

Circulating File

PROSTATE: ENLARGED
(Benign Prostatic Hyperplasia or BPH)

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

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PROSTATE: ENLARGED CIRCULATING FILE

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

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

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

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

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

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

Blessings,
A.R.E. Member Services Team

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

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

Prostate: Enlarged

<u>Contents</u>	<u>Pages</u>
A. Introduction to the Edgar Cayce Readings on Health and Healing	5
B. The Basic Cayce Diet	8
C. Case Studies from the Readings:	
1. Reading # 322-3, 59-year-old man	10
2. Reading # 3083-1, 60-year-old man	14
3. Reading # 3096-1, 59-year-old man	21
D. Related Circulating Files and Research Bulletins* :	
1. Cancer: Prostate	
2. Osteopathy	
3. Prostatitis, Vol. 1 & 2	
4. Research Bulletin: Prostatitis	

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PROSTATE: ENLARGED CIRCULATING FILE

Introduction to the Cayce Readings on Health and Healing

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Mark Thurston, Ph.D.
Education Department

The Basic Cayce Diet

The following summary describes the Basic Cayce Diet recommended for healing and health maintenance for most people. These diet concepts provide a framework for meal planning. The A.R.E. has also published a handy laminated Basic Diet sheet which can be used to remind you to follow the diet. Put it in a conspicuous place in the kitchen (i.e., on the refrigerator using magnets).

Acid-Alkaline Balance

Edgar Cayce frequently emphasized the importance of maintaining a proper acid-alkaline balance by eating mostly alkaline forming foods. A comprehensive list of foods is included in this section. The following summary will give you a quick overview of acid and alkaline-forming foods.

Alkaline-Forming Foods (80% of the daily diet should contain these foods):

- All vegetables except dried beans, lentils, asparagus tips, and garbanzos.
- All fresh fruits except cranberries, plums, olives, prunes, and blueberries (preserves and canned fruits are usually acid-forming).
- Almonds, chestnuts, Brazil nuts, and hazelnuts.

Acid-Forming Foods (20 % of the daily diet should contain these foods):

- All meats except beef juice and bone meal.
- All grains, cereals, and bakery products except for soybeans.
- All dairy except buttermilk, yogurt, raw milk and whey.
- Peanuts, pecans, and walnuts.

Food Combinations to Avoid

Certain food combinations are difficult to digest and may cause problems in the digestive system. Here is a brief list of food combinations to avoid:

- Two or more starchy foods at the same meal.
- Sugary foods and starchy foods.
- Milk and citrus fruit or juice.
- Cereals and citrus fruit or juice.
- Large quantities of starchy foods with meat or cheese.
- Coffee with milk or cream.
- Raw apples with other foods.

A Typical Day's Menu

Using the laminated Basic Diet sheet as a guide, develop a variety of daily menus which suit your taste and conform to the dietary principles in this section. Here is a simple outline for a typical day's menu:

Breakfast

Either citrus fruit/juice and whole-grained toast with softly cooked eggs, or cooked or dry cereal with non-citrus fruit/juice.

Lunch

Raw vegetable salad with dressing (no vinegar), vegetable soup or fruit salad.

Dinner

Steamed vegetables served with fish, poultry or lamb.

Food Preparation

Proper food preparation is important to preserve nutrients and avoid toxicity. Here are some suggestions:

- Steam vegetables in their own juices (i.e., patapar paper).
- Never fry foods.
- Use fresh, locally grown vegetables and fruits whenever possible.
- Avoid aluminum cookware.

Attitudes and Emotions

Edgar Cayce stated that even the most nutritious foods can turn to poison in the system if eaten while a person is in a negative frame of mind. Never eat when angry, worried or extremely tired.

INDEX OF READING 322-3, MALE 59

Dentistry: Pyorrhea	Par. 6, 8--10
Diet: Carbohydrates: Warnings	Par. B2, 11--13, 17
: Hyperglycemia	Par. 11--13, 17
: Hypoglycemia	Par. 11--13, 17
: Obesity: Tendencies	Par. B2, 11--13, 17
Exercise: Specific	Par. 14
Glands: Prostate: Enlarged	Par. B1, 13--16
Hyperglycemia	Par. 11
Hypertension	Par. B1, 11
Hypoglycemia	Par. 11
Mind: The Builder	Par. 19--26
Philosophy	Par. 19--26
Physiotherapy: Massage: Cocoa Butter:	
Glands: Prostate	Par. 15, 16
: Ipsab: Gums	Par. 8
: Myrrh: Glands: Prostate	Par. 15, 16
: Oils, Olive:	Par. 15, 16
Prostatitis	Par. B1, 13--16
Psychosomatics	Par. 19--26
Pyorrhea	Par. B2, 6, 8--10
Work: E.C.: Edgar Cayce	Par. R1

BACKGROUND OF READING 322-3 M 59

B1. 9/25/33 Wife [428]'s letter: "...I want you to give a Physical reading for Mr. [322], which he should have had long ago, but which has always been put off. He feels alright, but he is working terribly hard and a man his age should have the blood pressure watched; also there is an enlargement of the testicle, from which he seeks relief..."

B2. 10/1/33 Wife [428]'s letter: "...His teeth are in very bad shape from pyorrhea (improved since using Ipsab) but some helpful suggestions might be given outside of that. His weight is increasing all the time in spite of his hard work. I would like to know what the correct weight should be with the best diet for him. One question we are always arguing about is his sugar consumption. I think he has entirely too much, however, I may be wrong..."

TEXT OF READING 322-3 M 59

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 3rd day of October, 1933, in accordance with request made by self - Mr. [322], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 11: 30 to 12: 00 Noon Eastern Standard Time., N.Y.
(Physical Suggestion)

1. EC: Yes. Now, as we find, there are many conditions that disturb the better physical functioning of the body. All of these are not contributory one to another, necessarily. However, there are times when they are necessarily contributory to a one general debilitation of the body.
2. The effects are at variance to general conditions. For, the body physically, mentally, spiritually, is exceptional in many ways and manners. The disturbing forces, then, as will be seen, are in manners segregated to specific conditions. And there are times when these become general in such a manner as to cause a general strain upon the whole physical organism.
3. Under such existent conditions, as we find, it will be necessary that the general condition of the body and the varied specific conditions be considered as a whole; to insure that helpful administering to one disturbance will not bring about detrimental reactions in the system as to cause a general condition to be more effective.
4. To be sure, there are general conditions that are not wholly normal. These of themselves are more generalities, or are affecting the system in such a manner as to be distributed more generally in their effect upon the physical body.
5. These, then, are conditions as we find them with this body, [322] we are speaking of:

6. We find that there are some specific disturbances in the head, neck and eyes, from allowing conditions to become (sometimes) acute; as seen in the teeth and the environs, as it were, with same.
7. These make for segregations that in themselves do affect the eyesight, the hearing, the throat, and the general effect in the system or to the blood supply in part.
8. As we find, these may be materially aided by the properties of Ipsab used as a general application heretofore, but that may be used more specifically for the varied conditions in particular teeth or particular portions of the mouth. That is, the applications would be much more effective were the accumulations about the gums removed in part and the properties applied nearer the root of the gum with small tufts of cotton and tweezers. And, as we find, save in one or two instances, the effects of a long-standing pyorrhea condition or Riggs' disorder would be removed.
9. Also the general health would be aided, as related to eyes, ears, nose, throat, and the tendency at times for disturbances in the nasal cavities, antrums and the like.
10. While some of the teeth need more specific local activity in the removal, none should be removed until there has been a general building up of the body's health and the specific applications in the portions indicated.
11. As to the activities of the digestive and assimilating system, here we find some more subtle disturbances that are more general in their nature; and are affecting the glands in the body as related to assimilations. These affect the pancreas and also the spleen, and the lacteal ducts. This is produced by a continued excess of carbohydrates in the system. [Hyperglycemia?] The effects that in part arise from these are tendencies for an alteration in the metabolism of the system; though not heart troubles, but the pressure of the blood supply itself and that tendency for the body to easily become fatigued or when resting to easily fall asleep, [Hypoglycemia?] and yet at other times when that should be the natural thing it is almost the reverse.
12. Hence there should be the cutting down on the pastries and too great amount of sugar in ANY properties eaten. Sugars for the system should be had principally in fruits and vegetables, rather than the ADDITION of same in so much sweets and sweetmeats that carry excess sugar in their preparation. However, we would not reduce it all at once. But the amount of sugar taken each day should not exceed five drams (in excess of the natural sugar contained in vegetables, fruits or the like, see?). That would be about a tablespoonful.
13. As to the effects of this upon the system generally, from the exercises of the body, there is the tending toward an increase in weight. Hence disturbances would be materially aided by cutting down on the carbohydrates and using an exercise that would change the activities of the circulation in the system; which, as we find, will be very effective also in the tendency for the glands about the genitive organs to become enlarged in their own proportions to the general activity.

14. While walking exercise is excellent, there should be more that tends to make for the activity of the feet above the head; as in bending the feet back over head (lying prone on back, of course), morning and evening, just upon arising and just before retiring; and bending back to the shoulders as much as possible. This will be rather severe in the beginning. And work the feet much as if pedaling the bicycle, see?

15. Also we would massage the glands in those portions where there are the connections to the testes or testicle with a compound prepared in this manner:

16. To 1/2 ounce of dissolved Cocoa Butter, add 1/2 ounce of olive oil and then 1/2 ounce of Tincture of Myrrh. This will solidify again when not in use, but stir together and massage only a small portion of same into the portions of the body and glands that make the connections to this portion of the system, see?

17. Keep the diet tending toward the alkalines; not a great quantity of meat. When meats are taken, use lamb, fish or fowl - preferably broiled or boiled. No red meats, nor heavy beef, or any other heavy meats, see?

18. Do these, and we will find that we will gradually build back to a much more normal condition for this body.

19. The attitude mentally of the body, [322], to general conditions, and sympathy for others in distress, aids materially the physical forces of the body.

20. From the conditions, or from that existent physically and mentally, spiritually, with the surroundings of the body, these questions might readily be asked everyone:

21. Does the mind function ever irrespective of the physical body?

22. Is the mind matter, or spirit?

23. Does thought create matter, or does matter function to create thought?

24. Are the activities of a body only mental, or physical, mental AND spiritual?

25. How much of an influence is had upon the physical body by mental activity outside of itself?

26. Answer these, Mr. [322].

27. We are through for the present.

REPORTS OF READING 322-3 M 59

R1. 10/3/33 GD's note: EC said on waking [from giving reading 322-3] that he felt as if he hadn't given a reading at all; as if he had just been normally sleeping.

R2. 11/5/33 Mr. [322] publicly testified to the value of Edgar Cayce's readings, at a meeting in the home of Mr. and Mrs. E. W. Zentgraf in Staten Island, New York.

INDEX OF READING 3083-1, MALE 60

ACIDITY

Asthenia: Eliminations: Poor	Par. 12
Bible: Books Of: James 1: 17	Par. 34-A
: Matthew 25: 40	Par. 32-A
: Matthew 25: 45	Par. 32-A
Diabetes: Tendencies	Par. 23
Diet: Acidity & Alkalinity	Par. 21--28
: Artichoke: Jerusalem: Acidity	Par. 23
: Beverages: Carbonated: Not Recommended	Par. 27
: Cooking Utensils: Patapar Paper: Artichoke	Par. 23
Doctors: Mickle, George E.: D.O.	Par. R1

ELIMINATIONS: POOR

Insomnia: Spine: Subluxations	Par. 19
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NERVOUS TENSION

Osteopathy: Spine: Subluxations	Par. 18
Parkinson's Disease: Tendencies	Par. 11
Prescriptions: Citrocarbonate, Upjohn's: Acidity	Par. 20
: Water, Drinking: Eliminations	Par. 28
Prophecy: Personal: Longevity	Par. 31-A
Prostate: Enlargement	Par. B1, 14
Prostatitis: Tendencies	Par. 14
Psychic Development: General	Par. 33-A, 34-A
Psychosomatics	Par. 6
Reincarnation: Purpose	Par. 32-A

SPINE: SUBLUXATIONS

Work: E.C.: Quotations & Similes: "Spirit Is Life, Mind Is The Builder, Physical Is The Result..."	Par. 7
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BACKGROUND OF READING 3083-1 M 60

B1. 6/15/43 [3083]'s letter to EC:

Mr. Edgar Cayce Ass'n for Research and Enlightenment

Dear Mr. Cayce:

In order to be sure of getting a reading at what I presume is the earliest possible time, I am answering your letter of June 1 by accepting the appointment from 10: 30 to 11: 30 EWT on the morning of Thursday, July 8, 1943. I shall then be in the library or study of my residence at the address given on this letter head, in a sympathetic and cooperative frame of mind. I have delayed this letter because Mrs. [...] and I have tried to rent a house at a nearby lake for two weeks beginning July 3, but as there is no definite commitment yet in that matter, I shall say now that I shall be at ... and shall write or wire you before the reading if my plans develop otherwise. The full name is [3088].

My order for Sugrue's book "There Is A River" has been filled, and I found it so interesting that I was unable to go on with anything else until I had finished reading it. Mr. Sugrue should be congratulated on a beautiful piece of work and you should have the thanks of all people of good will, for having devoted your lifetime to such a service and ministry.

Now as to my reading. My present state of health seems to me to be good, but I see so many people I know who seemed to be in ordinarily good health dropping out of this life at my age or younger, that I feel I should have the best possible information regarding my own expectancy for life and health, before I plan any future activity. Quite unexpectedly, I seem to have developed sufficient interest in psychic, religious and philosophical matters to be glad to devote at least all my leisure for the remainder of my life to them. If this physical reading "hits the nail on the head" and compels my confidence I shall probably follow with other readings for guidance of my future course of action. I would probably also seek physical readings for others of my family who apparently need them far more than I do. I have at least 8 physical ailments, but would prefer to have them discovered by the reading. Several of them might develop into serious trouble, for all I know; for example, a specialist whom I consulted about symptoms of prostate trouble several years ago told me that I had some enlargement of the gland, but should forget about it as long as it only disturbed my rest at nights, but should get to a surgeon quickly if it should ever make urination impossible. After reading the case histories given in the book, I need not say to you that I am expecting a detailed survey of my physical condition. The only questions I can think to ask at this time are:

1. Are there any conditions that might terminate my physical life, or impair its usefulness within the next 15 years or say before I am 75 years old? The answer to this question should affect my plans, for retirement to attend to interests other than "making a living".
2. If so, how should I conduct my life henceforth so as to extend my usefulness and my enjoyment of the activities of this life, as far as possible?
3. Is there any evidence that I have or could develop supernormal powers? So many times I have been told by spirit communicators through various mediums that "the power is strong around you" or that I would have power to heal if I cared to develop it, that perhaps I should take some cognizance of these communications. But you should be able to tell me whether this is merely an illusion.

Faithfully yours, [3083]

TEXT OF READING 3083-1 M 60 (University Professor)

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 8th day of July, 1943, in accordance with request made by the self - [3083], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by review of THERE IS A RIVER in the Psychic Observer, by Gertrude Ogden Tubby.

P R E S E N T

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

R E A D I N G

Time of Reading 10: 50 to 11: 10 A. M. Eastern War Time. ..., Michigan.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [3083].
3. As we find, there are many conditions that are very good, considering the temperament - and all - of the body.
4. We find that if precautions were taken concerning certain conditions, it would prevent disturbances later on.
5. These have to do with weaknesses that are produced in the functioning of some of the organs through the body.
6. Also we find that the mental attitude that is kept by the body will have as much or more to do with the body maintaining good physical reactions, as anything that may be applied.
7. Yet, learn the lesson: that physical must be met in the physical, that mental must be met in the mental, and that spiritual is the directing force - but Mind is the Builder.
8. These, then, are the conditions as we find with this body, [3083]; we are speaking of:
9. The blood supply indicates a nerve tension through the body, more from the tendencies for acidity - that gives rise to those conditions in many of the organs of the body, and those tendencies for this to be a part of the general system causes the lack of proper elimination of used energies or drosses of the body, at times.
10. This does not indicate that there is infectious force anywhere in the body. There are at times inflammatory conditions, that may come from any disturbance in the nerve forces or in the lack of proper eliminations from the body.
11. As to the nerve forces themselves, - we find that there has been gradually builded in the body those tensions in the brachial center; that is, from the 1st, 2nd, 3rd and 4th dorsal. Thus we have at times a disturbance that has caused the general nerve system to give not exactly the effect of the agitans or palsy, but a nerve reaction.

12. And the body tires easily. At other periods it finds the reactions are very good. This depends upon the activity of the alimentary canal. This also, with the disturbance in the alimentary canal, produces irritations in some portions of the superficial circulation.

13. These are just general conditions, as we find, that exist at times.

14. The activity through the kidneys and liver, and the heart's activity, is very good; though the slowing of the circulation through the alimentary canal, and the kidney and bladder area, causes some disturbance in the prostate area. This is at times disturbing, but unless there is a reduction of the acidity in general in the system, it may cause some disorders to arise. Otherwise, it may pass - as does disturbance to the functioning of liver, of spleen, of kidneys, of heart, of lungs.

15. For, at this period of manifestation we find the general deterioration, when there has not been kept an equal balance between the acidity and the alkalinity of the body. First the organs of the sensory system are affected; eyes, ears, nasal passages, the taste, the feeling, the abilities and activities.

16. But with the correction of those tensions or pressures in the upper dorsal area, as we have indicated, ALL of these conditions will be helped; provided there is kept the correct balance in the acidity of the body, and better eliminations are maintained.

17. Then, in making improvements and to insure betterment of general conditions:

18. We would first give that there be a reduction or correction - osteopathically - of those tendencies that exist in the upper dorsal and cervical area; also correcting the tendency for a lesion in the sacral area and at the pelvis axis.

19. This as we find will give better ability to sleep, better ability for digestion, and aid in the eliminations.

20. Two to three times a week, as an alkalizer, we would take the Upjohn's Citrocarbonates.

21. In the diet we would keep to those things in the main that enable the body to stay balanced between the acids and the alkalines.

22. Beware of white bread, white potatoes.

23. Do include in the diet - at least once a week, when it is practical - a Jerusalem artichoke. This should be cooked in its own juices; that is, in Patapar Paper, and when prepared all of the juices should be mixed with same. This has those properties that will aid the activity of the kidneys as well as the bladder and prostate disturbance. This will keep down the sugar in the digestive forces also.

24. At least twice a week do have sea foods; not fresh water fish, but sea foods - salt water fish and sea foods. These carry those properties of iodine that are necessary to keep the equilibrium better with the glands throughout the body, and especially the thyroid and the digestive area.

25. Do have leafy vegetables often, and raw vegetables as a part of the diet at least once each day.

26. Not too much of sweets.

27. NEVER any of the drinks that are made with carbonated waters.

28. Drink plenty of water at all times.

29. Do these, and we will find better conditions for this body.

30. Ready for questions.

31. (Q) Are there any conditions that might terminate my physical life, or impair its usefulness within the next 15 years?

(A) This depends upon the use to which the mind and the body is put during the next fifteen years. Accidents might occur, as well as infections or other conditions. But so far as the abilities to maintain an equilibrium are concerned, these are well - there are the abilities within self to do this, if the precautions are taken.

32. (Q) How should I conduct my life henceforth so as to extend my usefulness and my enjoyment of the activities of this life, as far as possible?

(A) In that direction of the purpose for which each soul enters a material experience. It is not for the gratifying of self, but to the glory and honor of God.

These should be the activities, then; as in appreciation of that opportunity, and being of such a help to others as to maintain at least some consideration of self in same.

For, as ye treat your neighbor, as ye treat the least of thy brethren, ye are doing to thy Maker.

Then so live that it will be to the glory of God and to the honor of self.

33. (Q) Is there any evidence that I have, or could develop, supernormal powers?

(A) This depends upon the qualifications, or as to what is termed supernormal powers. There is within every soul the ability to accomplish any influence that has been or may be accomplished in the earth.

If the developing of the psychic abilities is meant here, - these might be developed, dependent upon what the entity seeks as its ideal or as his guide. There is ONE way, but there are many paths.

34. (Q) Do I have healing ability?

(A) This may be developed. The power, as does all good, must come from the one source.

Then live thine own life in such a way and manner as to merit the use of such power; not to thine own glory, but to the glory of the Giver of all good and perfect gifts.

35. We are through for the present.

REPORTS OF READING 3083-1 M 60

R1. 7/28/43 [3083]'s letter to EC:

..., Mich. Mr. Edgar Cayce

Dear Mr. Cayce:

Your reading, 11,892-C-A [3083-1] on the physical condition of [3083] suggests, in a postscript, that I send you a history of my case to the time of the reading. I am doing it in pencil as the most convenient means of getting a carbon copy, in manuscript.

I explained to you in my previous letters that I have no serious or critical ailments, only an accumulation of eight or ten difficulties that seem to be minor though bothersome, but some of which are of such nature that they may become serious. I told you, before the reading, about ONE of these, to which I desired that you pay particular attention - a slightly enlarged prostate gland which seems to be irritable and which interferes with my rest at night. Your reading made specific recommendations for relief of this condition, which I am proceeding to carry out in all particulars. I have already had 3 treatments by Dr. Mickle, osteopathic physician whom your reading mentioned as being acquainted with your work. I have taken Upjohns Citrocarbonates, and have written to the seed company in LaCrosse, Wisc. That you mentioned, to procure a supply of Jerusalem artichoke. I have faith in the statement made in your reading, that most of my troubles stem from interference with blood supply caused by nervous tensions that are due to wrong balance between acid and alkalis in my chemical system, and faulty elimination of waste material. Though my organs of elimination have nearly always functioned regularly, I have had reason to suspect that there was too long a period of time elapsing between ingestion and elimination of my food.

But your reading was disappointingly vague or neglectful about a number of my ailments. For example:

1. I have had an unoperated hernia since 1896, for which I wear a truss. Conceivably it, or the truss, might be responsible for some of my difficulties, and there is always the possibility of strangulation of the hernia. Your reading did not even discuss a hernia.

2. I have had a severe hissing in my ears for at least ten years, for which I have had osteopathic treatment by an aural specialist who is also an orthodox M.D. He ascribed the hissing to hearing my own blood stream where it approaches close to the ears, aggravated by roughnesses in the walls of the arteries and high blood pressure. Your reading did not discover any high blood pressure, but I cannot be too critical about this, because my family physician could discover it only occasionally, when I exerted myself especially.

3. For many years I have had trouble with my skin, on which I have used all the ointments employed by physicians, and X-rays on several occasions, with only temporary relief. I have reason to believe that the cause may be either allergy or nervousness. But your reading did not mention any skin trouble.

4. For some years I have had a chronic sinus infection which makes me particularly susceptible to "colds" and is bothersome at all times. For perhaps six months I had one

inoculation per week, of serum or antibody by an otolaryngologist. Your reading might be construed as covering this. Treatments seem to suppress but not to eliminate it.

5. My eyes have troubled me ever since my high-school days in 1896, and I have to wonder whether they will serve until the end of my life. Besides astigmatism, and the presbyopia due to age, I have muscular imbalances that make me very uncomfortable if I use my eyes for long periods. I would like to know whether it will be possible to do, in comfort all the reading and study in subjects outside my profession, that I had deferred to the latter part of my life. Your reading touched my eyes in only the most casual way.

6. Increasingly, as I get older, it becomes uncomfortable for me to read or sit at my study table more than a few hours at a time, due to lameness and ache in my neck and shoulders. To alleviate this, I had a long series of osteopathic treatments five or six years ago by the same Dr. Mickle to whom you referred me, but the results were merely temporary. Doing the same things, years ago, caused no such distress, which limits my capacity to do the things I have laid out for myself, as well as my pleasure in doing them. Possibly the following of your general advice may improve this situation. Anyway, the osteopathic treatments which you suggested seem to be almost exactly the same as those which Dr. Mickle gave me five years ago - which is significant.

7. Occasionally, perhaps twice a year, I have neuralgia or neuritis, in which sharp pains or stabs appear in my ear and my throat, and my scalp is sore on that same side of my head.

8. Several times a year, and without any apparent cause, I have pain in my knee joints as I get up and sit down, or go up and downstairs. For both 7 and 8 I use aspirin, and presently the hurt disappears. Possibly both 7 and 8 will disappear after I have done as your reading suggests, for a long enough period.

Since I started this letter, Salzes Seed Co. has written that Jerusalem artichokes are off the market until the new crop is harvested in late September.

Faithfully yours [3083]

INDEX OF READING 3096-1, MALE 59

Acidity: Alkalinity	Par. 6, 30-A
ASSIMILATIONS: POOR	
Bible: Books Of: Matthew 25: 40	Par. 24
: Matthew 25: 45	Par. 24
Cycles: Body	Par. 22
DIGESTION: INDIGESTION	
Doctors: McLean, Theodore R.: D.O.	Reports
Forces: Creative	Par. 22
Glands: Prostate: Spine: Subluxations	Par. 27-A
Healing: Consistency & Persistency	Par. 31-A
Nervous Systems: Incoordination	Par. 10
Osteopathy: Spine: Subluxations	Par. 16, 17, 28-A
Prostate: Enlarged	Par. B1
Prescriptions: Acigest: Digestion: Indigestion	Par. 17, 18
: Glyco-Thymoline:	Par. 18
Prophecy: Prognosis: Spine: Subluxations	Par. 12
Psychosomatics: Digestion: Indigestion	Par. 21--24
SPINE: SUBLUXATIONS	

BACKGROUND OF READING 3096-1 M 59

B1. Questions submitted:

1. What causes the abundant regurgitation of mucous from my stomach, and how may this condition be corrected?
2. Is my liver the seat of the trouble?
3. What can be done to enable me to retain solid foods?
4. Is my prostate gland getting enlarged? If so, how may it be remedied?
5. Is my condition of cancerous nature?

B2. 4/15/43 "My case dates back to May 1934, when, after a gall bladder attack my stomach developed an abundant regurgitation of mucus, with painful contractions of the esophagus. I have been reduced to a strictly liquid diet and now the mucus is not so abundant and conditions are no longer bothersome. However every time I take a bit of solid food it is thrown back and the mucus comes up again in abundance. I was told that the liver is the cause of the trouble.

"On the other had I suspect that my prostate gland is getting enlarged and I'd like very much to remedy that also.

"I am 59, my father had liver trouble and my mother died of a cancer of the stomach extending to the liver."

TEXT OF READING 3096-1 M 59

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 16th day of July, 1943, in accordance with request made by the self - Mr. [3096], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by the book, THERE IS A RIVER, and - originally - Mrs. [987].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. [3096] and wife [3098].

R E A D I N G

Time of Reading 10: 30 to 10: 50 A. M. Eastern War Time. ..., N.Y.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [3096].
3. As we find, there are conditions which prevent the better physical functioning of the body.
4. These have to do with the digestive and the assimilating system, and the lack of those vital forces necessary for the proper assimilation in the body.
5. Then, these are the conditions as we find them with this body, [3096] we are speaking of, present in this room:

6. First, in the blood supply, - this indicates the lack of the proper digestive fluids in the system, the unbalancing of the alkaline and the acid forces - as indicated in the stomach and duodenum itself.
7. Thus the necessity for almost all predigested or liquid foods in the body.
8. We find that these conditions arise from that which existed in some time back, when - as combined with the lack of vital energies - these was a subluxation produced in the area of the 7th, 6th, and 8th dorsals. This hindered in the impulse to the supplying forces that aid the liver, the pancreas, and the glands in the portion of the stomach itself close in the area of the duodenum and the pylorus, such that there began the leakage - as it were - of the acid produced.
9. This became gradually an irritation that formed gases in the intestinal tract itself; thus forming pockets of lymph in the jejunum that became very aggravating to the system.
10. The applications made for corrections have still not corrected those tendencies that arise from those subluxations existing in the spinal system. These are a part of the sympathetic and a part of the cerebrospinal nerve supply.
11. As we find, this condition may be materially aided, but will require a long and patient and persistent use of the corrective measures; not only to correct that which is the first cause of the digression in the body, but to correct also those effects which have been produced.
12. In making the applications, we find that in the beginning there will be periods when there is apparently greater irritation. But if these are kept, there should be gradually the corrections and the body enabled to make near normal reactions - within a period of eight to fourteen months.
13. The reaction of these to nerve forces, to other organs of the body:
14. In many respects the body has reacted very well, considering the disturbing forces, and has taken care. Yet the activities become very disturbing at times, when there is the using up of the energies of the body.
15. In making corrections:
16. First we would give that there be the beginning with the GENTLE osteopathic relaxations, especially in those areas indicated, - 6t, 7th and 8th dorsal. To be sure, these corrections cannot all be made at once. Hence it will be necessary to coordinate the upper portion of the cervical AND the upper dorsal areas with the corrections made in the lower dorsal area. Relax rather than correct, in the first eight to ten treatments given. The lumbar area should also be coordinated, every second or third time.

17. After the osteopathic corrections have been started (not before), we would begin with ACIGEST - and this should not be until after the fifth or six treatment. Take half a teaspoonful of the ACIGEST stirred in a glass of raw milk. This in the beginning would be taken only three times a week. After the tenth or fifteenth, or tenth or twelfth adjustment osteopathically, increase the ACIGEST to five doses each week.

18. Throughout the period, when the Acigest is begun, take also an intestinal antiseptic; one to three drops of Glyco-Thymoline in water after the heavier meal of the day.

19. Do not attempt to take solid foods until the greater part of the corrections have been made.

20. Do these, and we will find bettered conditions for this body.

21. The mental and spiritual attitude must be taken into consideration.

22. Here we find, at times, anxieties. Know, creative forces are eternal. The correction of the body-forces comes in cycles. And there are those corrections ever being attempted in a physical body. Add those material, mental and spiritual elements, and we may renew a body in any given period.

23. Then, keep creative in thought and purpose. Expect something, but do something about it. Use those abilities in the creative forces for helping others.

24. For, as ye do to thy fellow man, ye are treating thy God.

25. Ready for questions.

26. (Q) Is my condition of a cancerous nature?

(A) Decidedly not!

27. (Q) Is my prostate gland getting enlarged? if so, how may it be remedied?

(A) These should gradually disappear as these corrections are made in the dorsal area as given, coordinating the lumbar area with same, creating a balance in the activities through the body.

28. (Q) Which osteopath would you recommend?

(A) Any one of those in sympathy with the suggestions made here.

29. (Q) What causes the abundant regurgitation of mucous from my stomach, and how may this condition be corrected?

(A) As indicated, from the first of the subluxations that exist these have relaxed the pylorus. This in reaction from the duodenum causes a spasmodic reaction to the cardiac portion. Thus we have those regurgitations at times not only from the duodenum but from the stomach itself proper, though these are not as bad now as they have been.

30. (Q) Is my liver the seat of the trouble?

(A) Rather the glandular force that has cut off the supply of those glands that secrete the acids in the body.

31. (Q) What can be done to enable me to retain solid food?

(A) This has been indicated here, as to how. First, there must be the correction of the causes, gradually, with correcting of the effects that have been produced by same.

Be persistent, be consistent, be prayerful, be helpful. We will find help.

32. We are through for the present.

(ACIGEST is manufactured and distributed by the Colloidal Health Products Corp., Atten. A. A. Nichosen, Greenvale, Long Island, N.Y. It sells for a \$1 a bottle. According to the Readings, it is the best way of assimilating hydrochloric acid.)

REPORTS OF READING 3096-1 M 59

R1. 7/27/43 Wife, Mrs. [3098]'s letter - see under 3098-1 Reports - “[3096] has taken already two treatments with Dr. McLean.” [Theodore R. McLean, D.O.]

R2. 7/31/43 EC's letter to [3096]'s wife, Mrs. [3098]:

Mrs. [3098] ..., N.Y.

Dear Mr. [3096]

Thank you very much for yours of the twenty-seventh. It was indeed a real pleasure to have you and Mr. [3096] visit us at the Beach. I do not know when we have had anyone that we felt as much drawn to as to you good folks and I do hope and pray that the physical help of each of you proves to be just as helpful as so many hundred of others tell us their's has been to them. We, of course, look forward with a great deal of interest to your Life Readings for I can't help but feel, from the experience, that we were associated somewhere, possibly in an Egyptian experience. Someone of our friends who were, evidently, associated with us in an Egyptian experience, sent me quite a number of trinkets to remind me of Egypt. Thanks again for letting us hear from you and I certainly believe that Mr. [3096] will find Dr. McLean a very fine young man.

Let us hear from you as to how both of you are getting along and with every good wish from all here, I am

Sincerely, Edgar Cayce

R3. 8/18/43 Wife [3098]'s letter: “I am sure you'll be glad to know that Dr. McLean is very pleased with [3096]'s progress. He has taken eight treatments already and expects to start the Acigest next week.”

R4. 8/23/43 EC's letter to Mr. & Mrs. [3096] and [3098]:

Mr. & Mrs. [3096] and [3098] ... N.Y.

Dear Mr. & Mrs. [3096] and [3098]

Thanks very, very much for yours of the 18th enclosing the cards of [Westchester]. These are very beautiful. We have not been privileged to see [...] as much in the summer time as we would like and these apparently were made in the spring or summer and I am sure everything is even more beautiful.

I am indeed glad to know that Mr. [3096] is feeling better and that he is pleased with Dr. McLean. I only met him once, but I was very much impressed with him and have really enjoyed the little correspondence which we have had.

I do hope that you both will continue to improve. I am looking forward with a great deal of interest to the time when we have your life reading. Thank you very, very much. With kindest personal regards from Mrs. Cayce and me.

Sincerely, Edgar Cayce

R5. 1/13/44 Letter requesting a second Physical Reading for his wife: “My own progress is slow but constant and very satisfactory.”