

Circulating File

**HEARTBURN
(Acid Reflux)**

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

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Gastroesophageal Reflux Disease (GERD)

What is Gastroesophageal Reflux Disease and Non-Ulcer Dyspepsia?

Gastroesophageal reflux disease (GERD) and non-ulcer dyspepsia (NUD) are medical terms often used to label indigestion and/or heartburn that is not related to an ulcer. The main symptoms of GERD and NUD are heartburn and/or upper abdominal pain as well as difficulty swallowing, feelings of pressure or heaviness after eating, sensations of bloating after eating, stomach or abdominal pains and cramps, as well as all of the symptoms of the irritable bowel syndrome. (IBS). About three out of ten patients with GERD/NUD also meet the criteria for IBS.

What causes GERD/NUD?

Symptoms of NUD and GERD are most often caused by the flow of gastric juices up the esophagus leading to a burning discomfort that radiates upwards and is made worse by lying down. This reflux of gastric juices can be the result of factors that increase intra-abdominal pressure (e.g., overeating, obesity) thereby causing the gastric contents to flow upwards, or factors decrease the tone of the esophageal sphincter (e.g., hiatal hernias, coffee).

What dietary factors are important in GERD/NUD?

Common dietary causes of GERD/NUD include overeating, obesity, coffee, chocolate, fried foods, carbonated beverages (soft drinks), and alcohol. In most cases, simply eliminating or reducing the causative food(s) or beverage is all that is necessary to relieve GERD/NUD. Other tips include decreasing the size of portions at mealtime, chewing food thoroughly and eating in a leisurely manner in a calm, relaxed atmosphere, and not eating within 2 hours of bedtime.

Dr. Michael Murray, Natural Living

<http://www.doctormurray.com/conditions/GERD.asp>

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

This Circulating File consists of the Edgar Cayce psychic readings on heartburn. 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.

Disclaimer: Articles have been 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. The information is not intended for self-diagnosis nor self-treatment. Please consult a qualified health care professional before following any advice contained in the articles.

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Heartburn

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- b. *The Edgar Cayce Handbook for Health Through Drugless Therapy*,
Chapter 5 "The Cayce Principles of Diet and Nutrition," by H.J. Reilly &
R.H. Brod

3. Circulating Files and Research Bulletins* :

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

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Introduction to the Cayce Readings on Health and Healing

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Mark Thurston, Ph.D.
Education Department

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Short Excerpts from the Edgar Cayce Readings

540-12, 35-year-old woman, 1/18/39

(Q) What is the hurting in throat and stomach, like heartburn?

(A) Too much of grease.

1505-5, 37-year-old woman, 9/4/42

(Q) Would it be advisable to do anything for the heartburn?

(A) Occasionally a little soda water will help, or better still the Upjohn's Citrocarbonate. This would be helpful in keeping a better balance in the chemical forces through the stomach and digestive system.

(Q) Any suggestion as for the diet?

(A) Keep a well balanced diet.

313-17, 52-year-old woman, 1/18/39

(Q) Anything further that can benefit digestion?

(A) These as we find will be the aids. If it is necessary, or if there is the heartburn or the inclination for belching after meals, take the Alcaroid as a digestant; level teaspoonful dissolved first in a little water, then a full glass of water added.

1102-3, 28-year-old woman, 9/23/37

(Q) What will correct the so-called "heartburn" condition?

(A) A little of the pepsins, or Alcaroid - these as we find will make for better assimilation.

The activities in the open, though, in the sunshine, will make for MORE corrections than medications; though these, to be sure, would be well to be kept with the activities of the body.

As a helpfulness in eliminations we would use the Milk of Magnesia. This will also add the better corrective forces towards keeping the alkalinity necessary.

480-35, 25-year-old woman, 7 months pregnant, 4/24/37

(Q) What can be done for the heartburn?

(A) Any activity that makes for the more active force of the stomach emptying itself. Just a few drops of Elixir of Lactated Pepsin in a tablespoonful or a good swallow of water as we find would be most helpful in the condition.

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261-29, 50-year-old man, 11/26/37

(Q) When I took Ventriculin* with Iron it seemed to disagree with me. How much should I take at this time?

(A) Do not take same too often, nor too great a quantity; but at least a level teaspoonful taken about three times a week will be found to be most beneficial - if it is taken in that way or that far apart. For these properties add those elements that supply the prevention for the strains upon the intestinal system and the duodenum that have been so disturbing to the body, as has been described heretofore.

To be sure, too great quantities - or taken so often that the body does not assimilate same - becomes detrimental; or appears to produce or does produce gastric reactions that cause - well, heartburn or the like. But taken in the quantity indicated we will find it most helpful, and we will find it working well also with the tonic that is a toning for same. Take the tonic, though, as has been taken heretofore.

2493-1, 41-year-old man, 4/26/41

As to the diet:

Keep away from any carbonated drinks of ANY kind.

Keep away from potatoes or foods growing under the ground, save carrots or yams or turnips.

Have principally the leafy vegetables rather than the pod.

Fish and fowl may be taken, but beware of other meats.

(continued on the next page)

* Ventriculin and Ventriculin with iron were manufactured by Parke-Davis and Company until sometime in the mid or late 1950s. As listed in the 1953 issue of the *Physician's Desk Reference*, Ventriculin is described as a powder to be used orally, an antianemic substance derived from gastric tissue. The medical dictionary reference states that it is derived from the gastric tissue of hogs. Forty grams of the powder was described as one U.S.P. unit, and this was the daily suggested dosage. It was used as a stimulator of reticulocyte formation and as a specific for pernicious anemia. It was also used in atrophic gastritis. The Ventriculin with iron contained 12.5% naferon, which was iron and sodium citrate neutral. The latter was indicated for anemia due to iron deficiency states.

It is to be assumed that Cayce found the Ventriculin to be beneficial in a number of conditions since it was suggested not only in anemia but in conditions such as scleroderma, as an extreme example. Perhaps it was the enzymes which were present in the wall of the stomach from which the powder was derived that prompted the use of this particular substance in the readings. It may be that the readings saw this acting to promote better assimilation of foods and thus provide the substances within the bloodstream once assimilated, which would make for an ability to build red blood cells in the blood-forming organs.

Substances which might be to some extent equivalent in the 1967 P.D.R. are Converzyme (Ascher); Digestant (Canright); Accelerase (Organon); Entozyme (A. H. Robins). Entozyme has in it 250 mg. of N. F. equivalent pepsin; 300 mg. N. F. equivalent pancreatin; and 150 mg. biosalts. Converzyme tablets contain 5 mg. of cellulolytic enzyme; proteolytic enzyme 10 mg.; amylolytic enzyme 30 mg.; and lipolytic enzyme 800 Ascher units. This gives an idea of the relative difference between these more modern preparations and that which Cayce described in various places. It seems reasonable that these could be interchangeable.

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

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No fried foods.

Keep up all of these for at least six weeks; then we would give further instructions.

This condition may become serious unless proper precautions are taken.

Take at least a little exercise each day in the sunshine, as much of this as practical. Walking or even sitting in the sunshine is well for the body.

Ready for questions.

(Q) What causes and what should be done for heartburn?

(A) This is part of the disturbance as we have indicated, and if the body keeps away from fried foods or those characters of foods indicated, this should be GRADUALLY disseminated.

Pertinent to many health conditions in general and specifically to heartburn on occasion:

3120-2, 33-year-old woman (pregnant and experiencing heartburn), 8/11/44

(Q) What caused injury in spine?

(A) This was something from the outside - an accident. It was minor in the beginning but, as such pressures react, often times they produce reflections in the activity of organs (as here in the pelvic organs) and this, then, set up greater distress through the lack of the impulses, then the injury in the spine itself.

Other readings where "heartburn" was mentioned: 2932-1, 3120-1, 5625-1.

See also page 92.

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BACKGROUND OF READING 17-1 F ADULT

None.

TEXT OF READING 17-1 F ADULT

This psychic reading given by Edgar Cayce in Hopkinsville, Kentucky, this 20th day of February, 1911.

P R E S E N T

Edgar Cayce; L. B. Cayce, Conductor; Katherine Faxon, Steno.

R E A D I N G

Time of Reading Unknown.

..., Oregon.

1. LBC: You have before you Mrs. [17], ..., Oregon. She is before you now. Go over her thoroughly, examine her, and tell us what is the matter, if anything?
2. EC: Yes, we have her here. She is a neurasthenic. This is a condition here of the nerve force in the body, - of the whole system, that is, action on to the other organisms of the physical body and mental too, at times, especially do we have most of the action shown in its forces to the physical body, through the action on to the lung here; to the forces here through the pelvis, to the lower extremities, acting on to the locomotories of the system, or forces which govern the lower extremities here from the pelvis, on the inside here, along to the lower limbs, and especially at the knees on the side here, along the line of the sciatic nerve, acting in conjunction with the sciatic nerves from the appendages thereof, here at the joints. The action on the forces here, through the lung, is through the respiratory system, or more to the lymphatic circulation, with its nerve appendages to it here, in the action of the air into the lung, which forces out, or the action of the same force on to the action of the heart, or through the blood force, where the blood is cleansed or purified by the air in the lungs. Therefore, we have some of the cells in the lower part of the lung, closed, from the action of the force of the nerves proper in the system, wherein the force of action in itself is Neurasthenic - in the acting force in itself or from the mental action between the nerve and self proper, or to the branches of those effected by the Neurasthenia, to the action of the sympathetic nerve system and the cerebrospinal.
3. At times, we have these forces impaired or circulation, as through these things we have formed, - indigestion in the system or the stomach, producing a burning sensation to the stomach itself proper, from the action of the juices of the blood, all thrown out by the hepatic circulation at the duodenum just before it is acted on by the pancreatic juices in the system, and the body in itself, proper becomes emaciated by lack of nerve force or nutriment in the system, from the condition of the system that we have in general over the whole body.
4. (Q) What other conditions do you see?
(A) There are other conditions arising at times in the system from the condition of the whole body, as we have through the capillary circulation at times, throwing out discharges from these in abrasions on the skin from the exterior, but these all come from the troubles we have in the system through the nerve force. That is the condition between

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the physical body and its appendages on the system, with the circulation and nerve tissue here, and muscles, or to the mental body with its brain and appendages, and nerve force through the system. The action then in these forces the neurasthenic condition - a condition existing either by physical means, brought to action on the body through the nerve action on the physical system, that is, to the circulation and muscular force, as the nerve force acting on these in the system of this body that we have here.

5. (Q) What treatment would you prescribe?

(A) Hot applications to the solar plexus nerve center at the ninth dorsal; electrical forces followed after all along the whole spine, and make an impression to the mind, through the mind in itself, or action of one mind on another, and it will quit it. One is action to the physical body, with application you see; throw off this coldness here to the feet. Get away this soreness here, or burning at the stomach, or heartburn in the system. Eliminate that from the system through the physical means, the action of the electrical forces, that is static, on to the body here along the spine and the whole body to its finger tips, along the limbs, along the line of the sciatic nerve force, along the limbs, extremities where they come in contact with these nerve forces, rebuilding in the body, at the armpits where we come close to the circulation in the body. Then, the impression on the nerve force through the mind on itself proper, or to the mental body.

6. (Q) Any other treatment you would prescribe?

(A) When we eliminate these forces, we produce a condition in the system, or the body becomes stronger in itself. As we have in the system, a digestion here, but the new blood in the body is fairly good, except at times we have a state in the lung of the force producing this non-clarification of the blood, - forced back in the heart with particles here left in the cells, closed, and become then particles through the hepatic circulation; forced in there, producing a condition we have in the body. These distribute in the forces in the body, producing abrasions of the skin, on the outside. Remove these forces from the physical and mental body, then we remove the forces from the body and produce then a clarified condition of the system, and the rest of the body will be in a better condition.

7. (Q) What condition is the mind in at present?

(A) The mind is alright, if it will act. The condition of the mind is acted on by the mental force into the brain in itself, producing the condition we have now, of the neurasthenic, we have hundreds of them here. The action of the nerve force on the brain itself proper, and it thinks it is sicker than it is.

REPORTS OF READING 17-1 F ADULT

None.

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BACKGROUND OF READING 36-1 F 65

B1. 8/30/27 Letter from [36] to EC: "...I have heard of you through my son [39]. He tells me how much good you have done him for which I am very grateful as he has been a sufferer for some years...

"...I should like a Physical reading as early as possible before the cold weather comes. We get a lot of fogs about November and end of October which I should like to get well enough to meet without chest trouble if at all possible.

"I trust I have filled up form satisfactorily..."

B2. 9/?/27 Questions submitted by [36]: "1. Is my bronchial trouble hereditary? 2. What can I do to prevent its occurrence? 3. What is the matter with my heart? 4. Is physical exercise such as golf and tennis too much strain? 5. Do you advise a warmer climate? If so, where?

"Trust I am not asking too much, but feel very anxious to carry out your suggestions as far as possible..."

TEXT OF READING 36-1 F 65

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 22nd day of September, 1927, in accordance with request made by self - [36], via son, [39].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Mr. L. B. Cayce.

R E A D I N G

Time of Reading ... Loughborough, 11: 40 A. M. Eastern Standard Time.
Leicestershire, England.

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

2. EC: We have the body here.

3. Now, we find there are those physical conditions with the body and these may be corrected in part, or in whole. These have to do with specific conditions as exist in the physical forces of the body and the effects as are produced in the functioning of organs in various portions of the body. Some have, in a manner, become as the constitutional condition - though, with the correction of conditions, these may be relieved and the effects eliminated from the system.

4. These, then, are the physical conditions as we find them with this body, [36] we are speaking of. First:

5. IN THE BLOOD SUPPLY, this we find shows the effect rather of the disturbance as is created in the system wherein the blood, in its course through the respiratory system, is not entirely clarified by the action of oxygens in the blood. Hence there is seen in various portions of the tissue in body - especially in the extremity centers - the effect of this

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condition. It is also seen in the manner in which the liver, and the system that is as purifier of the blood (through the eliminations), shows the effect of this condition existent in blood stream and in the organs themselves, in the manner of the functioning condition of same.

6. IN THE NERVE CENTERS, in this we find much of the base, or seat, or cause of the troubles, through subluxations as exist. In the 3rd and 4th dorsal centers we find where pressure caused the diversion, as it were, of the nerve impulse to the lung and bronchials. Hence the irritation as continues through this portion of the body whenever the pressure is changed, in atmospheric conditions. Hence we find a body that is susceptible to atmospheric pressure, or atmospheric conditions, wherein there is too much of any element wherein the repression, or the tendency to cause repression in the lungs and bronchials proper, there is the irritation and the constant attempt of the system to adjust itself to the plethora produced in the bronchials, in the upper portion of lung, and throat proper.

7. Were these subluxations then changed, and WITH the proper exercise, this would gradually disappear, so that there would be the reaction in the system in the proper way and manner, see?

8. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, brain forces good.

9. Reaction throughout the sensory system shows rather the effect of the disturbance in the blood supply, yet there is not so much abnormality shown as there is in the sympathetic and the cerebrospinal plexus as radiates from the central forces of the nerve plexus seen in the 4th and 5th cervical. These have their reflexes to the upper portion of the nasal, and the facial nerves. Hence those conditions or irritations, or tendency to appear at times as if under the skin there was an irritation or tendency to produce itching, when there is no form or manner of abrasion from which same occurs.

10. Lungs, throat and bronchials, not as wholly an organic disturbance. Rather as the functional, through that condition produced by the subluxations in the dorsal and the reflexes produced in the system in the cervical.

11. In the digestive system and heart's action - these are as a combination of conditions. We do not find organic heart reaction, or organic heart disturbance - but rather that of the nervous indigestion, produced by the irritation as is seen in the secondary cardiac plexus which produces an irritation in the cardiac end of the stomach proper. Hence - with this dilation - there comes the suppression to the heart's action, with the action of those properties as relieve pressure on the plexus GOVERNING directly the heart's action from the lung and the blood as flows there from same. See? A plethora condition, and the tendency, then, towards the enlarging of the heart proper, or expansion or fullness of same. Not an organic condition - though, as has been given, may become so unless there is change brought to the body, or were the improper changes brought this might be developed soon.

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12. In the lower digestive system, from this irritation, we find there is the tendency of the system to act not in unison in eliminations - that is, at times there is the tendency toward that of constipation, yet - with an irritation to produce the secretions - there becomes the tendency to too much laxness in the system, unless the body governs self particularly by the diet. Hence we find, these are as reflex, or as an indication, as it were, of the disturbances in the cardiac portion of stomach, and of the trouble as is indicated in the upper portion of the cerebrospinal nerve centers.

13. In the kidneys and in the liver proper we find, through those conditions as have been given, these find their reflex in the functioning of the organs in their excess, or in their lack of activity - or we find the suppression of the urine with irritation, or the excess of urine with the tendency of the body to feel heaviness in the lower extremities, from the circulation being diverted, or divested - as it were - in the lower plexus of the body. Hence we find an unbalanced condition through these portions of the body.

14. To meet the needs of these conditions, then, we find there are those specifics to be considered, as well as the effects of the long existent condition that has caused these various effects in the functioning of the organs.

15. To meet the needs of the bronchial condition, then, we would use as an inhalant (not taken internally) these properties:

16. To four (4) ounces of pure grain alcohol, we would add:

Eucalypto1.....30 minims, Benzoso1.....15 minims,
Benzoin.....10 minims, Rectified Oil of Turp.....5 minims,
Balsam of Fir, or Canadian Balsam.....5 minims, Heroin.....1/60 grain,
Tincture of Tolu in solution.....30 minims.

17. Keep the whole solution as combined in glass container at least twice the size of the quantity, with glass stopper or cork. Shake solution when inhalation is to be taken. Breathe in through the nostril and through the mouth at least four to five times each day, taking several deep inhalations when the properties are taken, shaking each time before inhalation is taken - this may be used whenever there is irritation to the throat or bronchials, see? This, as we see, is to be used as a cleanser and a stimulant to lungs, throat and bronchials.

18. Correct - through osteopathic manipulation and adjustments - those conditions existent in the cerebrospinal system - 4th and 5th cervical, 3rd, 4th, 5th and 6th dorsal, see?

19. Keep the exercises as much OUTDOOR as possible, and we will find we will bring the better normal conditions for this body. Ready for questions.

20. (Q) Is physical exercise such as golf and tennis too much strain?

(A) WELL that this be used if corrections are made in the regions - for, with the subluxations the exercise of golf or tennis, especially tennis, in that portion of the body

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where the irritation is produced, in the plexus that is near to those subluxations, these would be too strenuous if overtaxed. WITH the corrections these would be WELL, though never overtax or tire the body too much, either in the exercise of the brachial or of the lower radiating plexus to the lower portion of body.

21. (Q) Do you advise a warmer climate? If so, where?

(A) With the corrections, and with these properties as used, the condition should be brought well for the body here in this climate. With the change, any change would be effective to the body, should the body DESIRE change select for own self. Milder or higher may be better, were changes to be made. Not necessary, would the corrections be made.

22. (Q) How many osteopathic treatments will be necessary to correct the condition?

(A) At least twenty-six (26). Every other day these should be taken, at least. We are through for the present.

REPORTS OF READING 36-1 F 65

R1. 11/2/27 Letter from [39], son of [36]: "...My mother, [36], writes to say how much the inhalant has relieved her chest, but of course she wishes to get to the root of the trouble..."

R2. 2/1/28 Letter from [37], daughter-in-law of [36]: "...My mother-in-law, [36], has not yet been able to get to an osteopath, but she says in her letters that she is feeling a lot better..."

R3. GD's note: The correspondence from the son and daughter-in-law indicates that Mrs. [36] was unable to find an osteopath in her portion of England. Mr. Cayce had a local osteopath write out a list of osteopaths to send to her, but we never heard whether she had the osteopathic treatments or not.

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BACKGROUND OF READING 189-7 F 45

B1. 3/18/39 She obtained Check Physical reading 189-6 for what the doctor called Meniere's Disease.

B2. 11/23/40 She was present and submitted questions, especially in re left shoulder blade pain, extreme heartburn after eating that goes from chest to back, poor eyesight, insomnia, acid stomach, etc., and if Meniere's Disease is correct diagnosis for dizziness when lying on right side.

TEXT OF READING 189-7 F 45

This psychic reading given by Edgar Cayce at the home of Mrs. [189], ... St., New York City, this 23rd day of November, 1940, in accordance with request made by the self - Mrs. [189], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Hugh Lynn Cayce, Conductor; Gladys Davis, Steno. Mrs. [189] and Mr. [257].

R E A D I N G

Time of Reading 2: 55 to 3: 20 P. M. Eastern Standard Time. N.Y.C.

1. HLC: You will go over the body mentally and physically, describing in detail the causes for the disturbances experienced by the body and the corrections for same. You will answer the questions, as I ask them:
2. EC: Yes, we have the body here, [189]; this we have had before.
3. As we find, there are changes in the general physical forces from those as we have had here before; though many of these appear to be - and are - a part of the general disturbances that have at times been indicated heretofore.
4. In the present, we find there is somewhat of a complication of disturbances. These primarily arise from those general changes as related to the activities of the glandular system; and specifically the gall duct area.
5. Thus a greater unbalancing of the activity of the liver upsets the assimilating system; and thus the digestive as well as the general eliminating forces of the body.
6. Hence we find these as conditions that exist in the present:
7. In the blood supply, - this in its characteristics and natures is very well in many respects; though the circulation of same is somewhat slow, owing to the manner in which this is purified - or the lack of purification in the circulation both through the lungs and heart, as well as the liver and kidneys.
8. So, the metabolism of the system is at times basically disturbed. This, however, arises from the periods when there is the activity upon that to be assimilated from the gall duct, or this activity as to its secretions for the juices or actions of same as combined with the influences from spleen and pancreas.

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9. Then, those things that are of definite natures as to diet have a direct effect upon conditions existent through the body; as to the pressures causing the headaches, and - as combined with the lower hepatic circulation - the effects at times especially as related to eyes; at other times the upsetting of the digestive forces so that nothing appears to agree with the body save with a rest period that may allow for a reaction to rehabilitate the body, as it were, by the general influences to bring about better conditions.

10. These as we find have produced, do produce, definite lesions along the areas from which the organs of the body receive their impulse. Thus in a test we would find some disturbance with the sympathetic nervous system, some glandular reactions, some definite conditions or disturbances in the liver and gall duct, and at times a heart activity not normal for the body. At other periods we find some repressions through the activity of the kidneys causing some anxieties through the system in this direction, as well as the combinations that these produce upon portions of the system indicated.

11. In making for those influences in the present, then, as would be beneficial to the body, - we find that these applications made in the regular order as indicated here would prove to be the most beneficial:

12. First, we would have a general relaxation through the hydrotherapy treatments; about twice a week until four are taken - at the beginning. Then leave these off for a period of a week to ten days.

13. Then in the next series, - rather than the hydrotherapy, neuropathic or general massage treatments, - we would have these given osteopathically; with special reference to the lesions in the cerebrospinal system as indicated, - the areas from the 5th and 6th dorsal to the 9th and 10th dorsal. First there would be the relaxing treatment, - then the stimulating especially of the areas in the 3rd, 4th, 5th, 6th and 7th dorsal; to aid in emptying the duodenum and making for the better activities that allow a stimulated gastric flow through the liver itself.

14. During the time, take after each meal half a teaspoonful of ALCAROID as an assimilator, a digestive agent to keep down this tendency for the superacidity, as well as the general stress that comes upon the body from undigested foods, though little may appear to have been taken by the body. Dissolve this in a small quantity of water first, then fill the glass, and drink another glass of water afterward. This will aid in producing better, normal conditions in the stomach and the gastric flows of the body.

15. Occasionally - once or twice a week - before the meal, or just after same, also take half a teaspoonful of Milk of Bismuth and six drops of Elixir of Lactated Pepsin stirred together in a full glass of water. This adds to the abilities of the gastric flows to adjust themselves.

16. In the diets, keep away from fats of most any nature, though butter - to be sure - or milk, may be taken in moderation. But keep away from fried foods or the fats of any

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meats. Have plenty of vegetables, preferably cooked in their OWN juices (as in Patapar Paper); and plenty of fruits and fruit juices.

17. As we find, if these are followed, we will build for much better conditions in this body, [189].

18. Ready for questions.

19. (Q) What causes the pain in the left shoulder blade and the extreme heartburn after eating that goes from the chest to the back?

(A) Lack of the gastric flow, as indicated, that is to be aided by the activity of the Alcaroid in the system, - until the adjustments, as combined with the diets, have assisted in eradicating the cause. These properties indicated are for temporary relief, or to meet the emergencies, and will be found to be beneficial.

20. (Q) Would you describe the condition of the stomach as ulcerated?

(A) No. In the lower portion of the pylorus there is an engorged condition that prevents the gastric flow of the acid in the lower portion with the alkaline in the upper portion. Hence at times this extends even from the stomach to the lower portion of the duodenum, as it enters into the jejunum.

21. (Q) Are the last glasses correct for the eyes?

(A) These will gradually adjust themselves, though they cause disturbances at times in the present.

22. (Q) Several doctors have described the dizziness when lying on the right side as Meniere's Disease. Is this the correct diagnosis or is the dizziness caused by some other condition in the system?

(A) Dizziness is caused by some other condition. It is as just described, - the liver in its attempt to work with the pressures being produced in the duodenum, as it empties into the jejunum.

23. (Q) The preparation called Kolorak is described as the only natural food calcium which can be absorbed by the system. If this is taken consistently, will it purify the blood?

(A) Not unless the causes are removed that are producing same, - which, as indicated, are the unbalancings through the glandular forces of the body, and the activities of the liver as related to the circulation between heart, liver AND kidneys. And, as we find, if there is the consistent use of the properties that have been indicated, with the adjustments both through the hydrotherapy and the osteopathic treatments and the diets, we will remove causes as well as effects.

24. (Q) If Protege is used consistently will it do all the things claimed for it?

(A) No. No conditions that are of the nature to produce exterior influences only for a body may prove basically beneficial. It has just been indicated here that the causes must be reached, through correcting the conditions that prevent the proper digesting of foods

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taken. Even the properties suggested here to be taken afford only temporary relief, unless the causes are corrected. So it is with Protege, or any properties supposed to supply energies to the body, - it cannot be of great benefit unless the internal activity of the glandular force within the organ itself can be stimulated to produce the properties necessary to keep the normal balance!

Hence any exterior or superficial addition to the body is only temporary in its effect, unless we restore the activity of the source of supply so that it produces from the foods taken that to supply all portions of the body that are deficient!

It is upon the source of supply from within that the body depends for its resuscitation! Hence to rely upon exterior influences, or some compound to supply that which the body itself needs to create, is futile! Even if it offers temporary benefit, it is not getting at the source of the trouble and other portions must eventually suffer. Hence it is futile to even THINK that the condition will become normal under such applications, - unless the cause is reached from within the body!

25. (Q) Will a rest or a change of residence to the country help the body throw off the disturbances described?

(A) To be sure; but this AGAIN - as just indicated would only be a TEMPORARY measure! To be sure rest would help! To be sure the country would help! But country AND rest wouldn't produce the cure, or get at the seat of the trouble, unless there was a sufficient period of rest taken for the body to better adjust itself - for a year or eighteen months!

26. (Q) Would it be wise for the body to visit the [257] household while they are away?

(A) If it chooses to do so, very well, - it's a nice place!

27. (Q) Are there other associations that might be helpful?

(A) These, to be sure, are conditions that arise at various periods. The body is sufficient in its own choice of associations and activities NOT to overtax the system unless it feels stressed or pushed. It should have that much judgment, - it doesn't always use it! But if these will be kept more in that way the body KNOWS to do, the associations, the environs will be gradually brought about for better improvement. But DO those things that have been indicated, else we may find disturbances that will require longer periods of change - or hospitalization.

28. We are through with this reading.

REPORTS OF READING 189-7 F 45

R1. 12/11/40 [189] wrote: "...I have been following the reading very carefully and the day after I take one of the treatments I feel better and two days after that I am on the rocks again. I have completed the four hydrotherapy treatments and yesterday I started with Dr. Dobbins. I will take three more treatments from Dr. Dobbins and then I think I will get a check...

"Yes, it was lovely having you at my house and I feel quite privileged. Having your forces visit my home is indeed an honor..."

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R2. 2/6/41 [189]'s letter: "...I know you will be interested in the results of my last reading. The treatments, as you remember, were stretched over a considerable period of time, what between the hydrotherapy and the osteopathy. I followed it accurately and it wasn't until the last osteopathic treatment was given that I started to feel a little better, so I continued for two or three more and completely cleared up the dizzy feeling in my head, for which I am so grateful..."

R3. 2/12/41 [189] requested 1204-3 for her daughter.

R4. 2/28/41 [189] wrote: "...I have not been feeling at all well this week. My head has gone bad again and I have been up to see Dr. Dobbins twice. I hope he can fix me up..."

R5. 7/22/41 [189] wrote: "...I am feeling very much better..."

R6. 1/17/42 [189] wrote: "...In answer to your letter asking us to set aside a few minutes a day for prayer - please count me as one of those who will do this and gladly..."

R7. 1/20/42 EC's letter to [189]: "...Am glad to have you with us in the prayer for divine guidance at this time. Have been well pleased with the response from the membership. Do believe there is need of prayer at this time. Am sure God answers prayer also, and if we are all in earnest we may remove mountains..."

R8. 12/12/42 [189] wrote: "...I am so thrilled with your book, THERE IS A RIVER. It has shown you as you are and as we all love you. I have just written Tom [Sugrue] to congratulate him, but I wanted you to know how pleased I am that the whole world will know you now and not just a few people. The style is simple and dignified and each incident is handled masterfully and with the humility which I know is the basis of your whole philosophy and thinking..."

R9. 1/26/43 [189] referred Miss [2900] for 2900-1.

R10. 4/29/43 [189] obtained Check-Physical reading 189-8 for tonsillitis.

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SURGERY: TONSILLECTOMY
TONSILLITIS

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BACKGROUND OF READING 189-8 F 48

B1. 11/23/40 She obtained Check Physical reading 189-7 giving further corrective measures for Meniere's Disease.

B2. 4/15/43 She wrote: "...The doctors want me to have my tonsils out, and I want to check with the Forces on it, so if you will let me know when you can arrange this reading, I will send you the questions I want to ask..."

B3. 4/23/43 She submitted questions, including: "Are the tonsils infected and is it necessary to remove them in order for body to attain highest efficiency?"

TEXT OF READING 189-8 F 48

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 29th day of April, 1943, in accordance with request made by the self - Mrs. [189], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G In the office of Time of Reading Mr. [257], 11: 10 to 11:
20 A. M. Eastern War Time. New York City.

1. GC: You will give the physical condition of the body at the present time, giving special attention to the throat, sinuses, blood condition, deficiencies, etc., the gall bladder and stomach, with suggestions for corrective measures, and answer the questions, as I ask them:

2. EC: Yes, we have the body here.

3. As we find, there are disturbances that are upsetting the better equilibrium of the body. From the effects of cold, congestion, and the settling of flu germs through portions of the body, pressures are produced in the blood supply by continued poisons being thrown into the system from the diseased tonsils.

4. And these are contributing to the discomforts in the soft tissue of the face, where the lymph circulation carries these affected portions back and forth through the system.

5. It would be well, as we find, to have the tonsils removed - under the present conditions. And with the better eliminations set up through the alimentary canal, preferably by the occasional high colonic irrigation (occasionally meaning once in six weeks), and a massage following a fume bath rather than a dry heat cabinet bath, we would bring better conditions for the body.

6. Ready for questions.

7. (Q) When would be the best time to have the tonsils removed?

(A) Whenever it is most convenient - a little time before there is the New Moon.

8. (Q) What doctor would be best - Herzog or Greenberg?

(A) Greenberg, as we find, would be the preferable.

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9. (Q) Is it better for me to take a local or complete anesthesia?

(A) Local would be the better for this particular body, owing to the conditions in the heart and liver circulation.

10. (Q) Is blood count normal?

(A) As just indicated, - no, it is not normal.

11. (Q) What deficiency in system is causing finger nails to peel and what will correct this condition?

(A) Eliminations - lack of eliminations. As indicated, correct it by the operative measures - and then the establishing of a better equilibrium between cerebrospinal and sympathetic reactions toward eliminations as well as the distribution of that assimilated.

12. (Q) What causes so much heartburn after meals?

(A) Poisons in the system. Thus the necessity, as we find, for the colonics. And have this done the first thing when there is sufficient recuperation, or after the third day of the operative measures - about that period.

13. (Q) Any other suggestions?

(A) Do these things for the better conditions of this body, [189].

14. We are through for the present.

REPORTS OF READING 189-8 F 48

R1. 5/2/43 [189]'s letter: "...I am so thrilled with the accuracy of my Physical reading and the clear and concise instructions. Of course I shall follow it accurately. I would just like to ask one more question. Would May 20th or May 27th be the better day on which to have the job done, or perhaps the Forces might have another suggestion..."

R2. 5/5/43 EC's letter to [189]: "...According to the information [189-8], the 27th will be the much better time for the operation, for then the moon is on the decrease and there should be less trouble for you..."

R3. 9/25/47 She wrote GD: "...I am having a little trouble with my gums and wonder whether I can still get some of that IPSAB from you [A. M. Godfrey]. Let me know right away how much and I will send it on..."

R4. 10/5/50 She requested her name be on mailing list for N.Y. lectures A.R.E.

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BACKGROUND OF READING 257-65 M 37

B1. 1/26/31 He obtained 257-64.

B2. 3/27/31 He was present, submitting further questions.

TEXT OF READING 257-65 M 37 (Sales Mgr., Hebrew)

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 27th day of March, 1931, in accordance with request made by self - Mr. [257].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mr. [257] and L. B. Cayce.

R E A D I N G

Time of Reading 6: 10 P. M. Eastern Standard Time. ..., N.Y.

1. GC: You will have before you the body and the enquiring mind of [257], present in this room. You will answer the questions which he will ask you regarding all his business associations and relations pertaining to the Paris Medicine Co. deal.
2. EC: We have the body, the enquiring mind, [257] - this we have had before.
3. In the physical forces of the body - these are very good in many respects and manners. There should be some precautions as respecting the congestion that arises in throat and head, as WELL as that of the tendency of late of there rising, as it were, after eating, the gastric juices of the stomach, or heartburn that at times occurs. Do not over eat, nor do not under eat - but be more mindful of the warnings as respecting these.
4. As for those conditions in the head, throat - the head and neck exercise, or being more consistent in the treatments that may be taken for the clarification of this, will save a great deal of trouble later on.

[Business questions and answers...]

43. (Q) Regarding physical condition - what causes and will stop itching in inner ear?
(A) This a form of dry eczema. Wiggle the neck a little more and we will stop this. Keep the water out of it.
44. (Q) What will stop itching on toes?
(A) Keep wiggling the neck!
45. (Q) What will cure the dandruff?
(A) Those of the oil and alcohol will be the best for the dandruff.
46. (Q) What proportions?
(A) Use those of the crude oil - see? about one to ten - see? with those of olive oil - and follow this shampoo with one to twenty of eighty-five percent alcohol.

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47. (Q) Any other advice on the physical at the present time?

(A) Follow that as outlined. That will be the better in the present. We are through for the present.

REPORTS OF READING 257-65 M 37

R1. 3/28/31 He obtained 257-66.

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TOXEMIA

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BACKGROUND OF READING 274-2 M 34

B1. 2/16/33 He obtained Life Reading 274-1.

B2. 3/26/33 He requested Physical Reading, "As my health has not been so good lately, and doctors, and books on health, and lectures, and diets, and this, and that, have not proven successful, at least so far as my physical appearance shows (continuous decrease in weight, headache, throat trouble, stomach ache, tooth and gum ache, low vitality, etc.)... This type of reading, too, seems to have been so valuable to many that I should like very much to have it at a critical moment of my life."

B3. 4/8/33 He wrote: "My case is, I think, one of general toxicosis causing numerous symptoms: as a child, jaundice; later, erysipelas; then, from time to time, trouble of the following parts: liver, stomach, intestines, prostate, skin, throat, sinus, gums, hair falling rapidly, with more frequent headaches (almost daily), earache, rheumatism or rheumatic aches, which have led me to a critical state of nervousness, of sexual weakness, of worrying, of depression affecting my mental efficiency (failing memory, restless mind) and spiritual development (weak power of concentration).

"Another delicate point where I need help is the following: though I love children and enjoy their company more than that of a good many grown-ups, the fear of having a child who, due to my poor health, would not be normal, has ruined my sexual life, and in turn, weakened me very much.

"My weight decreasing all the time, I have followed diets, chiropractic treatments, healers' recommendations, health foods, and what not, with very little success, or none at all.

"Laxatives and enemas have not helped much either a sluggish colon, and certain doctors claim that a quick and thorough elimination of waste is essential.

"All these are the physical points on which I should appreciate some help and proper guidance.

"Besides, it would probably be interesting to ask what kind of life is most suited in my case, as I am cooped indoors in a laboratory without ventilation, without proper exercise. Should I look for some outdoor occupation? Away from a big city? What kind of climate? Where about? What kind of exercise or sports should I preferably take up? Am I fit for married life?

"Any special diet or foods? In spite of my abnormal bite (upper and lower teeth not meeting properly), can I expect to better my digestion? How can I quiet my nerves, my mind, and be able to concentrate?

"Is all this clear enough? Kindly tell me."

TEXT OF READING 274-2 M 34

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 18th day of April, 1933, in accordance with request made by self - Mr. [274], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G In his laboratory Time of Reading [cosmetic], 11: 00 to 11: 30 A. M. Eastern Standard Time. 12th floor, N.Y.C.
(Physical Suggestion)

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1. EC: Yes, we have the body here, [274].
2. Now, as we find, there are conditions physical that disturb the better physical functioning of the body.
3. These, as we find, have been of such a nature and of such duration that many of these disturbances may be said to have become constitutional; or there has grown within the system those attempts to function under the distress and strain, until they have become a part of the constructive forces - or the necessity of the system to construct or make for the body resistances in many directions has produced rather conditions that are, more or less of complications.
4. Yet when the vitality and resistive forces (that are manifest even under the stress and strain) are considered, as we find, these conditions may be met in the present and gradually - even under the present environs, present surroundings, if so desired by the body - make for those conditions that will make a better and nearer normal physical functioning of the body.
5. These being of such general natures, then, we find, these conditions existent in this body, [274] we are speaking of:
6. The BLOOD supply indicates the low vitality that exists in portions of the system, at the same time showing the abilities of the body to create - through this varied disturbance - that to combat the various conditions that exist in the system.
7. Hence we would find that the general causes (now, this is general - to be sure) are poisons in specific portions of the system.
8. And the general distribution of the poisons over the body prevents much of the constructive forces having sufficient or full sway in the body, to more than have temporary relief at times from disturbances in head; as in the soft tissue of the face, antrums, gums, teeth, throat, and the like - as well as those of more extended area in the joints, the extremities especially; arms, hands, shoulders, in thighs, back, hips, knees, and feet. All of these exhibit the effect of such poisons.
9. Again we have recurrent distresses from a condition that has long existed in the digestive system. And a continued recurrence of attacks of acute indigestion, of sour stomach, heartburn, and the like; acidosis in colon area, the tendency of disturbances in liver, in kidneys, especially in bladder and in the glands that are irritated through overacidity in urine and in the colon itself.
10. All of these are RECURRENT, or may be said properly to be CONCURRENT conditions; the severity of the attack dependent upon the activities as to the resistances that are builded in the system.
11. What then, is asked, would be given as the specific causes of the present conditions?

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12. TOXEMIA - of all these natures!

13. Then, there may be, as we find, that added to the system in the form of those properties that will meet the varied conditions in the body; and altering the applications as to the stimuli for the creative forces in assimilating system as well as exterior and mechano-therapy application, or mechanical applications for the various conditions or effects that are produced in the body.

14. First, then, we would begin with properties to aid the resistance (that IS existent in the physical forces of the body), to build for an ability of the system to ELIMINATE these disturbances from the body and STILL - at the same time - ALLOW the body to CONTINUE with the general activities from day to day.

15. To be sure, the recuperation might be better accomplished were the conditions such as to not cause too general a mental disturbance; by leaving all the surroundings or environs and changing to climatic conditions that would be different, or the like.

16. But, these conditions may be MET under the PRESENT ENVIRONS, as we find, if there will be followed consistently and persistently those directions which may be given for the bringing about of better physical forces in the body, [274] we are speaking of.

17. Begin, then (under the existent conditions), and prepare this:

18. To a gallon and a half of distilled water, add - IN THE ORDER GIVEN - the following:

Wild Cherry Bark.....1 ounce, Sarsaparilla Root.....1 ounce,
Yellow Dock Root.....1/2 ounce, Burdock Root.....1/2 ounce,
Indian Turnip.....10 grains, Mayweed.....1/4 ounce,
Dogwood Bark.....1/4 ounce, Prickly Ash Bark.....1/4 ounce.

19. Reduce this by slow boiling, until that strained off equals to 1 quart.

20. Cut 2 drams Balsam of Tolu into 3 ounces of grain alcohol and add to the solution, as a preservative and to stimulate the activity.

21. The dose of this would be half a teaspoonful 4 times each day, before each meal and before retiring.

22. After this has been taken for 3 to 5 days, we will then find it necessary to use high enemas for the alleviating of distresses through the alimentary canal. These high enemas (which should be taken as colonic irrigations) should be taken (after the 5 days), at first, 2 the first week - see? one, we would say, on Monday, the other on Saturday - see?

23. Then skip 2 weeks before 1 more would be taken, but continuing to take the medicinal properties throughout this period - see?

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24. Then we would begin with the thorough MANIPULATIONS, or the massage that would follow sweat baths which - preferably - would be medicated, see? or, as this:
25. Before the body goes into the cabinet for the sweat bath, massage INTO the body those properties of olive oil, tincture of myrrh and sassafras oil - equal parts (heating the olive oil and adding the other ingredients). This would be massaged ALL OVER the body, and especially along the cerebrospinal system, through the shoulders, over the head, and all portions of the body.
26. Do not raise the temperature of the cabinet other than that which creates the general perspiration, see?
27. The bath would be followed by a general rubdown, with the stimulation of those oils or properties combined in this manner:
Russian White Oil.....1 pint,
Rub alcohol.....1 pint,
Witchhaze1.....1/2 pint.
This would be massaged thoroughly into all portions of the body; arms, neck, torso, legs, feet, hands - all over the body, see?
28. Then there should be the general rubdown following same.
29. These sweat baths would only be taken once a week, in the manner outlined; continuing, of course, with the medicinal properties throughout the period.
30. Follow this, then, for this time - and after the fifth of such treatments we would give further instructions in this direction.
31. During this period there shall be, of course - and ESPECIALLY when the baths are taken, or the sweats - PLENTY of water taken at all times! Drink at least six to ten glasses of water each day! This doesn't mean beer, or other things - but WATER! If other drinks are desired, they would not be harmful - if taken with MEALS, but not at other times!
32. The diet - let this be as an outline, which may be altered or changed to suit the tastes; but this may be used as a general outline:
33. Mornings - first a little tea or coffee may be taken; a VERY small quantity, as a demi-tasse.
34. Twenty to thirty minutes later there may be taken citrus fruits or stewed fruits, or cereals; but when fruits or cereals are taken do not take the citrus fruit juices. Citrus fruit juices are PREFERABLE to the other two.
35. Following this there may be taken small cakes or dried toast (rice cakes, buckwheat cakes, or the like), with a little honey - see?

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36. Or, occasionally, there may be taken an egg with some very CRISP bacon.
37. Alter these, to be sure.
38. This meal should be taken by seven-thirty or eight o'clock in the morning, or before.
39. By nine-thirty or ten o'clock take a malted milk, with EGG in same - see? To it may be added a few drops of rum or of spirits frumenti, but not too much; just sufficient to take away the taste of the egg. Do not include the white of the egg in this; only the yolk, see?
40. Noons - preferably meat JUICES, or vegetable juices. With these there may be altered from time to time the whole wheat, rye, or any of the whole wheat crackers, wafers, or the like. Not those that carry white bread, nor white crackers, with THIS particular meal - especially.
41. Evenings - the whole vegetable dinners, which would include meats; and, at least three times each week, include among the meats those of calf's liver or of tripe - and pig knuckle. These may be altered, you see. At least three times each week these should be among, or on, the menu - in the evenings.
42. When the entire treatments have been followed or taken as suggested, then we will give further instructions for this body; for we must alter, of course, to meet the varied conditions that are to be builded or added to the body from time to time.
43. Begin with this, now. These conditions may be eradicated; and make a normal, healthy body - for this body, [274]. Ready for questions.
44. (Q) What kind of exercise, or sports, should I preferably take up?
(A) He'll have enough sports, and exercise if he'll take all these, with his general work, for the TIME BEING!
Later we can go in for any sports that is desired by the body! Let's sport at this for the time being!
45. (Q) Are any laxatives necessary; if so, what special ones are best for me?
(A) We are preparing the system so that these will not be necessary! The laxatives will be within those properties taken as the general tonic, or for the toning of the system; with the food values and the enemas, for the TIME BEING! We are changing all this! Let's do this first, and then we may ask more questions!
46. We are through for the present.
[Directions were sent for making pure beef juice, liver blood puddings, general blood building foods, etc. We referred him to H. J. Reilly of the Reilly Health Service for the sweat baths, massages, etc.]

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REPORTS OF READING 274-2 M 34

R1. 4/24/33 He wrote: "Thank you very much for the last reading, and also for the following letter, which gave me hope to get rid of that hampering toxic condition. I shall begin the treatment suggested at the end of this week..."

"Now for the diet: I do not drink tea or coffee. Should I?"

"I do not digest milk as a rule and furthermore it increases my catarrhal condition. I could take Hemo- (Thompson's 'double malted' milk prepared with beef-peptone and organic iron) - in plain water with the yolk of an egg. Or should I put it in milk, in spite of my unfavorable reaction to it?"

"I am not a meat eater and shall have to develop a taste for those things as tripe and pigs' knuckle! Lamb chops and chicken have been the only meats I have eaten for some time. But if you say so, I'll eat calf's liver and tripe and pig's knuckle - but the blood pudding has absolutely no appeal for the present! Any substitute??"

"I'll write you every week to let you know..."

"I want to thank you again most heartily for your kind help."

R2. 4/28/33 EC's letter:

My dear Mr. [274]: -

"I have yours of the 24th, and certainly hope you will be able to follow out the suggestions in your reading; for I feel very sure that by so doing you will gain the results desired.

Now, regarding your schedule, I think you have it outlined about right, as I gather from the reading.

As to the diet, you will remember that only an outline was suggested, and that you are to adhere to this only in the manner which you find best agrees with you. From the reading I am of the opinion that you will find the dried milk or malted milk, or such, will agree with you where the other would not. I do not know about the malted milk with the beef, peptone and iron. I think I would undertake to follow the outline in the reading, at least for a few days, in regard to the dried milk or malted milk, and see whether this, WITH the medicinal properties you are taking, will agree with you. Then, if you find that it does not, of course it would then be necessary to change. But there is a great deal of digestive and lacteal properties included in the compound you are to take four times each day.

The tripe, pig knuckle and liver, while you may have to develop something of an appetite for this, carries a character of gluten that I am sure you will find will work well with your digestive system; especially with the properties being taken internally.

I would not see that the blood pudding should be taken at all, for this is necessary where more of anemia is indicated than is in your case.

We will certainly be very glad to have a line from you every week or so, and to know just how you progress with the line of diet suggested. If you find that these work well, why, of course, all the better. You are to use common sense and judgement, however, along with these; for, of course, your surroundings, your thoughts, and the consciousness you have naturally created in your everyday activities, will have much to do with the condition.

Thanking you for your letter, hoping and trusting we may be of a real service, I am"
Sincerely, EC: GD

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R3. 5/20/33 First part of Mr. [274]'s letter see under 274-1 Life Reading Reports. Then:
“For about two weeks and a half I have been following the tr. given in the reading of 4/18/33; that is, besides taking regularly the medicinal properties. I had two colonic irrigations and one sweat bath with proper massages before and after (at Mr. Reilly's).
“No appreciable change yet in my physical condition. The irrigations showed a lot of mucus, gas and undigested food.
“Next week I shall have another sweat bath, and the week after another high colonic enema, unless I hear from you to the contrary.”
Very gratefully yours, [274]

R4. 6/8/33 He obtained Mental-Spiritual Reading 274-3 advising he was on the improve and to continue the treatments.

R5. 6/29/33 He obtained Ck. Physical 274-4.

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BACKGROUND OF READING 279-1 M 31

B1. 5/8/31 EC in N.Y., had dinner with his friends Mr. [417] and Mrs. [1192], and their friends, Mr. [279] and Mrs. [2261].

B2. 5/15/31 Mr. [279] verified his appointment, submitted questions, saying: "...I cannot begin to tell you how much I enjoyed meeting you and how deeply interested I am in you and your work. I hope in the near future to be able to show by actions, rather than words, my feelings... I feel as though I am embarking on a great adventure. That adventure, I feel, is the beginning of a knowledge which I have been unable to gather to date. I pray for the proper humility and understanding of what is to come..."

B3. 5/16/31 He submitted questions, including: "Are the treatments I am receiving from Dr. W. Millwood Conger [D.O.] being given properly?"

TEXT OF READING 279-1 M 31 (Hotel Manager, Hebrew)

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 20th day of May, 1931, in accordance with request made by self - Mr. [279], through his friend Mr. [417].

P R E S E N T

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

R E A D I N G

Time of Reading 3: 20 P. M. Eastern Standard Time. ..., N.J.

1. GC: You will have before you the body and the enquiring mind of [279], who is at ... Apts., #A-4, ..., N.J. You will give a physical, mental and spiritual reading for this body, giving suggestions, advice and counsel for the betterment of all of these, and you will answer the questions which he will ask.
2. EC: Yes, we have the body, the enquiring mind, and those conditions physical and mental as surround the body.
3. In the physical forces we find there are disorders that make for distresses at times IN the physical forces. Some of these are produced by the mental attitude of the body, CAUSED - however - through the nerve reaction on account of PHYSICAL conditions existent. Hence these are often termed psychopathic or neurotic in their nature. [Neurasthenia?] Were corrections made, [If corrections were made] so that there are nearer normal functionings, we would find the physical forces would be better and the mental - as manifests THROUGH the activities of the physical - BE greatly improved as to the ABILITIES; for with better facilities FOR activity, the mental and the physical MAY function the better.
4. We find that the BLOOD SUPPLY in itself is irregular. There are periods when there is a lack of the red blood, and a tendency towards a form of anemia by too MUCH white blood. This is MORE of a physical condition than has sometimes been determined by those that have attempted to assist this correction. In this SAME connection, we find that with the nervous depressions that come, a tendency for a quick heart action, and some have termed same as an ORGANIC condition. This, as WE find, NOT the case; rather a

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result of the depressions as are produced in the system through the taxations as have existed along the cerebro-spinal system.

5. Those applications that have been given, that are BEING given occasionally for the correction of those segmentations that show for impingements in the cerebrospinal system, are beneficial, have been and are being corrected in a proper way and manner.

6. We would, however, as we find, add to this by occasionally having high colonic irrigations, and a thorough rubdown after taking some baths that would bring more or a closer coordination in the eliminations through the exterior portions, or sweat glands. Not that the body should be heated so hot, but SUFFICIENTLY so that there would be a reaction through the respiratory system.

7. And be mindful of the diet. This would be, as we find, an outline for same - though, to be sure, may be altered as the conditions justify, or are necessary - but we should keep the eliminations high; that is, rather at an excess, as it were, until the drosses are removed from the system and there is a tendency for the cellular forces within the blood supply - and with the coordination of the nervous system - to produce a normal flow of blood through the body:

8. Mornings - citrus fruits, with wafers or toast, and occasionally a coddled egg; but do not mix cereals with citrus fruits, though at times this may be changed to stewed fruits, baked apple, prunes and figs, and such. These would be well for the morning. We would take, in preference to coffee, any CEREAL drink - as Ovaltine, or of rye, or of such - see?

9. Noon, or lunch - this should be rather light, preferably a mixed green vegetable diet, altered at times with broths or soups - as vegetable soups, see? At this meal there should be taken, or between meals, cereal drinks - as of dried milk or such, malted milk or such. These may be combined with egg or without same, and were stimuli as of spirits frumenti added with same, would be well - provided not too much, so that it does not disturb the digestive system - see?

10. Evenings - would be of the cooked vegetables, and with fish, chicken, mutton and beef, provided it is not in grease. Do not take too much of any fried prepared foods, that has the fried or the fats in same. Those that are boiled, stewed or broiled, may be taken very well.

11. These, as we find, would build for a proper correction.

12. We would take the colonics, in the beginning, every other week until at least four or six have been taken.

13. At least ONCE a week take the sweats and the THOROUGH rubdown; even salt rubs, followed with the witchhazel and olive oil, and the alcohol. These would be WELL for the body, STIMULATING the capillary circulation.

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14. These, as we find, will bring about a much nearer normal activity in the whole physical body.

15. In the mental forces we find as these:

16. Worriments, and the conditions that arise from some of the associations of the body, or with the body, produce that that makes for worriment; and will the body EXERCISE as much mental activity without fear in its mental and spiritual life, as it does in its business associations and relations, we would find a different outlook upon life; for from within comes that that will BUILD the body, physically and mentally; for, as is given in the germ of life itself that impetus which, carrying through all the channels of a living organism, IS able to SUSTAIN life, not only in just SUSTAINING but making it worthwhile! Be not merely good; be good FOR something, physically AND mentally! That known physically in material affairs is often put to good use, especially in detail, in minutia of constructive forces. Put the mental and SPIRITUAL to activity in the same way and manner, knowing that - as in the physical attributes of man, which adds to the material things of life - the mental and spiritual put to the same application, the increase COMES through those divine forces as makes for creative and continuity of force in the same way and manner. Ready for questions.

17. (Q) Is my health being affected by aggravation resulting from business association with my family, and would it be advisable to make a change?

(A) In part, as has been given! This comes from those - but it's more of a PHYSICAL, else - those relationships with the family could be, and would be, made as stepping stones for BETTER things, rather than being ALLOWED to overcome and subdue the abilities! Hence separate self in the line as has been outlined, as the managerial programs that have been set in various spheres for ensamples and examples; or be, as it were, one of a SPECIALIST in the line of managerial experiences!

18. (Q) What is the cause of the pains over my heart?

(A) As has been outlined, from nervous conditions and from the improper coordination of the eliminating system. Hence the tendency of the body to be cold at times when others are hot, and to be hot when others find it pleasant or cool.

19. (Q) Why do I suffer continually from heartburn?

(A) Backing up of poisons from those conditions existent in the caecum, or in the appendicial region. With the cleansing of the colon, with the proper diet and manipulation, and with the proper stimulation to the capillary circulation, these will disappear.

20. (Q) Will the Forces please explain my phobias regarding the color and texture of my lips, tongue and mouth, and the cause of the occasional twitchings of the lips, mouth and tongue?

(A) As has been given. This is an improper coordination in the circulation, as related to the INTERNAL circulation and the CAPILLARY circulation. Hence that's why those added forces of the sweats, with the thorough rubs - salt, alcohol, oil and such, should be

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given, for the stimulation TO the circulation and to make proper coordination in nerve ends, which will bring color - when there is added the blood supply, which IS being builded, yet - as has been outlined for the diet, for the exercises, for the eliminations - these additions will hasten and make for bettered conditions with the body.

21. (Q) Will the business proposition broached to me very recently materialize?

(A) This may or may not; will depend a great deal upon the activities of the body itself and its reaction to those channels through which this proposition was broached.

22. (Q) Is it advisable for me to accept same, and will it prove a wise choice for me mentally and materially?

(A) As we find, it would; provided the physical body is in accord with the mental activities necessary to carry on.

23. (Q) Is it best to let this business proposal rest, or shall I try to force the issue?

(A) We would not FORCE the issue, but we would not let it lag or rest! Rather put self in that position first physically AND mentally to be able to meet or cope with, or to ADVANCE same - see? Then, as this is being accomplished, put self in the way of same being offered again - or the same proposal made both by self and from others.

24. We are through for the present.

REPORTS OF READING 279-1 M 31

R1. 5/22/31 [279]'s letter to EC: "I am taking the privilege of calling you Edgar! I hope I am not out of order.

"I received the reading this morning about 11: 30 and I suppose I have read it fully a half dozen times since! Being entirely a novice in the field of things spiritual and psychic, I cannot make a comparison of my feelings in connection with your reading and others, as I have had no others!

"Permit me to tell you a little of my reactions: At first, a slight feeling of awe, that you could 'diagnose' me in such a manner and mention things that many doctors seem to overlook. Next, a feeling of relief, that you mention nothing of an organic nature is wrong with me. That has been one of my greatest mental deterrents; I mean my inability to believe there is nothing organically and seriously wrong with me. I believe you are going to help me tremendously, in this respect, to say nothing of the infinite good, I pray will be forthcoming from future readings. Next, a feeling of disappointment that more specific information regarding my 'future business' connections was not forthcoming, and that the necessity for my 'physical' self, and mental to be in better attune, before tackling anything new. While disappointed somewhat - I assure you, I appreciate the soundness of that advice. Here's a prayer, that I follow it thoroughly.

"Next, I felt a feeling of something akin to helplessness; this last, due to the realization that I AM NOT able to 'exercise the mental activity without fear' in my mental and spiritual life that I do in business life. Don't you think this is somewhat due to the fact that I have complete confidence in my knowledge of the hotel business and feel that I can

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speak with authority on any subject relating to that business? I am imploring the divine powers to permit you to show me how to find the way in my 'mental and spiritual'..."

R2. 6/8/31 He was present for his Check Physical reading, 279-2, and additional advice about his mental and material affairs. [See subsequent readings about his health, his mental and material affairs.]

R3. 2/13/34 He requested Check Physical 279-20 saying:

"...Looking back over the past few years, Edgar, I can see where many, if not all, my symptoms were mental, or if not mental, at least 'nervous.' I used to get panicky when some of these so-called nervous spells came on me. Thank God, I am not so bad today. I do not get entirely the same symptoms, but I am physically suffering more, and apparently less mentally; that is, I am not as panicky or trembly as I used to be but, of course, I am greatly disturbed by my inability to rid myself of my symptoms and pains and aches.

"When [417] first referred me to you for a reading, I was suffering with a pain in the back which the doctors attributed to 'nerves.' You, in your reading, recommended osteopathic treatment and irrigations. Well, I improved greatly, and for a year or two felt great relief. Now those pains are back worse than ever. It's just like a knife in my back at times.

"With it all, I have been having jabbing pains in the section of my heart, which to say the least are very disturbing. I have been trying to take care of myself, and generally speaking have been eating reasonably. But somehow, I cannot rid myself of the 'soreness' from the spinal area, starting at the cervicals to the 5th dorsal, and also the lumbar region. Possibly adding to my distress recently has been an ache in my legs, around the calf and lower, along with my backache and those jabbing pains. Topping all that is my rapid heart, and there you have pretty nearly the whole picture... My doctor still tells me my condition is purely a functional disorder and NOT organic. I am praying that the reading can tell me what to do to get rid of the sharp pains which have bothered me so much more lately than before..."

R4. 2/17/34 See his Check Physical reading, 279-20.

R5. 5/26/31 Dr. Millwood Conger's [D.O.] letter to EC:

"...In connection with your work for humanity I will be glad to cooperate with you, should you have anyone coming to our city. I will assure you that I will do my utmost to follow the direction of your readings to the letter in any case you may refer to me; hence, you will be working in a positive atmosphere. Over twenty years of practice has convinced me of the marked inhibiting effect a negative atmosphere has upon the successful treatment of any condition. Hence, you can expect from me a literal acquiescence in the details of your readings in every case, as I am only too glad to get this assistance from the spiritual source. My mind is absolutely liquid, ready and willing to conform to truth as truth unfolds to me in practice. Thanking you for any assistance you can and may give me for the solution of any problem or case, with which I may be confronted from time to time, and with kindest regards wishing you the infinite degree of health, happiness, success and long life..."

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INDEX OF READING 462-14 M 57

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: Packs: Hot Salt: Hemorrhoids	Par. 14, 29-A
Sleep	Par. 32-A
Varicose Veins	Par. 27-A

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BACKGROUND OF READING 462-14 M 57

B1. See 462-13 on 7/2/40.

TEXT OF READING 462-14 M 57

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 6th day of January, 1942, in accordance with request made by the self - Mr. [462], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mr. [462] and Mrs. [404].

R E A D I N G

Time of Reading 11: 10 to 11: 40 A. M. Eastern Standard Time. ..., Virginia.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [462]; this we have had before.
3. As we find, there are many changes in the physical forces of the body since last we had same here. Some of the present disturbances are associate of some old disturbances not entirely eliminated from the system.
4. These, then, are conditions as we find them in the present with this body, [462] we are speaking of:
5. While many conditions are very good, many indicate the resistances that are being builded in the general assimilating system, the glandular forces in the main function near to normal, greater vitality and strength is being created than nominally, - we find that at times these are being used up. This gives in the sympathetic nervous system at times the feeling good, at others the feeling as if EVERYTHING was all wrong in the activity of the body.
6. Blood supply we find good, though there are periods when - through the sympathetic reaction - the body becomes irritated and some pressures arise from some infectious forces that exist in portions of the circulation.
7. Hence as we find, the basis of the disturbances is in the reflex nerve forces of the body. There are periods when the reflex infection carried in the circulation produces disturbances to various portions of the digestive forces, rather than the assimilating. Then we have at times a form of heartburn, or a relationship to the liver as related to heart; feeling of suppression or depression through the lungs; at times the nasal passages and throat give trouble.
8. These as we find usually come and go, and thus indicate there are sources from which these arise that are carried in the lymph circulation.

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9. At such periods we will find irregularity in the heart beat. There is NOT organic heart disturbance. There is not organic liver disturbance. These are reflexes, as we find.

10. From the old disturbance through the gastric flow in the duodenum and jejunum and colon, conditions form in portions of the colon that have been and are the sources of the disturbance. Thus the needs at times for flushing the alimentary canal. This necessity has been existent and still exists.

11. In the areas of the descending colon there has been and still is some disturbance from the prolapsus there, where infection occurs. Thus through the lower sphincter, through the anus and the rectal area, there is the itching, there are the disturbances that cause great anxiety; as it were setting the body almost afire internally. The reflexes to the nerve system, with a little of these conditions being reflexed into the circulation, cause these other disturbances.

12. We would in the present use this, prepared in this manner:

13. To 1 ounce of Glycerine, add - in the order named:

Carbolic Acid.....3 drops (shaking and stirring these together thoroughly),

Russian White Oil.....3 ounces.

Use this in a force syringe. Let the greater portion of this be used about twice, or this quantity about twice - injected into the lower portion of the bowel, see?

14. Then have heat - salt heat applied to the area ACROSS the lower sacral.

15. This, as we find, will alleviate the disturbances.

16. Be mindful that following same, in a few days, there is a good, thorough evacuation by the use of colonic irrigation.

17. Then have a few - three, four to five - four or five days apart - of the general stimulations osteopathically, with particular reference to the areas in the lumbar and sacral, in the 9th and 10th dorsal, 4th, 5th and 6th dorsal, and throughout the cervical.

18. Be mindful of the diet.

19. Do not use the injections unless there is the upsetting again, or the itching, or such; but cleanse the system, and with the resistances that are being built, we should bring about much nearer to normal conditions for the body.

20. Ready for questions.

21. (Q) Please give me the foods I should eat at breakfast, considering what the organs of the body can take care of and also what the body needs for strength and energy and the daily renewing.

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(A) Let's take into consideration, as these are to be given, the variations that are going to occur with the application of these things suggested, - the variation in the correction of the gastric flow from the liver, as well as the activity of the pancreas and throughout the system itself.

These, to be sure, are those indicated most after these changes have been accomplished. We would not change a great deal from the present diet, until there has been at least one or two of the colonic irrigations to purify the pockets in the lower portion of the colon.

But citrus fruits, and especially once or twice or three times a week the re-enforced cereals, - but mostly the whole grain, especially oats - these well cooked, with little sugar, but with milk or cream, or baked or cooked apples may be taken at the same meal as the cereal; crisp bacon, toast - or the salt or whole wheat bread. These are preferable for the morning meal.

Noons - the juices, but with such as beef, mutton or fish. Fish at least twice each week, even with the surroundings - [a few miles from Atlantic Ocean] for there is needed the reaction in the system of this nature of food. These with plenty of vegetables should supply sufficient needs for the body.

22. (Q) Should coffee be taken?

(A) It can be taken if this is desired, but not with milk or cream.

23. (Q) What about tea?

(A) Tea might be taken when the body is resting - but this is rather a pick-up for the body and does not last as long with the body even as coffee, and coffee is more of a food than tea.

Do these things.

24. (Q) Would the J. B. L. Cascade be better for cleansing the colon: if so, when and how often should it be used and what should be added to the water?

(A) Preferably this should be used as an aid, but the colonic irrigation should be professionally given. For, there are cakes that need removing - which can be done by being able to take much more water than can be taken in a cascade.

25. (Q) Are my teeth a contributory cause?

(A) Not in the main. There are times when they become contributory, but not in the main. The salt and soda as a massage, the rinsing of the mouth often with first Glyco-Thymoline and then the next time with Listerine will aid the gums, even in the throat here.

26. (Q) What causes the uneasy feeling about the appendix area?

(A) The pressure in the colon.

27. (Q) What can I do to cure Varicose Vein in right leg?

(A) Massage with an ointment made from Mullein juices with Cocoa Butter and Oil of Butter. [2/11/53 GD's note: Mr. [462] told me today that he has used this ointment whenever swelling of vein occurs - has no more trouble.]

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28. (Q) What can I do about the stuffing sensation in right nostril and right side of head?

(A) As indicated, this is purely reflex. And when we remove those disturbances in the lower portion of the colon, cleansing the areas and changing the circulation with the adjustments and massages, this should disappear.

29. (Q) Why are my feet always cold and what can I do to make them more comfortable?

(A) They won't be cold if you get your circulation down! Correct same by the use of the applications indicated; not only the heat in the sacral but the osteopathic corrections made there.

30. (Q) What type shoe should I wear?

(A) Those that are snug fitting but not too pointed, and yet not too broad. As we find, those that carry CUSHIONS in the inner sole are the better type for the body.

31. (Q) Give a good hair restorer for this body.

(A) None much better for this particular body than Listerine.

32. (Q) What kind of mattress should I sleep on in order to best relax my body?

(A) That which is not too easy, yet not too hard.

33. (Q) Considering the frozen foods, especially vegetables and fruits that are on the market today, - has the freezing in any way killed certain vitamins and how do they compare with the fresh?

(A) This would necessitate making a special list. For, some are affected more than others. So far as fruits are concerned, these do not lose much of the vitamin content. Yet some of these are affected by the freezing. Vegetables, - much of the vitamin content of these is taken, unless there is the re-enforcement in same when these are either prepared for food or when frozen.

34. (Q) Consider also the steam pressure for cooking foods quickly. Would it be recommended and does it destroy any of the precious vitamins of the vegetables and fruits?

(A) Rather preserves than destroys.

35. (Q) When should I have another check-up in order to keep up with the changes that will take place?

(A) In six to eight weeks.

But as we find, if there is the proper consideration, and the proper application of those things suggested, WITH the present attitude and resistance - unless other conditions intercept - we should find the body RENEWING itself, and being some several years younger. But act your age rather!

36. We are through for the present.

REPORTS OF READING 462-14 M 57

R1. 1/22/42 "I am taking my osteopathic tr. from Dr. C. W. Irvin and coming along fine."

R2. 4/23/42 See 462-15.

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INDEX OF READING 748-1 F 57

ASSIMILATIONS: ELIMINATIONS: INCOORDINATION

Diet: Assimilations: Eliminations: Incoordination	Par. 19-A
Digestion: Indigestion: Spine: Subluxations	Par. 8
Heartburn	Par. 8
Osteopathy: Spine: Subluxations	Par. 13
Prescriptions: Glycerine: Assimilations: Eliminations: Incoordination	Par. 14, 15
: Rhubarb, Syrup of:	Par. 14, 15
: Sarsaparilla Compound:	Par. 14, 15
: Stillingia, Tincture of:	Par. 14, 15
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SPINE: SUBLUXATIONS

Teeth: Gums: Spine: Subluxations	Par. 18-A
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BACKGROUND OF READING 748-1 F 57

None.

TEXT OF READING 748-1 F 57

This psychic reading given by Edgar Cayce at the Hirn home, 6844 Nansen St., Forest Hills, L.I., N.Y., this 27th day of November, 1934, in accordance with request made by the self - Mrs. [748], through Active Membership of her son-in-law, Mr. [668], in the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Hugh Lynn Cayce, Conductor; Gladys Davis, Steno. Mrs. [748], Mrs. [726], and others.

R E A D I N G

Time of Reading 11: 50 to 12: 10 A. M. Eastern Standard Time. ..., New York.
(Physical Suggestion)

1. EC: Yes, we have the body here, [748].
2. Now, as we find, while the physical conditions are very good in many respects, there are those tendencies and disturbances the correction of which in the present would create a much better response; not only removing some conditions that disturb the body in the present but preventing greater disturbances from being created in the body.
3. These, as we find, have to do with the circulatory system and the assimilating and eliminating forces as respecting same.
4. Then, these are the conditions as we find them in the present, in the physical forces of this body, [748] we are speaking of, present in this room:
5. In the BLOOD SUPPLY the circulatory influences are at times impoverishing portions of the body through a poor or disturbed circulation through portions of the system; as specifically in the head, the neck, the throat, and the effects to these - or effects FROM these are those disturbances that are indicated in the sensory organisms - as the auditory forces, as to the hearing, as to the tastes even at times that do not respond in the normal manner.
6. The soft tissue in the face, as in the antrum, gives distresses; producing in the mouth or the gums, in the throat, conditions that show a poor circulation, an allowing of the accumulations from refuse forces by the poor eliminations to become more active in the body.
7. The centers from which these disturbances arise, as we find, are from the 3rd and 4th dorsal, even to the 1st and 2nd cervical. The structural portions here at times make for interferences through those segmentations becoming so jammed in their activity as to produce the cartilaginous forces in the segments where there is little or very poor circulation through same; the body having builded such activities in other directions as to

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carry on - but these are now being hindered. Not from the segmentation, but from disturbances that we find arise from the assimilating forces or influences in the body.

8. These are the reflexes, then, through the 3rd and 4th dorsal area, where the impingements there make for the slowing of the heart's activity through the secondary cardiac plexus - and all these make for reflexes with the digestive system. THESE are the greater disturbances, and with the corrections from these we will bring a much more normal force for the body, and PREVENT - as indicated - further disturbances in the creations of those fluids that produce regurgitation from the duodenum portions of the body, through the pylorus forces to the gastric juices of the stomach. Hence we have at periods the heartburn, as it were - or as it is termed, or indigestive fluids coming back to the body. These create pressures in such measures and manners as to hinder this circulation from calling for those activities from these particular centers - or dorsal and cervical areas - as to keep a near normal balance. For, as is ever manifested, the body attempts to keep a balance under whatever stress or strain may arise - and to build through normal influences those conditions that will make for keeping a collaboration and a coordination in the functioning of organs, in the secretions of glands, in the activities of the system to keep a balance. These becoming disturbed through these conditions have brought about these disorders. But they are not so far advanced as some, for with the removal of the pressure, with the creating of a balance for the influences and forces of the body, we will make for better eliminations; and the poor eliminations have at times also produced reflex actions that become contributory causes to this portion of the distresses in the eliminating systems.

9. The NERVOUS FORCES also indicate that these very same conditions exist. Hence while the nerve impulses are disturbed, these in the nervous forces are reflexes to the conditions rather than causes of the conditions. Yet these must be taken into consideration as the corrections would be made.

10. Through the functioning of the ORGANS themselves, we find the indications as given in regard to the organs of the sensory system - that are disturbed through the activities of the poor circulation; the poor circulation being produced by disturbances in the sympathetic and dorsal forces of the body itself.

11. Thus the heart's reaction and the digestive fluids are disturbed, and through the activity in the spleen, the pancreas and the gall duct, in the liver area, there are created the poor eliminations that are carried on through the alimentary canal.

12. Then, in meeting the needs of the conditions as we find them - to make for the most helpful influences, so that we may overcome those tendencies for the extremities at times to become cold or non-reactive to the general system (these are as indications and are as warnings for the body):

13. First we would make the corrections in the lower cervical, all the upper lumbar to the 9th and 10th dorsal - easily to this portion of the system itself; then to the upper cervical and through the head and neck by stimulating the centers from which the system receives

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the impulses along the whole of the cerebrospinal system. Such corrections in the cerebrospinal or the eliminating systems of the body would be coordinated throughout the whole of the body by the massage, and the corrections that would be made about twice each week during the first two or three weeks, and then about once each week.

14. We would take internally the properties in very small quantities that will act with the glands of the system, as would be created in a compound put together in this form and manner:

15. To 4 ounces of Simple Syrup, add:

Syrup of Sarsaparilla Compound.....1/2 ounce, Tincture of Stillingia.....1/2 ounce,
Syrup of Rhubarb.....1/2 ounce, Glycerine.....1/4 ounce.

Shake these together very thoroughly before the dose is taken, which would be half a teaspoonful three times each day; before the morning meal, after the noon meal, and before retiring.

16. Do these, and we will bring for this body the nearer normal conditions.

17. Ready for questions.

18. (Q) Would you recommend any specific treatment for the gums?

(A) These corrections outlined will aid materially in increasing the circulation. Specific aids may be found in the use of any good antiseptic that will cleanse, or stimulate the circulation; such as may be found in those compounds that are made for such activities.

19. (Q) Will you outline a diet for the body?

(A) We would keep rather to those foods that are the alkaline rather than too great a quantity of the acid-producing; or rather this: No heavy red meats, though - of course - fish or fowl or lamb or such natures may be taken. Preferably no fried foods of any kind. Do these, and we will make for the bettered conditions in this body, [748].

20. We are through for the present.

(See letter [which was enclosed] to Osteopath and to Druggist; also an Alkaline-Producing Food list, of which your principal diet should consist with the exception of the variations mentioned in reading above. For local application to the gums, we would recommend the use of Ipsab. GD.)

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INDEX OF READING 926-1 M ADULT

ACIDITY

ANEMIA

CONSTIPATION

Dermatitis: Toxemia Par. 16, 22-A

Diet: Acidity Par. 15

: Citrus & Cereal Par. 15

: Combinations Par. 15

Eyes: Spine: Subluxations Par. 23-A

Heartburn B2

Insomnia: Toxemia Par. 8

Osteopathy: Spine: Subluxations Par. 12, 14, 17, 19-A

Prescriptions: Alcaroid: Acidity Par. 13, 14, 17

: Caroid Bile Salts: Par. 14, 17

: Water, Drinking: Par. 14

SPINE: SUBLUXATIONS

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BACKGROUND OF READING 926-1 M ADULT

B1. GD's note: I met this young man and would say that he was under thirty years of age.

B2. 4/17/35 [926]'s letter:

Washington, D.C.

To: Dr. Edgar Cayce and Mrs. Gertrude Cayce, Apt. 306, Woodley Apts., 1851 Columbia Road, N.W. Washington, D.C.

Sir and Madam:

Mr. [...] has spoken to me of your work and I should like to secure a physical reading concerning the state of my health while you are in Washington. If it is not possible to secure this reading while you are here, it would be highly appreciated if I were permitted to be present while one is being made, for someone else.

I presume that during the course of a reading pertaining to myself whatever defects or ailments exist will be specified and, to some extent, explained; specific remedies will be prescribed for these defects or ailments; and instructions will be given concerning application of remedial suggestions and concerning the sources and locations of any drugs or appliances needed. If technical medical names can be supplied describing the conditions found without loss of time or without undue effort, it would be highly pleasing to me to have these terms in order to read medical writings and source materials concerning them.

Of course, my first interest is in that information which will be of most importance to me in solving my difficulties. With my present knowledge, however, the following notes indicate the order of importance of questions I should like to have answered during the main part of the reading or in the questions that follow.

- (1) According to blood tests I am deficient in red blood corpuscles. What is the cause of this condition and how can it be remedied?
- (2) What causes my frequent "colds" and constant irritation and discharge in my nose and throat and how can these conditions be remedied?
- (3) What are the causes and remedies of the recurring pain in the right side of my abdomen, the excessive discharge of gas and the prolonged condition of "hard stools"?
- (4) Why do my hands and feet become cold so easily and how may this conditions be cured?
- (5) The left side of my throat swells inwardly at times, there are red growths in my throat, and after continued talking I become hoarse and my throat is irritated. How can these conditions be removed?
- (6) The blood veins serving the left testicle are enlarged and the scrotum is very loose. At times the left testicle is quite sensitive. What should be the treatment for these conditions?
- (7) I have frequent and urgent demands to urinate. What is the remedy for this condition?
- (8) I have heartburn frequently and lack appetite. What is the remedy for these conditions?
- (9) My eyes burn frequently. They become irritated, blood shot and red at the corners and they feel enlarged and hard and heavy. What can be done to remove these conditions?
- (10) Many of the pores of my skin are enlarged and stopped with oil plugs and pimples result. How can this condition be removed and prevented?
- (11) How may I attain a normal metabolism?

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- (12) How may I attain normal weight?
 - (13) How can I remove and prevent dandruff?
 - (14) How can the dingy color of my teeth be cleared and further decay damage to them prevented?
 - (15) How can I enable myself to sleep more soundly?
 - (16) Are my bones in proper condition to manufacture red corpuscles?
- Sincerely yours, [926]

TEXT OF READING 926-1 M ADULT

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 20th day of May, 1935, in accordance with request made by the self - Mr. [926], new Active Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [826].

P R E S E N T

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

R E A D I N G

Time of Reading 11: 00 to 11: 30 A. M. Eastern Standard Time. Washington, D.C.
(Physical Suggestion)

1. EC: Yes, we have the body and those conditions that have disturbed and do disturb the better physical functioning of the body.
2. Now, as we find, there are specific hindrances to the better physical functioning. These are at times overlooked in the effects that are produced in the physical activities of the body; and the applications have been made for these effects rather than for correcting the causes of the disturbances in the body.
3. As we find, there are specific subluxations in the cerebrospinal system, that have gradually brought about disturbances in the functionings of the organs, upsetting the metabolism of the body and producing specific conditions - as will be seen through the physical functionings of organs.
4. And if corrections were made in the cerebrospinal system, and the stimulations to the activity of the glands of the bodily functionings of the assimilated forces brought about, we would bring nearer normal conditions to the physical forces and many of those conditions that apparently are disturbances of their own in the system would be eliminated and eradicated from the physical functionings of the body itself.
5. These, then, are the conditions as we find them as related to the physical conditions of this body, [926] we are speaking of:
6. We find the BLOOD SUPPLY BELOW the normal in the quantity and in the quality of the supply. A form of anemia. Not of a pernicious character (that is, set up within itself), but a disturbance in the functioning of the body and in the manner in which assimilations are carried on. This makes for a disturbance, to be sure, in the heart's activity; though not an organic heart disorder. Also this taxation in the system of the

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blood supply takes from the strength and vitality of the system in such measures that many of the organs are disturbed in their activity.

7. In the assimilating forces of the digestive area we find the tendencies for acidity in the system, creating through the eliminating channels (that is, in the alimentary canal) a tendency towards constipation and a filling up through the lower portion of the circulatory forces in the body as to disturb the kidneys, as to disturb the liver. Thus such activities are produced in the organs of the eliminating system as to produce at times an overactivity of the bladder but a scarceness or sparseness in the quantity of the eliminations. These are unbalanced conditions produced by the poisons that accumulate from the toxic forces that are throughout the colon and the alimentary canal.

8. As to the NERVOUS FORCES of the body, we find that at times there is the inability to rest well; the constant WAKING, as it were, during an evening of rest. And there is the tendency for tiredness in the body when the rest should have made for a period of resuscitation throughout the body; the LACK of the conditions that make for recuperative activity, as indicated by the accumulations of poisons through the system.

9. From the special pressures which exist in the cerebro-spinal system we have the effect as to the circulation through the throat and the bronchi and nasal passages, making for a tendency there of a drying at times. At other periods there is the excess accumulation of mucous in the throat, tendency of a drying or filling up in the nose and nasal passages. Thus there is caused in the circulatory forces there, from such conditions, a distress through these portions of the body.

10. As to the CAUSE of these, we find there are the tendencies not so much of a lesion in the upper cervical (or through the 3rd, 4th and 5th cervical) as a jamming together, as it were, or the lack of the proper cushions between the segments in this particular area. Also in the 3rd and 4th dorsal, and in the axis of the lower LUMBAR (or in the 4th lumbar), we find there is an out of alignment. So, there is caused a pressure to the right side, and this - combined with the general activities of the system - makes for the general depletion that exists in the physical functioning of the body.

11. Then, in meeting the needs of the conditions for the physical forces of this body, [926] we are speaking of:

12. We would first begin with the deep manipulations OSTEOPATHICALLY given, making specific adjustments in the lumbar lumbar area, the 3rd, 4th and 6th dorsal area, and throughout the cervical forces of the body. These should PREFERABLY be given at least twice or three times each week until fifteen to sixteen such treatments have been given. Then these may be made farther and farther apart; or once or twice a week for five to six to ten treatments, then rest by leaving them off a period of ten days, and then have another series of six to eight such treatments.

13. To aid specifically in adjusting the digestive FLOW of the body itself, we would take the Al-Caroid after two of the meals each day; that is, a quarter teaspoonful following the

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morning meal and the evening meal, you see, in a FULL glass of water. Do this for periods of three to four days at a time, and then skip a like period, and then begin again.

14. Also at regular periods, once a week, while the Al-Caroid is being taken, we would take two of the Caroid and Bile Salts tablets in the evening; drinking two glasses of water when these are taken, so that the SYSTEM - as the manipulations are given - may make for the proper coordination of eliminations through the alimentary canal.

15. Be very mindful of the diet; and we would be very strict in following rather an alkalin-reacting diet. To be sure, other foods may be taken; but in the main we would observe the alkalin diet. Beware of eating citrus fruits AND cereals at the same meal. Either may be taken, but not at the same meal. Beware of all fried foods. No fried potatoes, fried meats, fried steaks, fried fish, or anything of that nature. Do not combine quantities of starches with proteins; as beans (white beans), lima beans, or roughage - do not combine these with quantities of bread, nor white potatoes at any time with quantities of bread. When these are taken, do not eat bread. Beware of any stimuli as to make for fermentations in the system, as spirits frumenti of any kind. However, one meal each day - or two to three times a week - may include only black bread and wine (red wine); this should not be taken with vegetables or with other foods, save with either cold fowl or black bread or whole wheat bread or rye bread especially, or sour bread.

16. If these are taken in their proper way and manner, we will find that in a few weeks we will bring not only rest to the body but we will build up the body in its strength, in its vitality; and all those conditions will disappear that have disturbed the body, such as the little irritations over various portions of the body, tendencies for the disturbance with the scalp and dandruff, achings in the feet, and the periods when there is an excess activity from the kidneys, or the aching or pains through the testes.

17. Then, making the specific adjustments osteopathically, using the alkalin diets, and the Al-Caroid and Caroid for the digestive activities, we will make the proper corrections for this body, [926].

18. Ready for questions.

19. (Q) What osteopath in Washington would be preferable to make these adjustments?
(A) Anyone that is in sympathy with the activities of the body.

20. (Q) According to blood tests I am deficient in red blood corpuscles. What is the cause of this condition and how can it be remedied?
(A) This has been indicated.

21. (Q) Why do my hands and feet become cold so easily and how may this condition be cured?
(A) This has been indicated; by the circulation and poor circulation and the lack of the blood supply.

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22. (Q) Many of the pores of my skin are enlarged and stopped with oil plugs and pimples result. How can this condition be removed and prevented?

(A) This has been indicated. By the incoordination between the alimentary canal eliminations and the respiratory system, that has been clogged by the poisons in the system. The cause is the attempt of the system to eliminate poisons from the system. The manipulations and the food values and the activities as indicated, to make for the coordinations through the alimentary canal, will eliminate these conditions.

23. (Q) My eyes burn frequently. They become irritated, blood shot and red at the corners and they feel enlarged and hard and heavy. What can be done to remove these conditions?

(A) As indicated; from the poor circulation or pressure as indicated in the upper cervical area, to the sympathetic activities through the sympathetic circulatory forces. With these corrections and the proper diet, the proper eliminations of the poisons from the body, the building up of the general blood supply, we will overcome these conditions. Do as we have indicated, and we will find we will bring the near normal conditions for this body, [926].

24. We are through for the present.

REPORTS OF READING 926-1 M ADULT

None.

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BACKGROUND OF READING 1002-1 M 70

B1. 9/10/35 Daughter [681]'s letter: "What causes the obstruction to the stomach so that the food will not go down?... I should be paying my dues but it is quite important to get this reading for Dad [1002], as his condition is - well, I don't like to put into words what I fear about it."

TEXT OF READING 1002-1 M 70

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 16th day of September, 1935, in accordance with request made by the daughter - Miss [681] Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 3: 25 to 3: 45 P. M. Eastern Standard Time., Michigan.

(Physical Suggestion)

1. EC: Yes, we have the body here, [1002].
2. Now, as we find, disturbing conditions in the physical forces of this body are rather a growth into complications. And to bring permanent relief without causing greater disorder will require considerable persistence, time and patience to make the changes necessary to relieve these disorders.
3. These have to do, as we find, with disturbances in the nervous forces of the body; that is, in the beginning, and have brought about disorders which have grown to be constitutional, functional and organic in their nature.
4. Then, these are conditions as we find them with this body, [1002] we are speaking of:
5. In times back there was a hurt or a strain in the upper dorsal area that made for an activity in the system which produced the lack of the flow of the gastric juices to all portions of the stomach alike. This made for an acidity in the system, bringing about disorders through the eliminations in the alimentary canal. Conditions became rather of the nature that there were then produced engorgements in the colon area, specifically more in a portion of the transverse and descending colon.
6. The results came from these conditions in the form of heartburn, the lack of assimilation, belching, and poor activity of the liver - until it became almost as a hardening in a portion of same. Then with a change in the diet, some applications of forces, there has been produced an excess activity through the lymph circulation in the digestive and eliminating area, so that these effects have somewhat subsided. Yet with the pressures as induced there in the left side of the body, extending at times though to the right (a pain just below the liver area itself), pressures have been made upon the stomach itself until we have a thickening of the walls externally.

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7. Then the taking of certain activities has caused this to produce in the upper portion of the stomach a closing of the cardiac portion of the stomach, affecting the epiglottis itself at times. Hence we have a delaying or defraying of the activities through the blood supply; becoming then a form of anemia that has made for a change in the pressure of the metabolism, making for more and more of an activity of nervousness. However, this takes on at times the form of a shaking, as it were, or a trembling sensation through portions of the body.

8. These, then, are the conditions as we find them with this body, [1002] we are speaking of.

9. So, we would first begin with these applications:

10. Take small quantities of olive oil often; very small doses often; just what the body will assimilate.

11. And use as a part of the drinking water the Yellow Saffron Tea, made in this manner: Add a teaspoonful of the Yellow Saffron (American Saffron is alright) to six ounces of water. Allow this to steep as tea; or pour the boiling water over same and let it stand for ten to fifteen minutes. Strain off and keep cool to drink; half a glass of it two to three times a day. This may be diluted somewhat, but there should be taken as much as six ounces of this each day. Every time take a good big swallow; two, three or four times a day.

12. Continue this for about a week.

13. Then we would apply the hot packs of Epsom Salts, just between the shoulders and down to the 6th or 7th dorsal; hot packs of Epsom Salts once each day, for two to three days.

14. During the same days the Epsom Salts Packs are being used, we would also apply each day a grape poultice over the stomach and the lower portion of the bowel area (while the Epsom Packs would be between the shoulders, you see). Do not eat the grapes, but use them as a poultice. Preferably the Concord grapes; raw, crushed grapes, placed between thin cloths so that the poultice may remain on the body for an hour at the time. Let the poultice be at least an inch thick with the grapes. This would be on the same days when the Epsom Packs are taken between the shoulders, you see.

15. After these have been given for three days, we would then have a high enema each day for two days - to relieve the pressures through the colon area.

16. Then rest a week from the treatments, and then begin at the beginning and take them all over again.

17. After the second round of these treatments, in the manner indicated, we would then give further instructions.

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18. Ready for questions.

19. In the matter of the diet, we would keep rather the predigested or semi-liquid foods during the most of these treatments. Those things that make for body-building, but that are not too heavy nor having too much courseness - while these treatments are being taken.

20. (Q) Will you outline a diet?

(A) A semi-liquid and predigested diet. These should be the outline.

21. (Q) Name doctor that is best for treatment in that vicinity.

(A) All of these treatments may be applied by itself if so desired! A doctor isn't needed, if it would follow these suggestions here!

22. (Q) Any other advice?

(A) Do these for the present, and after the second period of taking these we would give further instructions.

Drink plenty of water during the whole time; quantities of water. This is helpful to the whole system, so that it may be DRAINED thoroughly - with the activity of the properties within and the activities from without.

23. We are through for the present.

REPORTS OF READING 1002-1 M 70

R1. 9/19/35 Daughter [681]'s letter to HLC: "Give my thanks to your father for the peachy reading he gave my Daddy. I hope they will get down to brass tacks out there and carry out the instruction."

R2. 10/16/35 Daughter [681]'s letter:

"Daddy went through the ordeal [his brother's funeral] in fairly good shape, due partially to [my brother] and me, I think. When I left had extracted a promise from them [Dad and my stepmother] to carry out the instruction of his reading. Mamma is not one to cooperate with me but I sent her a nice suit which I thought I could spare and she may fall into line with that bait hoping that I'll send her some more. Pretty bad, isn't it, when I have to bribe the family to get assistance to save Dad's life? My brother [...] who lives out there told me that he knew when and where Dad got that injury that you mentioned in the reading. I told them to have a nurse come in to give the high enemas and send the bill to me, so now all I can do is to pray that they will fall in line and carry out the instruction."

R3. 4/4/38 Daughter [681]'s letter: "My father [1002] seemed to improve after I got him that reading from you although there was never any pretense made to carry it out. Could not get the cooperation from my stepmother."

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BACKGROUND OF READING 4530-1 M 39

None.

TEXT OF READING 4530-1 M 39

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 12th day of August, 1930, in accordance with request made by self - Mr. [4530].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. [4530] and others.

R E A D I N G

Time of Reading 3: 10 P. M. Eastern Standard Time., North Carolina.

(Physical Suggestion)

1. EC: Yes, we have the body, [4530]. Now, in the physical forces of the body we find disturbances that are aggravating to the physical functioning of organs, and - as we find - these may be corrected, that the body may function the nearer normal. There is, as we find, in the cerebro-spinal nervous system some impingements that have been produced by conditions or disorders as have existed in the system. These at the time - these ailments - made for those thickening of the tissue about segments, and have produced pressure that has given improper incentives through the mesenteric system, or the intestinal tract. These, in producing toxins in the system, have brought about disorders with the organs of elimination, as WELL as to the circulatory system itself; so that there are periods that come and go when the disorders are more severe, or more aggravating than at others. The pressures being in the region of the solar plexus, or the lower portion of same, and in the lumbar region, make for the disorders as have to do with the digestive system, the eliminating system, the conditions as exist in the blood supply, the headaches, those conditions as make for pressures reflexly in the sensory system - so that the organs of same become at times accentuated in their actions, as the body is able to hear better at some times than others; at others we find the vision gives disorders; again we will find the throat and bronchi will give some distress, more as burning sensations; then, again, as of phlegm, not from just cold, but seemingly as result from pressures in the bronchi, or from the stomach, and from the upper portion of the left lung. These are more of a REFLEX than of the causes, for - as given - the causes are pressures and impingements as exist in the 8th, 9th and 10th dorsal, and in the 3rd and 4th lumbar plexus. This condition at times, reflexly, produces that aggravation to the lower limbs, so that the circulation is disturbed there. This makes also for those conditions in which at times - not always, for any condition that will clarify the system as to poisons aids in their functioning - these becoming at times such that the kidneys in their functioning are over active; at others not as free in acting as they should be. This makes for that distress, then, in the hepatic circulation, or that functioning between the liver and the kidneys, so that the disturbances in the stomach itself, or particularly in the duodenum, or the duodenal orifice, becomes - as it were - expanded, and acidity becomes the result in the system. There is less of the activity in the peristaltic movement of the colon than there should be, produced by a low temperature, as is produced by the system attempting to supply sufficient of those of the serums, or of the fluids of the system, to carry on its normal functioning. Heartburn, or indigestion, the result of same.

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2. In meeting, then, the needs of the conditions with this body, [4530], we are speaking of, present in this room, we would first make those proper corrections and adjustments, so that the lesions in these areas as given are broken up; making for, during that same period, that of the proper correlation of the gastric juices of the stomach proper, so that the blood supply becomes a nearer NORMAL reaction, so that the capillary and internal circulation does not make for that feeling as occurs at times of easy tired; again as, apparently, that the outer body and the inner body are almost separated by conditions or feelings in the system. These, as we find, are the ACTIVITIES of the system attempting to adjust itself.

3. With these corrections, with those properties as will make for CLEANSING the body, correcting those subluxations and breaking up the lesions, will make for a nearer normal condition; and the body ridding the cause, will remove many of those disorders as occur in action with these conditions.

4. We would use also during those periods, to make for rest, that of the violet ray; this applied PARTICULARLY across the body at the diaphragm region, in the solar plexus center from the back, solar plexus center from the front, that there be sufficient of the electrical forces as make for vibrations in system to coordinate with the centers as are being relieved of the pressure. Ready for questions.

5. (Q) Has the body any organic trouble?

(A) Only functioning, through those pressures on the nervous system, as makes for the distortion in action; not organic troubles.

6. (Q) Why does the body feel depressed at times?

(A) With as much pressure on the central brain of the system as is exhibited in this region, it's a WONDER the body doesn't feel more depressed oftener! Other than being highly mentally balanced, there would be more depressions and more melancholia! We would remove the pressures, and we will find a condition of pep, vitality, buoyancy, and a brighter outlook on the world.

7. (Q) Should this be done osteopathically or chiropractically?

(A) Should be done, as we find, osteopathically; for with the corrections there must be sufficient of the manipulation to make coordination in the CIRCULATORY, as well as in the muscular and nervous systems, so that the general treatment for those radial centers from the solar plexus to head, from solar plexus to lumbar and sacral region, these must have their proper COORDINATING, as well as JUST removing pressure in those conditions, or from those conditions in dorsal and lumbar region.

8. (Q) Has the body any lung irritation?

(A) Only when there are those reactions from the circulation and from that in the bronchi, rather than lung. The BURNING through there is in the bronchi, as given, rather than lung proper.

9. (Q) How often and how long at a time should the violet ray be given?

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(A) When the manipulations and adjustments are made, which should be at least twice each week in the beginning, give the violet ray in those portions of system as given, for one and a half to five minutes. This range being from the beginning to that wherein the system is relaxed most, will aid most - for with much application without a relaxation, there must be the corresponding re-effect upon the system; that is, to give five minutes in the beginning would irritate more than aid, see?

10. (Q) What causes insomnia?

(A) This, as has been outlined, the NERVOUSNESS, and the tendency of the brain to be active under abnormal conditions; for when pressure in the cerebro-spinal system, especially where the sympathetic centers are radial direct from same, as in solar plexus, these tend to make for sudden awakenings, and then the inability to anaesthetize self by even rest, or counting sheep even.

11. (Q) Will the condition entirely disappear if treatment is followed? and how long will it take?

(A) Two to three weeks should, with the proper responses - and not, now, because the body feels better - don't think it can commence and do just as it has been doing! Where the mental forces have been overtaxed so, so that the strain on the whole nervous system - and as soon as it commences to feel better start again to overtax the body, physically and mentally, won't aid much! Take TIME to get in the proper physical condition, and it'll save much later on. We are through for the present.

REPORTS OF READING 4530-1 M 39

R1. GD's note: Mr. [4530] stayed in Cayce Hospital from August 18th through August 24th and followed the treatments recommended.

R2. 8/20/30 He referred Mr. [5553] for a Physical Reading.

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duodenum and intestinal tract. These, to be sure - or variations, have covered a period of several years, as time would be counted.

5. In the existent conditions then, in the present, as we find them in the present, these - as may be seen - as has just been given - are causes, or contributory causes, and is the real condition to be met; though the effects as are produced in the present have many of the appearances of quite a different condition in the system.

6. In the blood stream in the present we find an intermittent pressure, as well as pulsation. Not to such proportions, as yet, as to be alarming, but must be attended to; else, as is indicated, these conditions WOULD reach those proportions where they WOULD be alarming, especially when we realize the condition is of that nature where it MIGHT become of a malignant nature in the glands, as about the mammary glands in the left side, or in the cavity of the torso itself, especially in that end about the upper portion of the descending colon.

7. In the effect as is produced on the ORGANS of the body itself, as we find, these pressures in this area, sympathetically, from conditions in the cardiac area, has made for distortions with portions of the sensory organism. Hence GRADUALLY has the body experienced more and more trouble with the hearing, and more especially with the eyes - but in the auditory system it has been more the effect of periods of ringing, dizziness, and uneasiness; while with the vision more irritation in the glands, in the lids - or on the lids, and in the socket itself, with impaired vision - as that of blur, but clearing occasionally. These are effects, not causes. The cause, as indicated, is a pressure that is created in the intercostal area, that comes from the 2nd, 3rd and 4th dorsal, and reflexly to the 3rd and 4th cervical, through the secondary cardiac area, or plexus, there in these two areas, as make for activity through the sympathetic AND cerebro-spinal plexus.

8. In the activity as is produced in the digestive system, we find there are periods when there is quite a bit of dryness in the throat and in the salivary glands; at others there seems to be an over supply of same. These are only at periods, and a burning sensation at times in pit of stomach, as follows the lack of the salivary glands' reaction, and in the left side in the mammary glands - or under the breast - we find those pains, which are of an intercostal nature, as come from reflexes from the disorder in the colon area.

9. As for the liver, we find this torpid in its activity; the spleen also engorged in the right end of same, though active as under strain or stress. Fullness, gas, and the effect of acidity affect the digestive system and the food valuations for the body.

10. Heaviness in the lower limbs, and pains at times - or heavy pains, not pains severe - but heaviness in the lumbar and the small of the back. This occurs most of morning or of nights, and USUALLY is seen to disappear when the body is able to become more active.

11. As we would find, in the meeting of the conditions, even in the present, there should not be the necessity - nor ANY reason, will there be added the proper precautions - of an operative case, or operative measures. We would add sufficient to the system as will

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allow the better clarification of the blood stream, better pulsation and activity of the heart, and - to be sure - the better eliminating through the alimentary canal; keeping down the acidity in the system in such a way and manner as to allow that that IS assimilated in the system to become more effective in creating in the plasm of the blood supply the sufficient leucocyte in the white corpuscle as will produce not only better coagulation, but as absorbing of, and destroying of, those tissue and muco-membranes that have become clogged in portions of the glands and in the torso or trunk portion of the body itself, as well as clarifying or clearing the alimentary canal.

12. In supplying these, we would take first the carbon or animated, or activated, ash - one-eighth grain taken twice each week, but taken thirty minutes before there is applied the ultra-violet ray, and apply same over the secondary cardiac and the lower cervical area, or about the brachial area - from the 3rd or 4th cervical to the 4th or 5th dorsal area. This would be applied to the cerebro-spinal system. Not over the area, under the present, or over the right or left side - but from the brachial centers from which those activities of the nerve impulse and blood supply receive their impulses in their activity through the system.

13. Take the ash loose, or EMPTY same from capsule on tongue and wash down with at least half a glass of water. See?

14. We would begin with small quantities of olive oil, taken three to four times each day - half a teaspoonful of the PURE olive oil.

15. We would of evenings take from three to ten drops of Glyco-Thymoline to cleanse the intestinal tract.

16. We would, at least for one month, have every week a high colonic irrigation.

17. Then we would begin, at the end of the month, with the manipulations as would be of a general massage - see?

18. Do that, and at the end of eight weeks we would give further instructions.

19. Ready for questions.

20. In the matter of the diet, we would find that those things that create less of acids for the system are the better.

21. When it is necessary to take any form of cathartic, that which is of the vegetable nature would be the better, but this will not be necessary if we will have at least one meal each day of wholly citrous fruit diet, or the pieplant - as is concentrated - or the fig, or the syrup of same, or those as carry properties that make for the activity of the muco-membranes from the salivary glands to the jejunum, or the activity of same begins, or to the action of the glands that make for separations in the system - or lacteals. We will find

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these should carry those sufficient, when the colonics have removed those pressures as produce those in the system of MUCOUS in intestinal tract.

22. Do this, and at the end of the eight weeks we would give further instructions.

23. We are through for the present.

REPORTS OF READING 5592-1 F 66

R1. 3/31/32 EC wrote her giving details about how to get the treatment outlined in the reading.

R2. 4/5/32 Letter: "...Yours of March 31. Beg to say that you have diagnosed my case present condition perfectly and I am satisfied. I am getting in line so as to be able to have the treatments as you suggest and will let you hear from me later..."

R3. 4/15/32 GD's note: Mr. Franklin Bradley wired for Mrs. [5592]'s address, which accounts for the delay in her receiving from him the animated ash. [See Par. R4 below.]

R4. 5/27/32 Letter: "...Enclosed my check for \$10 for which I will thank you to read for me again. In some ways I am so much better - my nerve exhaustion has just about vanished and my eyes are a little stronger. The pain in the spleen (or under the heart) is more severe and I am still very much troubled with constipation, which is of long standing. I take the syrup of figs which sometimes acts and again only irritates. I was quite a long time getting the prescription (animated ash) from Chicago which has delayed the treatments. I will thank you to give me an early a reading as possible. Thanking you for your interest in my case, I am..."

R5. 6/3/32 EC wrote that he had been delayed in making her appointment due to his own illness and moving into his new residence on Arctic Crescent.

R6. 6/7/32 Letter: "...I received yours of June 23 and very sorry indeed that you are not well, also of your upset condition due to moving. There is no hurry to my case as I don't consider it critical, as I am very much better, but I still have very much pain under my heart or spleen, which ever it is, which worries me alot, fearing a growth. Do you think the violet rays I have been taking are helping this feature? The chronic constipation is only really relieved when I take California's Syrup of Figs, etc. - although I eat much food as you suggested. My general condition is so much better and my eyes stronger..."

R7. 6/13/32 See 5592-2.

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BACKGROUND OF READING 5641-1 M 50

B1. Gastric Ulcer removed surgically. Persistent hyperacidity and constant pain, etc. Patient entered Cayce Hospital as a patient 7/20/29, listing the above as his ailment. First apparent about 11 yrs. ago, various treatments from time to time.

TEXT OF READING 5641-1 M 50 (Dentist)

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 20th day of July, 1929, in accordance with request made by self - Dr. [5641], via Mr. [5413].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Mr. L. B. Cayce and Dr. [5641].

R E A D I N G

Time of Reading 3: 45 P. M. Eastern Standard Time. New York City.
(Physical Suggestion)

1. EC: Yes, we have the body [5641] here. Now we find, while the body is very good in some respects, there are those physical conditions existent that bring distress and dis-ease to the physical functioning of the body. These producing abnormalcies for this body. These conditions are of the nature as has to do with the digestion and the eliminations of the body. These, then, are conditions as we find them with this body, [5641] we are speaking of, present in this room. First:

2. IN THE BLOOD SUPPLY, this, in its activity, indicates the condition as is existent in the digestion and the assimilation of the system. The effect of same produces that as causes the variation in the circulation and the organs of same.

3. IN THE NERVE SYSTEM, here we find a seat or a cause that is of a specific nature. There has existed in the system for times back a condition of a specific nature, in the region of the 5th and 4th dorsal vertebrae, a condition wherein the cardiac end of the stomach and the esophagus itself has been involved. This producing first a form of digestion that produced, and still produces (produced more in times back than at present) conditions of an over acidity, or hyper-acidity, or an accumulation of the hydrochlorics in the system, a lack of the lactics and lacteals, these being brought about much by the effects of the pressure as produced from the nerve supply in sympathy with those conditions in which the body labored in itself, and the constant reaction to the sensory system brought responding forces about those ganglia. The effect of this to the system brought those reactions in the hypogastric and pneumogastric plexus, which caused gradually the pulling of the stomach itself to a position wherein the duodenum did not respond in time of digestion properly. Hence the condition as has, and does as yet to an extent, exist there. This we are speaking of from the nerve standpoint, not the organ.

4. In the reactions as this has brought to the organs themselves:

5. First, in the brain forces, the reaction of nerve forces under subjugation in this region work, as is seen, directly with those of the sympathetic. Hence the organs of the

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sympathetic become involved, or the SENSORY nerve system became involved. This brings about that form of sympathetic reaction in the system, especially with the digestive forces, as that the whole of the digestive system became, or becomes now, involved also. The organs of the sympathetics, or the sensory system, show the effect of these at times in an OVER activity, an over capacity of reaction to the activities of the body; again we find these react in a directly opposite condition, and the sense of smell, of hearing, of tasting, is as dormant to certain conditions or certain elements; and at others they are, as it were, super-sensitive. This a reflex condition, not a cause; rather an effect of a cause existent in the body.

6. Throat, bronchials, lungs and larynx, these very good. In the cardiac end of stomach, and end of the esophagus itself, do we find conditions as contrary-wise to the nominal functioning of this portion of system. Hence the continued regurgitation, the belching, the burning sensation, the activity as is nominally known as heartburn, the filling up of the body over the right and left side, or left side MOSTLY at times; the filling up of gases through the system - these are but reflexes of the activity of a mis-directed condition existent in the sympathetic, or in the secondary cardiac plexus, reflexes from the cerebro-spinal system.

7. Condition, now, as produced in the stomach itself from this condition - with a hyper-acidity, necessarily the lactics become dormant. Then we have the activity of the system, as it were, going about to digest its own self, and lacerations are the re-current conditions. These, passing into the system, prevent that of a normal digestion throughout the jejunum, or through the small intestines, or through the activity of the system where the chyle acts WITH the rest of the system. These becoming acid, then we have the acidity throughout the blood even itself. This being carried in this way to the whole of the system, brings, as it were, TORMENTS to the body in the way of restlessness, or insomnia, headaches, eye aches, feeling in the lower portion of the body as heavy - from the lower part of the portion about the pelvis, or just above the pelvis. At times the kidneys produce the burning sensation in their reactions. An acidity well assimilated in system, PREVENTING assimilation of digestion. The lacerations occur, then, mostly in the upper portion of the body. While the operations as have been performed were for those minor conditions which occurred as reflexes in the pyloric end of the stomach. The changing even of the end of the stomach itself and its position has NOT, and did not aid in alleviating the acidity. Why? The cause, or that producing same, has not been removed from the system! The continuation of the impulse to create that in the body that brings ABOUT same, naturally brings the resultant effects in the body. Remembering this: The vibratory forces of a body are made up of the cellular units of that as is created by the digestive forces of the body, as they carry to the various portions of the system that necessary to resuscitate the living organisms of the body, that must reproduce themselves in the living organism. When these impulses are such (as is here) as to bring more of acids, or more of those impulses that bring those of distresses to a body, acting through the sympathetic, acting through the hypogastric, acting through the forces of the normal activity of brain itself, the impulses can be none other than that. The resultant conditions are that the activity of the system is reduced to that of where the body must be etherized, or subsidized, in its activity through those forces as are necessary to dull the activity of

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portions of the system, that even a COMMON development may take place, or even a subnormal activity through system. Now these conditions, as we find, may be relieved, will the body but carry out those that will bring to the system that of the necessary reactions for the body as to alleviate those conditions as produce same, reducing those activities in the system and building up those as are necessary to create balance and proper coordination through the body.

8. Then, do these:

9. First, for the proper alleviation of the conditions as do come to the digestive forces themselves, we would not take water that did not carry either those of elm or of the active forces in saffron - yellow saffron. These taken in moderation, but some property of one or the other - and they may be alternated regularly - must be in that taken. These will act with the gastric juices as to relieve those burning sensations as continue to act with the system.

10. Also taking those of charcoal - prepared with honey, or those as may be obtained from the Battle Creek Sanitarium. These carry sufficient of the properties that will carry six times their weight in acid in or from the system, and the honey - or those properties from honey - are such that they do not produce acid as do sugars from most other properties.

11. The diet of the body should be those of gruels, junket, whole wheat and cereals, with nuts occasionally. [See 3180-3, Par. R3 1/70 Clipping on value of almonds in heartburn and peptic ulcers.] Little meat, and not too much of vegetables, other than green vegetables - those may be taken in moderation.

12. ALSO, while these are being carried out, CORRECT those subluxations existent in the lower cervical and the dorsal region, especially that existent where a lesion (circular in nature) exists in the region of the 5th dorsal vertebrae, or the plexus of the 4th, 5th, and 6th.

13. Also, after these have been begun (two or three days), we would begin with - every 3rd day - the application of the ultra violet ray. Not to the stomach or the portion of the body here, but rather to those of the cerebrospinal centers from the 9th or 10th dorsal to the lower portion of the cervical region. Begin with this at least thirty-eight inches (38") from the body and gradually increasing, as the resistance is created in system for both nerve and blood supply.

14. Do these, and we will find that the body, acting consistently - yet know, when these are begun, the body should rest for at least ten days, that the activities mentally nor physically may hinder that as is to be created in the system! but consistently and persistently followed, we will find that in six to eight weeks a near normal condition for this body of [5641].

15. Ready for questions.

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16. (Q) Can the body smoke?

(A) The body may smoke in moderation.

17. (Q) Cigarettes or cigars?

(A) Cigarettes better than cigars.

18. (Q) Should the body start the treatment here or in New York?

(A) Wherever the body may get the treatments carried out FULLY, JUST as is given, and in the MANNER given, whether here or whether in New York. But this must be followed as has been outlined, or else we will find the sympathetic system so overbalancing that the body becomes sur-taxed with mental strain, which - as the body knows from its OWN personal experience, of how that under MENTAL strain all physical reactions are subdued, or annulled, in a manner, to where the activities of that as is produced through the stomach forces of a body annulled by the overactivity of the blood's reaction.

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

(A) The corrections should be made osteopathically, for as corrections are made, there must be consideration given to the conditions as exist with the sympathetic plexus that joins the CEREBROSPINAL system at or near these centers that show distress. The alleviating of the condition within system may only be brought about by alleviating that which PRODUCES same, from the cerebrospinal system, and as this causes sympathetic reaction. Work all of these, as given, together. The water, or medicinal properties in water, would be those as given. The charcoal should be at least two lozenges each day, or a PORTION of a lozenge may be taken after each meal, and there may be, for the conditions, added those of the Petrolagar (that is non-acid), but with a tablespoonful of same add at least five (5) drops of Pepsin - lactated pepsin. This aids digestion, eases the activities of the stomach, and aids in the reaction of same as it passes through the colon; especially alleviating, then, the poisons as are natural accumulations from the conditions as HAVE existed in the upper portion of the intestinal system and stomach. To ALLEVIATE the condition and not remove same is to merely carry the condition to where it may produce other reactions in body. Hence, keep the bowels open while these properties are taken. While they are, of themselves, lactic in their reaction, these, remaining in the colon - either in the ileum or transverse - we would find would produce pain, but with the added strength as is given to the system through the aiding of the blood supply in the body, through that of the ultra violet ray, with the correcting of and stimulating of nerve plexus and centers, we will bring relief for this body. Do as given. We are through for the present.

REPORTS OF READING 5641-1 M 50

R1. 7/29/29 He secured his second reading, 5641-2.

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RHEUMATISM

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BACKGROUND OF READING 5657-1 F 65

B1. 6/17/29 Requested a Physical Reading, via Mrs. [5670].

B2. 7/9/29 Letter: "...The questions I want to know are: What is wrong with my leg, and what gives me a heartburn after I eat sometimes, and also what I can eat for my diet, and what these pains are that I get around my heart? Also my other leg hurts me now, why do my legs and feet swell?"

TEXT OF READING 5657-1 F 65

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 29th day of August, 1929, in accordance with request made by self - Mrs. [5657].

P R E S E N T

Edgar Cayce; L. B. Cayce, Conductor; Gladys Davis, Steno. Crowd of people.

R E A D I N G

Time of Reading 3: 40 P. M. Eastern Standard Time. ..., Ohio.

(Physical Suggestion)

1. EC: Yes, we find the body here, [5657]. Now, we find there are those conditions as disturb the physical functioning of this body, that may be corrected in such a manner as where the body may be aided in becoming nearer physically normal. These have to do with the eliminations of the system, and the manner these conditions affect the various functioning of organs and the relationship, especially, to locomotion.
2. These, then, are conditions as we find them in this body, [5657], we are speaking of:
3. IN THE BLOOD SUPPLY, here we find evidences of conditions wherein the eliminations have been, and are, so involved and disturbed as to cause returning to the system and distributed in various portions of the body, as in joints, sinew, muscular, those of the poisons that should be eliminated through alimentary canal or kidneys. This, as we find, shows in the evidence of the constituents of the blood itself, as related to the character of the red and of the white cell in their relations one to another.
4. IN THE NERVE SYSTEM, here we find distresses. These are more from SYMPATHETIC conditions, or from pressure being caused in extremities and in locomotaries, as in the lower lumbar - also those in the upper dorsal or brachial, which produce those distresses through arm, shoulder, head, as WELL as OTHER conditions that are acting with those forces as produce disturbance in the sympathetic and the sensory system, causing distresses for the nerves as aid in carrying energy for the central nerve force, as related to the organs of hearing.
5. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, in head or brain forces very good, considering development, or conditions of the body.
6. The sensory organism, as given, under the stress of conditions existent, or pressure produced in the upper cervical and upper dorsal region. Also those conditions in the throat. These are rather sympathetic. Lungs good. Heart's action not normal; at times

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above normal in pulsation, again shows below normal. A pressure, naturally, produced in the system through the condition existent in the eliminations of the system. Not an organic heart condition.

7. Digestive system, naturally, shows the effects of the torpidity produced in liver and in the hepatic circulation, and the disturbance between the liver and kidneys the cause of the seat, or that condition through which the vibrations may be changed to bring any relief that would be of a permanent nature to this body, [5657] we are speaking of.

8. Now, to meet the needs of the conditions of this system, first we would use that which would add to the system those of the sufficient elements producing vibration in the various portions of the system, as to produce a vibratory force through which the body may be BUILDED to where the vitality, or vital forces OF the body, may be aided to build nominally for the system.

9. We would, then, give first this: Prepare in this manner, adding the properties in the way as given:

10. To 1/2 gallon of distilled water, add:

Sarsaparilla Root.....2 ounces, Dogwood Bark.....2 ounces,
Mandrake Root.....1 dram, Buchu leaves.....1/2 ounce,
Elder flower.....2 ounces.

Reduce this by slow boiling or simmering to 1 quart. Strain, and while warm add 2 ounces of grain alcohol, in which 3 drams Balsam of Tolu is cut adding with same 3 minims of Tincture of Capsici.

11. Shake the solution before the dosage is taken, which should be teaspoonful 4 times each day.

12. Keep the intestinal tract OPEN, using enemas for the evacuation of the colon; using those salves of TIM for the condition as exists in the rectum.

13. Use for the diet, those of no meats - whole wheat bread only - little of the foods that grow under ground in vegetable nature - rather those that are of the easier digestion, sufficient to carry weight, but principally those that will be ALKALIN PRODUCING in the system.

14. When the whole of this quantity is taken, we would then give that necessary for the further correction of those conditions existent with this body. We are through for the present.

REPORTS OF READING 5657-1 F 65

R1. 9/23/29 Mrs. [5670]'s letter: "...I am writing you for Mrs. [5657]. I wanted them [the family] to write you but they don't seem to understand. They are Italian. Now the interest I have in them is that Doctor [5656], my husband, was the doctor for their

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children and they seem to think I can tell you better than they can. Mrs. [5657] sleeps better, in fact good, but when she gets up to walk she has so much pain in feet and legs. She has taken over half of her medicine and says she is very strict about her diet but wants to know what to do about her feet and legs...”

R2. 9/30/29 EC wrote Mrs. [5670] making an appointment for a second Physical Reading, for Mrs. [5657].

R3. 10/23/29 Mrs. [5670]'s letter: “...I am sorry to bother you again but Mrs. [5657]'s daughter was here last evening and says her mother is not improving any as they can see, only she sleeps better. She has taken her medicine and will only have enough to last until the middle of next week. She diets but everything she puts in her stomach gives her heartburn. She doesn't take anything for her bowels but everything acts as a physic. She drinks milk but that acts on the bowels and when she gets up on her feet she has terrible pains in the feet and hips. I really believe Occy-Crystine, Radio-Active Appliance and osteopathic treatments would do her a world of good [as given in my own reading] but of course I did not tell them so. They have the money and are able to do whatever is for the best...”

R4. 10/10/29 EC wrote Mrs. [5670] asking if Mrs. [5657] could come to the Cayce Hospital for treatment.

R5. 10/21/29 Mrs. [5670]'s letter: “...In regard to Mrs. [5657] I know they are amply able for her to go to your hospital, but I am afraid she will not come there. I know she would not go alone and she does not speak our language at all. So you see it would be hard for her to get along...”

R6. 10/28/29 EC gave the second reading for her. See 5657-2. (See next page.)

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INDEX OF READING 5657-2 F 65

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RHEUMATISM	

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BACKGROUND OF READING 5657-2 F 65

B1. See 5657-1.

TEXT OF READING 5657-2 F 65

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 28th day of October, 1929, in accordance with request made by self - Mrs. [5657].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Drs. Berger and Hansen, Mrs. Atkinson, Mrs. Rome, Mrs. Jacobs, and L. B. Cayce.

R E A D I N G

Time of Reading 12: 05 Noon - Eastern Standard Time. ..., Ohio.
(Physical Suggestion)

1. EC: Yes - Now, with this body, [5657], we find conditions in a GENERAL manner are bettered; that is, there is through the upper PORTION of the body not so much distress - the appetite better - but through the LOWER portion there is still aches and pains in limbs, in feet; also the tendency, or the pressure as is seen about the kidney and the bladder. This causes pain.
2. We would apply to the lower limbs those of a saturated solution of Epsom Salts, when the pains are severe.
3. We would also have those of the medicinal properties renewed, and taken in system.
4. We would also have, at least every other day, the manipulations osteopathically, until the corrections in the lower dorsal and lumbar are brought about in such a manner as to relieve the pressure produced there.
5. These, we find, will aid the body materially. Do that. We are through for the present.

REPORTS OF READING 5657-2 F 65

R1. 11/22/29 Letter: "...It is impossible for me to come to your hospital because I can not speak American and also because it is so far. I would appreciate it very much if you will cure me from there. In regards to my leg it pains me very much and can hardly step on it at times, also want to know if I can eat a little spaghetti or not and what else I can eat now and want to know about this heartburn I have also. Please answer me at once..."

R2. 12/1/29 Letter: "...You say that you want to know if I have had any results in any way. Yes, in my body ailments I do feel lots better but as to my leg, it feels pretty good at times and then sometimes I can hardly walk. I have followed all the suggestions in my reading except that I have tasted a few times a little meat soup and a little spaghetti. Otherwise I have had chicken soup and chicken vegetables and whole wheat bread and toast, milk and eggs so I want to know exactly if I can eat eggs and meat soup and also

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spaghetti. I had the grippe and felt weak, that is why I eat eggs, meat soup and a little spaghetti...”

R3. 12/16/29 EC's letter referred her to Doctor Lydic to help her follow the treatments suggested.

R4. 1/6/30 Mrs. [5670]'s letter: ...I am writing this for Mrs. [5657]. She seems to think I can explain better than they can. She says she is taking her medicine and taking her osteopathic treatments as you advised but she does not see any results. Her daughter brought her over to my house last night and she begged me to write to you. Now they say they will do anything you tell them to, only don't ask her to come to the Cayce Hospital. If you think she needs another reading alright and she would like to try the Radio-Active Appliance for I have told them that I thought it did me so much good...”

R5. 1/13/30 EC gave her the third reading, 5657-3.

HEARTBURN CIRCULATING FILE

Andrew Weil, M.D.

<http://www.drweil.com/drw/u/id/QAA343592>

Question: Putting Heartburn to Bed?

I am buying a new bed and would like to know if it would be beneficial for my acid reflux to buy an adjustable bed to elevate my upper body, or do I need to elevate just my head six inches (not the upper half of the bed)?

Answer: (Published 10/14/2004)

Almost everyone occasionally experiences acid reflux, the backflow of acid from the stomach into the esophagus. This usually occurs after eating and often brings on heartburn, an uncomfortable burning sensation behind the breastbone. When reflux is frequent and severe enough to damage the esophagus or interfere with normal activities, it is called gastroesophageal reflux disease (GERD).

Elevating the upper body - not just the head - when you're in bed can help relieve the symptoms, but while it can help, it shouldn't be the main treatment for GERD. The approach I recommend begins with deglycyrrhizinated licorice (DGL),* a remedy extracted from licorice root. (Whole licorice can increase blood pressure; no such effect occurs with DGL). You can buy DGL in powder or tablet form. The easiest way to take it is to chew two tablets slowly before every meal or in between meals, or take one-half teaspoon of the powder before meals. You can continue to take DGL as long as you have symptoms. I also suggest visualization as a mind-body technique to help manage GERD symptoms. The following lifestyle changes can help prevent problems before they start:

- Reduce or eliminate alcohol consumption. If you do drink, be sure to eat something beforehand.
- If you smoke, stop - tobacco can irritate the digestive system.
- Avoid coffee and decaffeinated coffee. Caffeine can aggravate symptoms. Instead, drink chamomile tea, which has soothing properties. (Peppermint tea will aggravate GERD.)
- Avoid any foods that make your stomach unhappy.
- Don't eat within two to three hours before bedtime, and avoid lying down after meals.
- Avoid antacids containing aluminum. (Chronic use can lead to a bone softening condition in adults called osteomalacia.) Avoid sodium bicarbonate (baking soda, bicarb) because of its sodium content. Calcium carbonate (Tums) and magnesium hydroxide (milk of magnesia) are all right.
- Drugs that reduce the risk of esophageal damage by blocking histamine, which helps trigger stomach acid secretion, are very effective but aren't recommended for long-term use. These include Pepcid, Zantac, Tagamet and Axid. Prilosec and Prevacid work by blocking the final pathway of acid secretion but shouldn't be used long-term either.

* Deglycyrrhizinated Licorice or DGL (Enzymatic Therapy) Suggested use: Chew 2-4 tablets 20 minutes before meals or as needed for quick relief. Specific for relieving acid indigestion and GERD; improves quality and quantity of the protective substances that line the gastrointestinal tract. DGL can help prevent bleeding from IBS, Crohn's disease, and ulcers caused by aspirin, nonsteroidal anti-inflammatory drugs, and prednisone.

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Taming the Flame of Indigestion*

Julian Whitaker, M.D.

Indigestion has been called “the remorse of a guilty stomach.” Gastroesophageal reflux disease (GERD) – what most folks call heartburn – occurs when stomach acid flows back into the esophagus. Unlike the stomach, the esophagus has no protective mucosal lining, so stomach acid backup can cause inflammation and pain. It’s no mystery what causes acid reflux: overeating is usually to blame. Some foods are especially problematic, however, because they cause the valve at the end of the esophagus to relax, allowing acid to travel upwards from the stomach. The worst culprits are fried or fatty foods, chocolate, and alcohol. Other foods that can cause heartburn are citrus foods, tomato products, and coffee, which are directly irritating to the esophagus.

The best cure for heartburn is prevention. That means eliminating troublesome foods and beverages, chewing food thoroughly, eating slowly, and knowing when to stop. It takes about 20 minutes for the signal of fullness to reach your brain, so if you’re gobbling down your food in half that time, you’re more likely to overeat. Keep in mind that the digestive process begins in the mouth, not the stomach. The simple act of savoring each mouthful will go a long way towards preventing indigestion. Drinking lots of water will also help as it soothes your esophagus and flushes out stomach acid.

If you do suffer from heartburn, avoid reaching for an antacid or H2 blocker such as Zantac or Pepcid. These drugs change the pH (acidity) of the stomach, either by binding with stomach acid or blocking acid production. They may relieve the pain of heartburn, but they also impair digestion – in particular, the digestion of protein. Chronic use of these drugs also allows the overgrowth of *H. pylori* bacteria, which can infiltrate the stomach lining to cause ulcers.

How I Spell Relief: D-G-L

A much better solution to the problem of heartburn is deglycyrrhizinated licorice (DGL). Unlike drugs that alter pH, DGL works on the stomach lining itself, improving the quality and quantity of protective substances. And rather than masking the burn of acid reflux, DGL actually helps heal the esophagus.

Long-time subscriber J.S. had a hiatal hernia with severe acid reflux for years. He was prescribed a drug that stopped his reflux, but caused him to have abdominal pain. On his own he gave DGL a try, and within six hours his pain disappeared. He threw out the drug, started taking two DGL tablets before each meal and at bedtime, and he remains symptom-free two years later.

To avoid triggering reflux during sleep, wait at least two hours after a meal before lying down. Elevating the head of your bed four to six inches is also useful. Furthermore, researchers have recently found that heartburn symptoms are more pronounced in patients who sleep on their right side, so you might want to try sleeping on your left side.

* *Dr. Julian Whitaker's Health & Healing Newsletter*, Vol. II, No. 2, (800) 539-8219.

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POP, POP, FIZZLE, FIZZLE

Dr. David Williams, *Alternatives*, August 2006

Question: I have a problem with heartburn. I'm normally fine during the day, but after I lie down at night I'll get what my doctor calls acid reflux. I've tried all of the natural treatments that I'm aware of (not eating before bedtime, plenty of water, elevating the head of my bed, et cetera) but haven't had much luck. My doctor wants me to take medication that I've also tried before, again without much luck. I'm at wit's end. Do you have any possible suggestions? Claire H., Calexico, California

Answer: A few additional items come to mind. First, carbonated soft drinks could be contributing to the problem.

I'm not a big fan of soft drinks as it is. As "refreshing" and harmless as they may seem, their widespread consumption has been a major contributing factor to the obesity problem and increases in diabetes, osteoporosis, hyperactivity in children, gastric reflux, and even esophageal cancer.

In one study, doctors evaluated the sleeping habits of over 15,000 individuals from various parts of the country. Almost 25 percent of those surveyed reported they experienced nighttime heartburn, which was defined as being awakened at night two or more times a month due to heartburn. Further investigation revealed that increased nighttime heartburn episodes were strongly associated with drinking carbonated soft drinks, either alone or in conjunction with taking prescription anti-anxiety drugs (which are often used as sleep aids), including Xanax and Valium. (*Chest* 05;127:1658-1666)

Researchers at the Tata Memorial Hospital in India have linked the rise in consumption of carbonated soft drinks in the US with the corresponding increase in esophageal cancer. Soft drink consumption in the US has risen more than 450 percent, from 10.8 gallons per person in 1946 to 49.2 gallons per person as of the year 2000. During the past 25 years, the rate of esophageal cancer in the US has increased more than 570 percent. (*J Natl Cancer Inst* 06;98(9):644-645)

In regards to increasing esophageal damage, soft drinks do two things. First, the carbonation increases stomach distention. If you drank a pint of water, your stomach would distend by a pint. If you drank a pint of carbonated soda, however, your stomach might distend to twice that size, the size of a quart. This increased distension can cause the reflux where the acid within the stomach is forced back into the esophagus.

Second, carbonated sodas are acidic themselves. Studies have shown that consuming approximately one can of soda (350 mL) increases the acid level in the stomach for a period of 53.5 minutes. Just drinking one can of soda a day would subject your stomach to over 19,500 more minutes of acid exposure every year. Most people who drink sodas, however, drink more than a single can a day. (If you drink more than one soda a day, I'll let you do the math.)

It's also noteworthy that 56 percent of eight-year-olds consume soft drinks daily - and it has become the number-one breakfast beverage among children. A third of teenage boys drink at least three cans a day. In fact, studies have shown that adolescents now get an average of 11 percent of their total daily calories from soft drinks.

I'm sure there are some people who would argue that there is no hard proof that increased carbonated soft drink consumption is directly linked to esophageal cancer. After all, during the last 25 years, the amount of time spent watching television has also

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increased but that doesn't mean watching TV causes esophageal cancer. However, with soft drinks, the necessary connection is there (significantly increased acid exposure). Additionally, the same trend seen here in the US is beginning to appear worldwide. In countries where annual soda consumption is below 10 gallons per capita (China, Eastern Europe, Korea, India, Taiwan, and others), the incidence of esophageal cancer has not increased. In other countries, as the yearly consumption increases to more than 20 gallons per capita, there is a noticeable trend toward increased esophageal cancer rates.

I almost forgot I was answering your question, Claire. I sort of jumped on my soapbox and started ranting and raving about the dangers of sodas. Unfortunately, I think it's a major problem that is being overlooked. I hope this information will not only help you with your nighttime heartburn but also provide the necessary incentive to help some others kick the carbonated soda habit.

If you're not a soda drinker, there are a couple other things you might try. First, if you have been experiencing other digestive troubles - a feeling of fullness after eating only a few bites, or a tendency to burp - you may be looking at a hiatal hernia. One of the classic signs is that your symptoms get worse when you lie down. Instructions for dealing with hiatal hernia are in *Alternatives*, Vol. 11, No. 6.

The earlier study involving Xanax and Valium brings up another point of interest I should probably address.

Both drugs can have serious side effects. The drug companies even openly admit they don't fully understand how these drugs work on the human body.

Instead of resorting to sleep aids, people are better off relying on the body's mechanisms. Melatonin helps induce sleep, as you know. The pathway for making melatonin is as follows: the amino acid tryptophan is converted to serotonin, which is converted to melatonin. This process is why taking tryptophan helps induce relaxation and sleep (and why you feel so sleepy after Thanksgiving dinner - turkey is one of the richest sources of tryptophan). Eating just before lying down to sleep in the evening isn't recommended, so a turkey sandwich is out of the question. A good alternative is a handful (an ounce or so) of walnuts about 30 minutes before bedtime. Walnuts are also a good source of tryptophan (as well as vitamin E, which aids in the conversion of tryptophan to serotonin). Their beneficial fat content also promotes a feeling of wellbeing and satiety.

And sleep aids are only the tip of the medication iceberg. Aspirin is another noted culprit when it comes to heartburn, but other contributors include the rest of the NSAID family; calcium channel blockers and beta blockers used to treat high blood pressure; and bisphosphonates used for osteoporosis.

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GERD: Beyond Heartburn

Julian Whitaker, MD

Dr. Julian Whitaker's Health & Healing, April 2006

Ruth was plagued with a chronic cough. She didn't smoke, she had no allergies, and everything from bronchitis to lung cancer had been ruled out. Yet her cough persisted.

Jean began wheezing a few months ago. It was especially worrisome at night, and she was convinced she had asthma.

Steve awoke in the middle of the night with severe chest pain. Believing he was having a heart attack, his wife drove him to the emergency room.

Hortense suffered with heartburn for years. She had burning pain behind her breastbone that worsened after meals and when lying down.

Four *Health & Healing* subscribers, four unique sets of symptoms but, surprisingly, one underlying cause: gastroesophageal reflux disease (GERD).

GERD Causes Heartburn

GERD is caused by a glitch in the esophageal sphincter, the ring-like muscle at the bottom of the esophagus. Like a one-way valve, it opens when you eat or drink to allow food and liquids into the stomach, but most of the time it remains closed to prevent stomach contents from backing up into the esophagus. Unfortunately, this muscle occasionally relaxes enough to allow reflux, or backward flow, of gastric acid to spill into the esophagus.

Gastric acid is potent stuff – with a pH of 1 to 3, it could eat right through your skin. But while your stomach and intestines are shielded by a dense layer of mucus that allows them to tolerate a high degree of acidity, your esophagus lacks this protective lining. So even small amounts of corrosive acid in the esophagus can cause problems.

GERD's signature symptom is heartburn. Fifteen million Americans experience heartburn daily, and more than 60 million have it at least once a month. Occasional episodes are no big deal, but chronic exposure to gastric acid harms the esophagus and can lead to erosion, ulceration, Barrett's esophagus (abnormalities in the cells lining the esophagus), and increased risk of esophageal cancer.

The Not-So-Obvious

So, Hortense's heartburn is understandable. But, what do coughing, wheezing, and chest pain have to do with a gastrointestinal disorder? Although many patients and physicians are unaware of it, these symptoms are common manifestations of GERD, and treating the underlying condition has the potential to completely alleviate these problems.

Ruth's chronic cough was a reflex triggered by irritation of the esophagus. GERD is the third most common cause of "unexplained" chronic cough.

Jean's wheezing was due to inflammation of the airways activated by acid reflux. Recent studies suggest that untreated, unrecognized GERD may be a significant cause of asthma, and that a majority of adults with asthma also suffer from GERD.

Steve's chest pain, which mimicked angina and was so intense he thought he was having a heart attack, was caused by the caustic action of acid in the esophagus. Any ER doctor can tell you that false alarms such as this are quite common.

Chronic hoarseness, laryngitis, and throat clearing; recurrent sore throats; ear and sinus infections; difficulty swallowing; and dental erosions can all be caused by GERD and remedied with natural therapies and lifestyle changes. But if your doctor happens to be astute enough to recognize this often-overlooked association, chances are he'll prescribe you a drug.

HEARTBURN CIRCULATING FILE

Don't Buy the Drug Hype

The third and fourth best-selling prescription pharmaceuticals in the United States in 2005 (after the cholesterol-lowering behemoths Lipitor and Zocor) were drugs used to treat GERD and ulcers. Nexium and Prevacid belong to a class of drugs known as proton pump inhibitors (PPIs). They block an enzyme in your stomach that produces acid, and the resulting reduction in stomach acid is supposed to prevent and heal ulcers in the stomach, esophagus, and duodenum.

These drugs do provide symptomatic relief, but thanks to one of the most aggressive marketing campaigns in history, they are excessively and inappropriately prescribed. Pharmaceutical giant AstraZeneca's Nexium – the ubiquitous "Purple Pill" – ratcheted up \$4.4 billion in sales last year at an average cost of \$4 a pill. Yet it works no better than Prilosec, an older PPI also made by AstraZeneca that costs about 70 cents a pop and is available over-the-counter. But, since Prilosec went off patent in 2002 and sales fell as generic competitors came online, AstraZeneca has pulled out all the stops to switch patients over to Nexium. And its massive advertising campaign has worked. Nexium sales rose by 19 percent last year.

I'm glad that awareness of GERD is growing, but remember that a lot of this "educational" outreach is a thinly veiled attempt to sell drugs. GERD is both preventable and treatable, and it doesn't require expensive PPIs, antacids, or any other drugs, for that matter. In most cases, it can be controlled with a few simple lifestyle changes and nutritional supplements.

Safe, Natural Solutions

For prevention and treatment of GERD, my number one recommendation is deglycyrrhizinated licorice (DGL). This herbal extract promotes your gastrointestinal tract's natural defense mechanisms, increases production of protective mucosal cells, and helps reduce inflammation. DGL has a long history of medicinal use and research, but my clinical experience is even more compelling.

I have a stack of letters and comments from patients and subscribers singing the praises of this inexpensive supplement for longstanding heartburn, chronic cough, asthma-like symptoms, hiatal hernia, and severe stomach and chest pain. Some tell about getting off asthma inhalers, PPIs, and antacids. Others relate the rapidity of response and duration of benefits. All in all, DGL is a supplement that has been a consistent performer for my patients for more than 20 years.

Other preventive measures include avoidance of foods and beverages known to trigger esophageal sphincter relaxation, such as alcohol, caffeine, fatty and spicy foods, tomatoes, peppermint, citrus, and chocolate. Obesity, lying down after meals, pregnancy, tight-fitting clothes, and overeating (the leading aggravator of acid reflux) also provoke symptoms by putting pressure on the stomach and esophageal sphincter.

If you have any of the symptoms discussed in this article, think outside the box and rule out GERD as an underlying cause. One way to do this is to give DGL a trial run for one to two months.

Recommendation:

- The suggested dose of DGL is two tablets, chewed about 20 minutes before meals three times a day. Use only chewable DGL — it must be mixed with saliva in order to be effective. Unlike regular licorice, DGL will not cause water retention, raise blood pressure, or lower testosterone levels. This supplement, which is also beneficial for ulcers and canker sores, can be found in most health food stores.

HEARTBURN CIRCULATING FILE

Infants with Reflux - Skip the Drugs

Health Alert, September 2009

Dr. Bruce West

As unlikely as it may seem, some infants develop gastric reflux (GER, also called GERD in adults). Physicians routinely prescribe proton pump inhibitors (PPIs), such as Prevacid, for this problem – even though PPIs do not work in this situation. (1) Even worse, PPIs have serious side effects for infants, including upper respiratory infections and problems with the absorption of nutrients.

If you have an infant or infant grandchild who can't seem to keep food down without chronic reflux symptoms, what are you to do? You can be faced with invasive diagnostic testing, and then ineffective drugs that cause other problems. The whole thing can be frightening and dangerous. But there are alternatives.

Remedies for GER

First of all, if your infant is still on milk, quit the pasteurized cow's milk. If you are breast feeding, stop drinking milk and eating wheat. If you are not breast-feeding, use the traditional formula. This formula is a miracle for "colic," can often stop GER problems, and is the most nutritious and beneficial formula in the world for infants. You can get the recipe from the Weston A. Price organization (www.westonaprice.org).

By the way, 90% of the time, colic is another one of those medical non-diseases. Almost all "colicky" infants are constantly screaming because they are starving – whether breast-fed or not. That's correct – it is all about *food*. With the traditional formula, you can alleviate most colic in 48 hours! Colic can actually be turned on and off by withholding/giving the formula. So if you and your baby are suffering through colic, end it quickly with the traditional formula. Not one physician in 1,000 will know that colic is not a disease. And very few will know how to solve the problem.

If your infant is eating semi-solid or solid foods, you must test pasteurized cow's milk and wheat as the causes of their reflux or GER. Very often you will be pleasantly surprised at the results of these dietary changes. But if this does not help, you need to test for some damage to your infant's diaphragm. Strains in the diaphragm where the esophagus attaches to the stomach are common, occurring during your infant's mild falls, tussles, or even in childbirth.

Simply lay your infant on his/her back with the head supported on a pillow. Place the pad of your index finger directly under the wishbone area of the lower chest and apply mild downward pressure. The pressure should be directed in (toward the spine) and down (toward the buttocks). It should be mild, not uncomfortable, but still strong enough to stretch the muscles inward and downward – creating an indentation in the flesh about an inch deep. Hold the pressure for 20-30 seconds, and repeat twice daily for a week. If you have any questions at all, call around and find a pediatric chiropractor who is versed in this technique.

This technique can keep the stomach clear from the chest and heal and strengthen the muscles around the diaphragm. These muscles are critical to allow food to enter the stomach smoothly and to keep food from refluxing or regurgitating back into the esophagus. One week of treatment is usually sufficient to resolve the problem.

By eliminating pasteurized cow's milk and wheat, and strengthening the diaphragm, you can resolve 90% of all cases of infant GER. And all without useless drugs-drugs that will start your infant's life off on the wrong foot. What a concept!

NOTES: (1) *Journal of Pediatrics*. 2009, April: 154: 514.

HEARTBURN CIRCULATING FILE

391-4, Male 21, 11/25/32

Throat clogging, onions: Ipsab, salts

Be mindful of the diet, that there is a well-balanced diet consisting rather in this line:

Mornings - either stewed fruits (rhubarb, figs or the like) or citrus fruit juices, but do not take both at the same meal. To this may be added coddled egg, or soft-boiled egg, with a little crisp bacon and a little coffee (but no cream in it!).

Noons - juices of vegetables, as vegetable soups, or stews, or meat stews, but not that which has a great deal of fat in it. This may be topped with any of the dried breads, or with any of the whole wheat breads.

Evenings - the full vegetable meal, with little meats; but with plenty of the green vegetables, especially of the leafy variety; beans, lentils, cabbage, peas, carrots, salsify, all of these are well, and as MUCH of the boiled onions that may be well assimilated.

For that tendency at times in evenings for the little disturbance or irritation in the throat, which arises from the gastric juices of the stomach, especially when the body retires, we will find that if there will be taken the juice pressed from half-boiled onions, or the syrup from same, with a little sugar - or preferably honey or saccharin, this will allay the condition even if only a few drops are taken at a time.