lead researcher, Dr. Chris Exley from Keele University, suggested that the problem doesn't stop with antiperspirants. He said the aluminum content of sunscreens also could increase your risk of skin cancer and Alzheimer's disease.

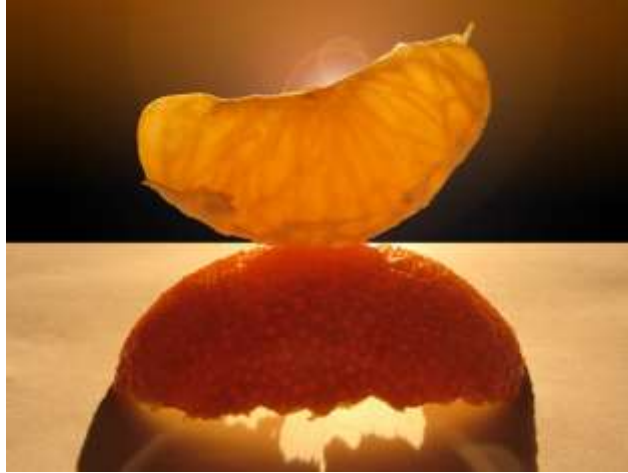
What did the cosmetic industry have to say about it? The director-general of their British association said that they don't believe that aluminum in their products is absorbed. Sounds like another Vioxx scandal to me. Do they have research to back up their belief? If so, why didn't they present it? And if not, isn't there a moral duty to do due diligence? In the world of the corporate bottom line, and entities (corporations) that act more like sociopaths, the only duty is to shareholders.

Action to take: Please stop using deodorants and antiperspirants containing aluminum. Your brain, breasts, and immune system will thank you.

Ref: *Journal of Inorganic Biochemistry*, November 2007; Daily Mail, September 3, 2007.

Modified Citrus Pectin Guide

Sign up for your free guide at: <http://www.dreliaz.org/wellness-guide/mcp>



From Citrus Fruit to Medical Breakthrough

In this popular wellness guide, you will discover why leading health authorities world-wide recommend Modified Citrus Pectin (MCP) as a daily health supplement. With nearly two decades of scientific and clinical research, MCP's versatility, safety and effectiveness have made it an invaluable tool in the treatment and prevention of cancer, heart disease, inflammation, immune support, and heavy metal toxicity.

In my **FREE** guide, you will learn about MCP's groundbreaking research, its unique properties, and how it provides a simple and all-natural method for supporting total body health. You'll also discover:

- The science behind what makes cancer cells so deadly
- How to test for harmful Galectin-3 molecules
- The hidden dangers of heavy metal toxicity and how MCP can help
- The clinical evidence for MCP's effectiveness ... even in treatment-resistant metastatic cancer

If you decide to have Chemotherapy...

*Consider being tested for which chemotherapeutic agent will work for *your* cancer. One such laboratory is www.rgcc-genlab.com/?tests

Contact people in Texas: 214-299-9449, cost is a consideration. Not covered by insurance.

*Also look into insulin potentiation therapy, a way of using chemotherapy but at a much lower dose: http://www.holisticcancersolutions.com/ipt_report.htm

Wobenzym Enzymes

http://www.stopcancer.com/enzymes_wobenzym.htm

Enzymes Losses Are Deadly

People are eating cooked foods which totally destroy all life giving enzymes. This basically removes the gasoline out of their car and their body is struggling to survive. Enzymes are needed for almost every function within the body and are mainly needed to digest foods. When we eat cooked food there are no enzymes within the foods and your immune system drastically has lower its performance and moves its enzymes into the digestive system.

Support Healthy Blood Flow

Enzymes help to break down the CICs and other dead (necrotic matter) that accumulate in the blood vessels. The body also used enzymes to regulate the amount fibrin in the blood, breaking down excess fibrin when the blood becomes too thick. With age, many people do not have enough of these enzymes. Wobenzym supports the body's natural blood-thinning process.

http://freedompressonline.com/top_articles/wobenzym_heart.htm

Leading European Oncologist Discusses Systemic Oral Enzyme Therapy & Cancer

Even now in his mid-eighties when he maintains great health and an active lifestyle, Dr. Heinrich Wrba remembers back to another time.

He was forty. It was after the war. One of his children -- a daughter, Michaela Siedon -- was stricken with leukemia. For two years she fought the disease, but nothing could help, and the treatments themselves were painful and debilitating to the child.

When we met for this interview he stated bluntly, "Chemotherapy killed her."

This from one of Europe's leading oncologists.

To lose a child . . .

Today with some 200 publications in prestigious medical journals, Dr. Wrba has quietly and permanently changed the way cancer is treated throughout Europe. He has educated a generation of European oncologists on the value of systemic oral enzymes in the treatment of cancer. It hasn't been easy. And it hasn't always been smooth sailing. As in America, overcoming widespread negative mythologies has been one of the greatest roadblocks. But amazing things are happening on both continents--suddenly the concept that protease therapy is an important aspect of cancer treatment is catching on in a major way.

In America, the National Cancer Institute is funding a large-scale study on the value of oral enzymes in cancer treatment (see our report in volume 4.3: 10-11, 18), and the Food and Drug Administration has awarded investigational new drug status to a systemic oral enzyme formula. Major advances in cancer therapeutics with enzyme preparations have been made in Europe as well.

Evolution of a Mainstream Doctor

It was some years after the death of his daughter when Dr. Wrba was head of the federally sanctioned Cancer Research Institute in Vienna that he met Dr. Karl Ransberger, a molecular biologist with a doctorate from Fordham University and one of the co-developers with Dr. Max Wolf of modern systemic oral enzyme therapy.

"Dr. Ransberger told me about systemic oral enzyme therapy, but, naturally, being from the academic world, I responded with the 'school opinion' that enzymes were large macromolecules that could not be absorbed from the gut. We had all learned that, once ingested, proteins are degraded into amino acids. That was my first objection-and that that was the end of the story as far as I was concerned."

Still, Dr. Ransberger persisted. He insisted Dr. Wrba take a package of the systemic oral enzyme preparation. "It was not long after that I was in a hunting party and having lunch. A servant woman, knowing I was a doctor, came up to me, hobbling, using a cane. She told me how she suffered terribly from arthritis and could hardly walk or perform her duties. I didn't know what to do for her. Out of desperation, I gave her the systemic oral enzymes. . . . A few weeks later when I returned, she was doing much better. I was impressed."

That was when Dr. Wrba contacted Drs. Ransberger and Wolf to learn more about their research into systemic oral enzyme therapy. He quickly came to realize two important facts about oral systemic enzyme therapy:

- When designed properly, oral enzymes are actually absorbed into the bloodstream where they are then able to act systemically. This process is called resorption.
- Systemic oral enzymes are effective in so many different conditions and types of disease states this leads to disbelief among medical professionals and lay persons alike that they can be of help. This was especially true in the use of enzymes and cancer. "Progress," says Dr. Wrba, "came much more quickly in all other fields such as vascular disease, rheumatology and hematology-but not for cancer therapeutics. The thinking among oncologists was and has been for so long that a 'drug' or, in this case, a natural medicine, without side effects cannot have beneficial effects. It is the age-old concept that a substance must have some poisonous qualities to be of benefit. It took such a long time for a breakthrough."

From Skeptic to True Believer

In 1965, Dr. Wrba was invited to become Chair of Oncology at the University of Vienna. Throughout his professional work, he has carried the message of oral systemic enzyme therapy to his colleagues.

What Dr. Wrba has seen in treating more than one-thousand patients and overseeing countless other cases has convinced him of the utility of systemic oral enzyme therapy in cancer therapeutics.

In Germany, systemic oral enzymes are not officially accepted for cancer therapeutics, says Dr. Wrba, yet, in practice, "almost every patient gets them."

How Systemic Oral Enzymes Help

Dr. Wrba explained how systemic oral enzymes help in the prevention of cancer and in cancer therapeutics. Cancerous or diseased cells are a fact of life, but most of these cells are quickly destroyed by the body's contingent of white blood cells which form the firewall of the immune system. Other cancerous cells wander aimlessly about via the bloodstream but are so few in number and unable to attach to any tissues that they ultimately die off.

But under detrimental influences such as environmental pollution, tobacco smoke, sunburn, radiation, and environmentally weakened or age-related lapses in

TUMORS: GENERAL CIRCULATING FILE

immunity, the balance between friend and foe is disrupted. The body is no longer capable of suppressing the cancer cells. When a significant number of cells escape destruction, their capabilities change. Some are capable of adhering to cell walls and begin their "dirty tricks" campaign. Almost seemingly capable of sensing that the body's immune defenders might recognize them, the cancer cells hide themselves under a thick coat of adhesive fibrin, a coat that is some fifteen times more thick than the fibrin over normal cells. The thickened coat hides away their suspicious markings, including their antigens, from the body's immune defenders. The cancer cells with their sticky coating can adhere to tissues where they congregate and multiply. To throw the body's immune cells further off track, the cancerous cells may slough off their antigens. The immune cells immediately attack these harmless proteins but leave the cancerous cells unharmed. It is a type of warfare that could make a military general envious.

The cancer cells grow because of the absence or inadequate presence of enzymes that are capable of stripping the fibrin away from the individual cancer cells. Adequate enzyme activity can lay bare their antigens and so pave the way for their destruction by the body's immune cells. The more cancer cells the body produces, the more enzymes that are required.

At the Austrian Cancer Research Institute at the University of Vienna, Dr. Wrba and his researchers have long been studying the role that systemic oral enzymes play in disrupting cancerous processes. Working with Dr. Lucia Desser, the team discovered that treating cells with enzyme mixtures caused substantial secretions of a chemical called tumor necrosis factor. Tumor necrosis factor or TNF is secreted by immune cells and capable of attacking cancer cells and those cells infected with viruses. It is vital to our body's cancer defenses.

In general, enzymes are used as complementary therapy in combination with other modes of treatment. Clinical data support their efficacious use in brain tumors; epithelial tumors in the region of the head and neck; lung cancer; malignant melanoma; multiple myeloma; leukemia; T cell lymphomas; stomach and colon cancer; cancerous diseases of the abdomen; pancreatic cancer; and tumors of the cervix, breast and uterus. The benefits extend to life prolongation, quality of life, and improvement in cancer markers.

Dr. Wrba notes that Paul Ehrlich (1854-1915), a famous German physician and scientist, had already established a theory at the beginning of the century that the development of cancer is dependent on the results of the "fight" between the tumor cells and the immunological system. "The strength of the immunological system and the particular characteristics of the tumor cells are responsible for the outcome of this conflict," notes Dr. Wrba.

"These characteristics include the malignancy of the tumor or its tendency to metastasize and to penetrate into other tissues, as well as its capability of disguising itself from the immune cells. The recognition of tumor cells by the immunological system is a very difficult procedure. It should not be forgotten that tumor cells differ only insignificantly from that of the healthy cells—a cause for problems with the defensive system. In spite of these difficulties, and according to the knowledge presently available, the health of the immunological system is nonetheless able to recognize and to destroy the great majority of tumor cells."

"As a logical consequence, there are two modes of therapy for the immunological treatment of cancer," continues the doctor. "Attempts are made both to increase the recognizability of the tumor cells for the immunological system (that is, their

immunogenicity) as well as to strengthen and stimulate the various parts of the immunological system. Proteolytic enzymes are able to play a role in both aspects of this therapeutic strategy. They increase immunogenicity of the tumor cells and, at the same time, support the immunological system of patients at various levels."

Clinical Observations

"Using 20 to 30 tablets twice daily [of Wobenzym® N or similar Mucos Pharma GmbH enzyme mixtures], we see improvement," Dr. Wrba says. "I have seen about one-third of cases of pancreatic cancer that were completely cured with about two-thirds not responding well, which for this cancer is an excellent outcome. Based on experience, the outcome for most patients is improved with systemic oral enzyme therapy. Enzymes rank as my favorite adjuvant medicine for every type of cancer. It is very essential to take them in very high doses. We can force a beneficial effect at 30 pills three times daily."

Today, in Europe, although enzymes are not necessarily officially part of cancer treatment protocols, Dr. Wrba estimates that about 90 percent of cancer patients are given them or told to take them unofficially. What happened many years ago to his Michaela Siedon could never be changed. But what Dr. Wrba has accomplished since then has changed the course of survival for so many cancer patients.

The Doctor's Prescription

Everyday Dr. Wrba takes 15 to 20 Wobenzym N tablets to help reduce his risk for cancer and to take advantage of their overall healthful properties. He advises anyone interested in reducing their cancer risk or in fighting premature aging to use Wobenzym N systemic oral enzymes, which are available at health food stores and natural product supermarkets nationwide.

In cancer treatment, work with your doctor, he advises. Dosages of up to 30 pills three times daily may be necessary.