

Circulating File

LUNGS: PULMONARY EDEMA

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

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LUNGS: PULMONARY EDEMA CIRCULATING FILE

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

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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 pulmonary edema. The information is not intended for self-diagnosis nor self-treatment. Please consult a qualified health care professional before following any advice contained within this file.

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

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Lungs: Pulmonary Edema

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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 study of the specific ailment that requires healing for you.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Blessings,

A.R.E. Member Services Team

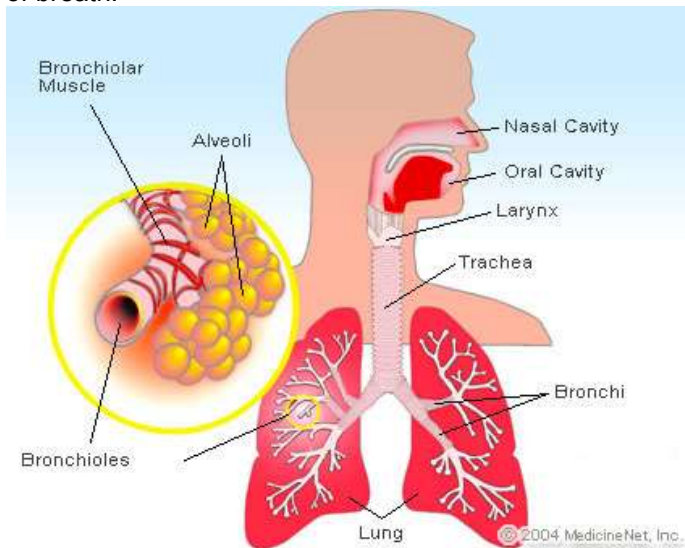
Pulmonary Edema Overview

http://www.emedicinehealth.com/pulmonary_edema/article_em.htm

Pulmonary edema literally means an excess collection of watery fluid in the lungs. (pulmonary=lung +edema=excess fluid). However, the lung is a complex organ, and there are many causes of this excess fluid accumulation. Regardless of the cause, fluid makes it difficult for the lungs to function (to exchange oxygen and carbon dioxide with cells in the bloodstream).

Air enters the lungs through the mouth and nose, traveling through the trachea (windpipe) into the bronchial tubes. These tubes branch into progressively smaller segments until they reach blind sacs called alveoli. Here, air is separated from red blood cells in the capillary blood vessels by the microscopically thin walls of the alveolus and the equally thin wall of the blood vessels. The walls are so thin that oxygen molecules can leave air and transfer onto the hemoglobin molecule in the red blood cell, in exchange for a carbon dioxide molecule. This allows oxygen to be carried to the body to be used for aerobic metabolism and also allows the waste product, carbon dioxide, to be removed from the body.

If excess fluid enters the alveolus or if fluid builds up in the space between the alveolar wall and the capillary wall, the oxygen and carbon dioxide molecules have a greater distance to travel and may not be able to be transferred between the lung and bloodstream. This lack of oxygen in the bloodstream causes the primary symptom of pulmonary edema, which is shortness of breath.



Pulmonary Edema Causes

Pulmonary edema is often classified as cardiogenic or non-cardiogenic [due to a heart (cardiac) problem or due to a non-heart related issue respectively].

Cardiogenic Pulmonary Edema

Cardiogenic pulmonary edema is the most common type and is sometimes referred to as heart failure or congestive heart failure.

It may be helpful to understand how blood flows in the body to appreciate why fluid would "back up" into the lungs. The function of the

right side of the heart is to receive blood from the body and pump it to the lungs where carbon dioxide is removed, and oxygen is deposited. This freshly oxygenated blood then returns to the left side of the heart which pumps it to the tissues in the body, and the cycle starts again.

Pulmonary edema is a common complication of **atherosclerotic (coronary artery) disease**. As the blood vessels that supply nutrients to the heart tissue progressively narrow, the heart muscle may not receive enough oxygen and nutrients to pump efficiently and adequately. This can limit the heart's ability to pump the blood it receives from the lungs to the rest of the body. If a heart attack occurs, portions of the heart muscle die and is replaced by scar tissue, further limiting the heart's pumping capability leaving it unable to meet its work requirements.

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When the heart muscle is not able to pump effectively there is a back-up of blood returning from the lungs to the heart; this backup causes an increase in pressure within the blood vessels of the lung, resulting in excess fluid leaking from the blood vessels into lung tissue.

Examples of other conditions in which heart muscle may not function adequately include (this list is not all inclusive):

- cardiomyopathy (abnormally functioning heart muscle);
- previous viral infection;
- thyroid problems, and
- alcohol or drug abuse.

Two of the most common cardiomyopathies are ischemic (due to poor blood supply to the heart muscle as described above) and **hypertensive**. In hypertensive cardiomyopathy, poorly treated high blood pressure results in thickening of the heart muscle - so the heart is able to pump blood against that increased pressure. After a period of time, the heart may no longer be able to compensate and fails to keep up with the work load; as a result, fluid leaks out of the blood vessels into the lung tissue.

Another cause of pulmonary edema are mitral and aortic heart valve conditions. Normally, heart valves open and close at the appropriate time when the heart pumps, allowing blood to flow in the appropriate direction. In valvular insufficiency or regurgitation, blood leaks in the wrong direction. In stenosis of the heart valves, the valve becomes narrowed and doesn't allow enough blood to be pumped out of the heart chamber, causing pressure behind it. Failure of the mitral and aortic valves located in the left side of the heart can result in pulmonary edema.

Non-cardiogenic Pulmonary Edema

Non-cardiogenic pulmonary edema is less common and occurs because of damage to the lung tissue and subsequent inflammation of lung tissue. This can cause the tissue that lines the structures of the lung to swell and leak fluid into the alveoli and the surrounding lung tissue. Again, this increases the distance necessary for oxygen to travel to reach the bloodstream. The following are some examples of causes of non-cardiogenic pulmonary edema.

Kidney failure: In this situation the kidneys do not remove excess fluid and waste products from the body, and the excess fluid accumulates in the lungs.

Inhaled toxins: Inhaled toxins (for example, ammonia or chlorine gas, and smoke inhalation) can cause direct damage to lung tissue.

High altitude pulmonary edema (HAPE): HAPE is a condition that occurs in people who exercise at altitudes above 8,000ft without having first acclimated to the high altitude. It commonly affects recreational hikers and skiers, but it can also be observed in well-conditioned athletes.

Medication side effects: These may occur as a complication of aspirin overdose or with the use of some chemotherapy drug treatments.

Illicit drug use: Non-cardiogenic pulmonary edema is seen in patients who abuse illicit drugs, especially cocaine and heroin.

Adult respiratory distress syndrome (ARDS): ARDS is a major complication observed in trauma victims, in patients with sepsis, and shock. As part of the body's attempt to respond to a crisis, the antiinflammatory response attacks the lungs with white blood cells and other chemicals of the inflammatory response causing fluid to fill the air spaces of the lungs.

Pneumonia: Bacterial or viral pneumonia infections are quite common; however, occasionally become complicated as a collection of fluid develops in the section of the lung that is infected.

Pulmonary Edema Symptoms

Shortness of breath is the most common symptom of pulmonary edema and is due to the failure of the lungs to provide adequate oxygen to the body. In most cases the shortness of breath or dyspnea (dys=abnormal +pnea=breathing) has a gradual onset. However, depending on the cause, it may occur acutely. For example, flash pulmonary edema, which has an abrupt onset, is often associated with a heart attack.

The shortness of breath may initially be manifested by difficulty doing activities that once were routine. There may be a gradual decrease in exercise tolerance, where it takes less activity to bring on symptoms. In addition to shortness of breath, some patients with pulmonary edema will also wheeze.

Orthopnea and paroxysmal nocturnal dyspnea are two variants of shortness of breath seen in association with pulmonary edema.

Orthopnea describes shortness of breath while lying flat. Some patients with orthopnea may use two or three pillows to prop themselves up at night or resort to sleeping in a recliner.

Symptoms of **paroxysmal nocturnal dyspnea** are generally described by the patient as waking in the middle of the night, short of breath, with a need to walk around and perhaps stand by a window.

The lack of oxygen in the body can cause significant distress, leading to a respiratory crisis, gasping for air, and feeling unable to breathe. In effect, if there is enough fluid in the lungs, it can feel like a drowning. The patient may begin coughing up frothy sputum, become markedly sweaty and cool and clammy. The lack of oxygen can also affect other organs. Confusion and lethargy from lack of oxygen delivery to the brain; and angina (chest pain) from the heart, can both be associated with massive pulmonary edema and respiratory failure.

Pulmonary edema is due to **left heart failure**, in which pressure backs up into the blood vessels of the lungs, but some patients also have associated **right heart failure**. In right heart failure, the pressure backs up in the veins of the body, and fluid accumulation can occur in the feet, ankles, and legs as well as any other dependent areas like the sacrum, if the patient sits for prolonged periods of time.

Patients with high altitude pulmonary edema may also develop high altitude cerebral edema (inflammation and swelling of the brain). This may be associated with headache, vomiting, and poor decision making.

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[Edgar Cayce]

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BACKGROUND OF READING 294-212 M 67

2/23/44 through 3/13/44 He was ill, bordering on pneumonia - was given the sulfa drug by his request.

3/10/44 EC's letter to Mrs. [[1770] - see under 1770-8]: "I believe it was a week ago today that I went to bed here [after getting back from N.Y.]. Almost had pneumonia. The doctor had to give me those sulfa drugs, [GD's note: EC told us he asked Dr. Woodhouse whether or not he should take the sulfa drug. Dr. Woodhouse told him that he was very near to having pneumonia - might go into pneumonia, but he would not tell him to take sulfa drug, 'You know more about what is wrong with you than I do - if you want the sulfa drug I will give it to you, but I will not prescribe it.' It was EC's decision to take the drug. Mrs. Cayce was most upset, knowing that the readings generally, for other people, had not approved of the drug.] and they do play Hobbs with me. I hope I've gotten over that don't care stage, but if I have, it isn't much [in fact, still feels pretty awful]. I am trying to catch up with my personal correspondence and trying to hold my mind and feelings in, about all the responsibility I have, and so inadequate in my physical feelings to meet it. Let's hope it will be for the best."

8/12/44 He was again quite ill - gave only a few readings after this date.

8/25/44 He wrote Mrs. [[1770] - see under 1770-8] "such a pain through heart and chest."

8/30/44 He and Mrs. Cayce left for Roanoke, Va. for a rest.

9/17/44 Dr. Harry Semones and Dr. Henry George III were present for 294-212, submitting questions: 1. What is the matter with my hand and what can be done for it? [When he left Va. Beach on 8/30/44 for Roanoke, Va., his right hand was affected so that he couldn't any longer use the typewriter; no strength in his fingers.] 2. Has the heart condition progressed? Is the heart near the normal size now? 3. Has the condition in the colon improved? What treatment should now be followed? 4. Is this a neuritis or a hemoplegia? (a mild stroke)

5. Would the use of a girdle be beneficial to support the abdomen? 6. Is there an acid deficiency in the stomach? 7. Would soft tissue manipulations be more effective than forceful mobilization? 8. Is the use of the male sex hormone (female hormone) OROTONE indicated as a physiological stimulant. 9. By rest, is bed rest indicated? Would it be advisable to plan to take five or six months off, away from work? 10. Just where would it be best to go now, to rest and to hasten recovery? (Philadelphia or Florida?) 11. Should Dr. Slater's instruction be followed, for giving glucose followed by S.U.P. 36? 12. Should the vaccine be used from the germs taken from the contents of the colon? 13. Would it be helpful to make a gastric analysis and gastric x-ray? 14. Would the P.S.P. test (kidney function test) be indicted? 15. The Mosenthal test (another kidney function test)? 16. The Salol test for pancreatic activity?

9/17/44 EC gave the last reading in Roanoke, for himself. (See 294-212, Par. 5--41). Dr. Henry George made the following notes while listening to the reading:

1. Blood supply is in a toxic condition As much or more from condition of colon
Colon: 2 areas in colon spastic condition Caecum area is disturbed, due to lack of ability due to stricture Salines have caused weakening of digestion to assimilate foods Conditions have become weakened

Strengthening - hemoglobin shown lessening of red and increasing of white
Blood urea is not below normal for this body measuring 13.0-15.0

Supplied rest - from over-energy in open air where there would be ozone [Oz]
Red blood Plasma Urea

From Excess:

Peyers Patches Bundle of His Non-organic heart trouble Necessary to
regenerate the processes of the body Vegetative nerve forces deficient & needed
vitamins Vitamins B, C, E

Rx: B complex - supplying elements in Gold and Silver AgNO₃ - [Silver Nitrate]
Gold Chloride vibratorially as well as by mouth 2 drops of 1 grain to 1 ounce
aqua distilled - 2 gtts every other day - these will supply to the body. Umbilical &
lact [lacteals] - 4th from navel center and 2 fingers up from this point larger plates
and gold passes charged to 2 lbs. AuCl₃ [Copper Sulfate] to the gallon 1/2 water
10 grains Zinc.

TEXT OF READING 294-212 M 67 (Psychic Diagnostician, Protestant)

This Psychic Reading given by Edgar Cayce at The Patrick Henry Hotel,
Roanoke, Va., this 17th day of September, 1944.

2. EC: Yes, we have the body here - Edgar Cayce; this we have had before.
3. Let not your hearts be troubled, neither let it be afraid, for, "Lo, it is I, and I have promised to be with thee, even unto the end of the world."
4. Ye have much work to do. Ye have many helpers. Be not dismayed or troubled.
5. In giving the conditions of this body physically - this we have had before. Many changes have come about, even since last we had it here. Many are for physical improvements, yet much physically needs to be done YET, that the body may - in a union of effort through the physical organisms - find those responses for better functionings of the work.
6. Then, in giving the disturbance, we would find - first, in the blood supply: this, as we have indicated, is in a toxic condition, as much or more from the conditions which exist in the colon as from other disturbances. Here there are two areas where spastic conditions exist, or a condition wherein the caecum is very much disturbed. This is from the lack of the ability, because of the stricture area, for that digested to be properly eliminated.
7. With the overactivity through salines [GD's note: For some time, for years really, he had taken Sal Hepatica almost daily to relieve pain in stricture area by forcing eliminations], then, there has been caused a weakening in the abilities of the digestion to assimilate all portions of that taken in body. Thus the conditions have become so as to weaken the red blood cellular forces to that which is not abnormal, yet not normal for this body. This portion, then, needs strengthening.
8. The hemoglobin count would show a lessening of the red, an increase in the white, and a lessening in the leukocyte - or the ability of the conditions to cause perfect coagulation even where used energies have weakened cellular forces in the intestines. And this is connected or associated with the strictures or adhesions in the upper portion of the left lung.

9. The urea of the blood itself is not below the normal for this body, measuring in the present a count of 13 to 15.

10. There needs be supplied, then, rest from overenergy or activity - but in the open as much as practical, where there would be the ozone, more oxygen, and such that strengthens the nature of the cellular force through the body which produces the urea, the red blood, the plasma in lymph circulation.

11. For the excess use of salines to flush or cleanse the colon has reduced in blood more of that which causes that plasm. Thus the inabilities of those centers, those patches [Peyer's Patches, see 294-212, Par. B11] through which there are the areas of the lymph circulation, are such as to cause oftentimes a state of disintegration. In these patches, then, there is a lack of sufficient globular forces to cause the the coagulation in the flow of the lymph, or that portion of same which is the leukocyte, or the sticky portion in the blood is not sufficient to make perfect contact between sympathetic and cerebrospinal activities of the body.

12. Those congestions caused in the trachea, the conditions in the heart activity - the pressure is near normal at most times. When there is overexercise physically, or especially the mental forces as of worry or anxiety, to be sure it calls on the necessity of these emunctory activities - or those patches that are called by a man's name. These are then lessened in their number and thus make a quickening, or an anxiety, causing the flow of blood in the heart, as an organ, to dilate. There is no organic heart trouble.

13. These, then, are activities that are apparent in the blood supply.

14. In the nerve forces of the body - the plasma through the generation or the regenerating of nerve energy in the body is as necessary as the restoring of energy in every portion of the body. The exercising of the mental processes in the activities through which the body has gone, does go as in the present processes of a physical activity in this individual entity, has caused a deterioration. There is lack, then, of those elements in the energizing of those activities through the body-forces.

15. As indicated, this deterioration is not in the cerebrospinal system, else we would have mental deficiency, but is in the secondary brain, as it is ordinarily called, or the brain - as it were - of mental processes. Then, those centers along the cerebrospinal system that are called the sympathetic or vegetative nerve forces have been, and are, deficient. They need that supply, then, of those elements or vitamins which may be had from the combinations of B vitamin, or the B and C and E. These are necessary elements, or those elements needed to supply to the activities of the gland centers.

16. In making administrations to supply these glandular centers which supply to these patches, or the emunctories add these in the B Complex or the Riboflavin - the necessary elements in each portion of the B vitamin forces. These will be found most through the supplying of elements in Gold and in Nitrate of Silver - the Sodium Gold Chloride and the Nitrate of Silver. These should be added to the body, then, vibratorially, as well as through the alimentary canal - or by mouth.

Not such great quantities, but by the vibratory method all the system takes; by mouth, about two drops of the Gold Solution (one grain to one ounce of distilled water) every other day, with the Bicarbonate of Soda solution to equalize same for the activity in the stomach itself. (Four drops of the Bicarbonate of Soda solution.) These will supply those elements needed to the body.

17. The solutions should be carried to the body vibratorially through the larger plate of the Wet Cell Appliance being attached to the umbilical center directly to the right and two fingers up from that point. There attach the larger plate through which the solution passes vibratorially.

18. Attach the Appliance for thirty minutes each day, using the Gold Solution, the next day using the Nitrate of Silver Solution - one ounce of a ten percent Nitrate of Silver Solution added to one ounce of distilled water and one ounce of grain alcohol.

19. When using the Gold, attach the small copper plate to the 4th lumbar. The next day when using the Silver, attach the small plate to the 4th dorsal - or the brachial center.

20. The Appliance should be charged with two pounds of the Copper Sulphate to the gallon and a half of distilled water, ten grains of the Zinc, with an ounce and a quarter of the Sulphuric Acid C.P.

21. Each day following the use of the Appliance for thirty minutes, the centers on the spine and on the front of body. This should not be as a corrective measure, but particularly in those centers in the frontal portion of the body at the glandular center at the area of the pubic center, just below the naval center, just above the naval center - remember, these are in pairs and are upon each side and about, on this particular body, three inches apart. Also massage those at center of the fifth rib and those at the area just below or at the collarbone. These should be massaged gently - these by pressure, yes; and those on the back side of body at the 3rd cervical on each side, at the 4th lumbar, at the 4th dorsal, at the 6th dorsal, 9th dorsal, 12th dorsal, 4th lumbar. All of these should receive attention.

22. For massaging use Peanut Oil to be absorbed, all that the body will take. This will add to the replenishing of the nerve energy that is depleted. This will recharge the gonads, better even than the taking of either the male or female hormones; though, if hormones are given - or should these be necessary - here the female would be more preferable for this type of condition.

23. In the activity of the lungs - as indicated, from the effect of a drug [GD's note: A previous rdg. had indicated that the lung obstruction had been caused by taking the Sulfa Drug last Feb. to ward off pneumonia. The M.D. Himself stated that in EC's case the Sulfa Drug had certainly been detrimental], there are adhesions in the area of the upper portion of the left lung. With this tendency for the lack of proper assimilation of foods, this causes the occasional cough. This may be better reduced, as we find, by the wet heat - or the short wave and massage to cause this to be eliminated through the eliminations. Rather than the adjustment or chiropractic method, then, there should be the osteopathic massage along the area of the sympathetic nervous system. And this should extend from the 1st cervical to the end of the spine.

24. As to the activity of the heart itself - there is not, as we have indicated, an organic heart disorder. In the nerve forces, as in the left hand, there is indicated, a neuritic condition, as well as a "catch" in the 4th dorsal center - or the brachial center. Thus, when there are resistances builded by the cleansing entirely of the colon, the replenishing of nerve energies by the addition of activities to the glandular forces, a building of greater centers through the emunctory patches, we will find that there will be a lessening of this effect to the hand.

25. It will be necessary, through the segments of the spine, to adjust throughout the brachial area; and this will aid in restoring or giving full activity to the nerves of the fingers of the left hand, as well as aid in removing the neuritic conditions which exist from poisons in the system in the general manner.

26. The heart's activity is in pressure near to normal in the present. It varies according to the throwing into the system of poisons, from the colon, as well as the general debilitation in nerve energy - but these may be restored to normal activity.

27. As to the condition of the stomach itself - here we find quite a variation in the activity in the duodenum and in that which has been indicated heretofore. This has been materially aided by the activities of eliminating drosses, but it will require time, patience, persistence and correction of diets through the body.

28. Beware of starches. Beware of too much of that which would cause too much activity in the digestive forces. For, naturally, from a glandular disturbance, the pancreas and spleen and gall duct do not coordinate in their activity. From the poisons and from the stricture, a strain is produced upon the gall duct area. The duct itself would be found to be dilated, but there is neither gravel nor stone in same - a hurting through those portions of the area just below where the gall duct empties into the jejunum or the digestive portions. Thus the lacteals on the side aid to cause the gasping (grasping), as it were, for breath for itself. That is why the colon needs to be cleansed, that there may be purity through same.

29. The activity of the spleen is the greater destructive force in the red cells, and thus an electric vibration through same - with the building up of the energies of the emunctory activities in glandular centers - through the character of treatments as we have indicated.

30. There is no disturbance between liver and kidneys, but excess activity of the kidneys in the conditions existent causes or keeps the impurities from the body. These will naturally adjust themselves as the corrections are made through the body.

31. Do these things, as we have indicated. Rest - rest - rest, but in the open as much as practical.

32. Ready for questions.

33. (Q) By rest, is bed rest indicated?

(A) Not necessarily. When adjustments are being made osteopathically, in the massage and corrections, if there is the need for resting in bed because of sheer weakness or exhaustion, then it should be had - but not for long periods for the body. But rest from anxiety. For, know, as given - "Lo, I am with thee, even unto the end of the world."

34. (Q) Would it be advisable to plan to take five or six months off, away from work?

(A) May plan whatever you like, but do the things necessary - whether it's two months, two weeks, two years, two days!

35. (Q) Just where would be the best place now to rest and hasten recovery?

(A) Resting very well now - very good! But be in the open when there is relief from the toxic conditions in colon.

36. (Q) Would the use of the girdle be beneficial to support abdomen?

(A) The use of a type of girdle - not elastic but rather as a cloth about same, tightly, yes - very well. This would be well.

37. (Q) Is there an acid deficiency in the stomach?

(A) At times there is - else we would not be adding the acid of Gold that is necessary in the system. These have been given. These have NOT been taken. These properties now may be taken vibratorially AND by mouth.

38. (Q) Should Dr. Slate's instructions be followed, for giving glucose followed by S.U.P. 36?

(A) This, as we find, would not be necessary - unless there is a deficiency in the urea in the blood supply.

39. (Q) Should the vaccine be used from the germs taken from the contents of the colon?

(A) Vaccine may be used but if the colon is cleansed and let nature act it will be preferable. Use the long colon tube, not attempting to cleanse all of this patch here at once, but every other day fill the colon full. Do massage it gently but do cleanse it. Do use the soda and salt solutions for the first colon cleansing, followed by the Glyco-Thymoline antiseptic solution, else you will take too much strength from the vitality of the body in the processes.

40. (Q) Would you advise us staying on here in Roanoke for a while?

(A) Stay on until you are well or dead one, as has been given.

41. (Q) Would there be some place better than here?

(A) This depends on who is judging it! There are many places best for some people, and for some people this is the best place! This would be very well for the body for the next ten days to two weeks, if they get the cleansing of the colon accomplished and the stimulating of the gland centers. Do take the B and C vitamins. Do keep the colon cleansed. We are through for the present.

REPORTS OF READING 294-212 M 67

9/17/44 He gave the last reading in Roanoke, for himself. A week after that he had his first stroke, or at least first bad one (When he left Va. Beach in August his right hand was affected so that he couldn't write on the typewriter any more - that's why he realized he had to stop and rest. His fingers wouldn't function properly - no strength in them).

11/21/44 Edgar Evans Cayce [just home on leave from long duty overseas] got his father out of Roanoke via new Virginia Beach ambulance (Rescue Squad) to Virginia Beach (with Dr. C. W. Irvin (D.O., Norfolk)) going up to come with him in the ambulance. EC was a pitiful sight coming in on the stretcher, so weak he

couldn't speak above a whisper - and weeping - so glad to be home but heartbroken to be in such a fix.

11/30/44 EC dictated, (in whisper) to Jeanette Fitch, GD's assistant, this letter to Dr. Morton Singer in N.Y.C.:

"As you may know by now, I am at home. Have been home a little more than a week. I stood the trip home much better than I ever imagined that I could. I really think I have made more progress in the last week than I have in all the other time before this." [GD's note: The left side of his body was paralyzed from the face down - perhaps his throat was partially paralyzed, too.]

12/44 VOL. XIII. 3

B U L L E T I N: Association for Research and Enlightenment, Incorporated
Virginia Beach, Virginia

"Man's search for truth is his search for God."

Members of the Association will be glad to hear that Mr. Cayce, after having been away from Virginia Beach for three months, is again at home. Although not able to give readings, he is definitely improving under the treatment outlined in his last reading of September 17th. [294-212] As this treatment is almost identical with that suggested in other readings for conditions of a similar nature, we are assured that this is the correct procedure. His Christmas message to you, which follows, speaks for itself. [See also 254-116 Reports.]

COMING HOME

by Edgar Cayce

Unless you have experienced the sorrow of being away from home, lonely and confused as to what to do, spiritually, mentally, materially, you cannot know what a hunger it creates.

But I am at home now and, I believe, doing better, though my strength seems slow returning. The most joyous Christmas I could have would be the answer to my prayer that I may be used as a channel to help others. The promise given in my last reading, "Ye have many helpers," is being proven each day in more ways than one.

I have every expectation that my prayer will be answered, by His grace and mercy, if I remain faithful in thought and purpose to the trust which has been placed in me.

Let each of you be very diligent in your prayers for me and with me. Remember, we must each live as we pray, if our prayer would be effectual. If the world is to have the wonderful Christmas gift it should have at this season, we must all pray earnestly for peace and manifest it in our own lives.

God bless each and every one of you. This I ask in the name of Jesus, the Christ.

[GD's note: He dictated this to me in a whisper.]

12/13/44, After sleeping most of the day, EC went into a coma in the evening - which lasted all night. The next day he looked much better, circulation seemed much improved, and color. Still, after this, he never seemed to have the mental

LUNGS: PULMONARY EDEMA CIRCULATING FILE

alertness as before. He would sleep a few minutes and then wake up. He wasn't satisfied to stay in bed. We'd get him up in the chair and in a few minutes he'd want to go back to bed, and the same thing all over again. For the rest of his life he never slept over thirty minutes at a time without waking - sometimes he's speak rationally, ask for a water, etc.

12/19/44 Dr. Henry George III, D.O., from Wilmington, Delaware came again to see Mr. Cayce and recommended the following: [He also told me [GD] that he thought the daily massages I was giving him should be discontinued, that it was too much for him - he should be allowed to rest - also the things recommended in EC's last rdg. we were still trying to do - apparently Dr. Semones had not done them, but had followed the English doctor's theory, etc. - Dr. George thought we should discontinue all that and concentrate on the following:

Dr. Henry George III, D.O., recommended the following, saying he thinks EC has pulmonary edema.

I feel if Mr. Cayce doesn't want to go to a hospital, the hospital must be brought to him - that's all inclusive - 24 hour nursing service - got to have oxygen - he must be digitalized and isn't at present. He should be given sufficient atropin or belladonna to dry him up.

I think he should have sedatives when actually in need of them - morphine or codeine - should have placebo (sugar pill) for psychic reasons when emotionally upset - they won't hurt him.

I think he should have a blood count, blood urea, blood phosphorus done. Suggest that he have cardiograph made, and if possible - if anybody out here has a portable x-ray machine - x-ray his chest to find out how much congestion is in the upper apex.

Died: Jan 3, 1945

INDEX OF READING 3499-1 M 50

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TUBERCULOSIS

BACKGROUND OF READING 3499-1 M 50

B1. 10/20/43 Nurse's letter to EC:

.., Va.

Dear Mr. Cayce-

I as the Registered Nurse on the case of Mr. [3499] am writing you details of the case in hopes you could give him an earlier appointment.

He has been ill now for 30 months having had five operations, two abdominal, three for lung abscess. The doctors apparently have given him up or do not know what to do for him.

At present his hands, feet and legs are badly swollen. He has become very depressed, and cries considerably. He has been very cooperative and has tried so hard to get well besides spending thousands of dollars. I am sure you could help him so much and it would be such an act of "mercy".

I of course cannot or would not dictate as to an appointment, but Mr. Cayce could you see this case as I have seen it I know you would take it over. I am writing this because by his condition now I am afraid he will not be living by Jan. 1st 1944. They of course do not know I am writing as they do not consider things as serious as I know they are, I have been a graduate nurse since 1917; registered in Pennsylvania & District of Columbia.

Would it be possible for you to come and see him? they would come and get you or pay your expenses. Anything to have him recover.

Sincerely, [...]

B2. 12/27/43 [3499]'s letter [via wife?]:

Mr. Edgar Cayce Virginia Beach, Va.

Dear Mr. Cayce,

According to your letter of Oct. 13th, you will give me a physical reading Jan 1, 1944, between 3: 30 and 4: 30 P.M. At that time, I will be at our farm, at the above indicated address, which is 38 miles south of ..., on U.P. Route #29. My illness dates from May 17, 1941, during which time I have spent practically all of my time in bed. Five separate operations have been performed including two on my abdomen for diverticulitis and later to remove a fistula which reappeared six months after the second operation. My chief illness however results from the abscessed condition of my right lung. After my first abdominal operation in June 1941, peritonitis set in and I lost approx. 75 pounds. In my weakened condition I developed post operative pneumonia and pleurisy. From these ailments my right lung became abscessed and in February and again in March 1942, an operation was performed on my lung. It was found completely abscessed and at that time, the doctors did not feel I would survive. Drainage was established from the lung, first with packing and later with a tube. This continued until April 1943 when my condition again became critical and a third operation was performed on my right lung. Two more abscesses were found and removed and drainage again established. I have a tube in my right lung at present from which the injection drains profusely. The injection thru laboratory tests, has been [?] as being of a staphococcus and streptococcus nature with a tuberculous base because of an illness of pulmonary tuberculosis ten years ago, which was completely arrested in January 1935. At present, I am fairly comfortable with a trained nurse in constant attendance but I have the injections in my lung and also in my abdomen which drain consistently and which requires two dressings daily. The lung wound has healed considerably since the operation last April and the cavity appears to be satisfactorily closing from the inside out. The injection however is there. Inclusive to the above major ailments, I have had some edema and some swelling of my joints, knees, and hands which it is felt is attributable to the absorption of poison in my body. You asked me to present questions I would like answered which briefly are as follows.

1. What can and should be done medically or surgically to clear up the infection in my right lung and subsequently close the wound?
2. The same question as it applies to the infection in my abdomen.

I pray that you may be able to help me because after nearly three years of illness and confinement, I naturally would like to get well and again lead a normal life with my family and friends.

Will you please let me hear from you in detail after the reading or if you prefer you may communicate with my wife at the above address. With my best wishes to you personally for the splendid work you are doing and wishing the Association increased success in the New Year I am, Sincerely, [3499]

P.S. I am taking 8-10 hypodermics in 24 hours. Dilaudid - grain 1/64 with 3 of the hypodermics being 1/32 of a grain. This may be immaterial as I have felt and the doctors too that these could be thrown off, once I am well.

I have no temperature and my pulse is only slightly rapid. My appetite is good.

TEXT OF READING 3499-1 M 50

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Va. Beach, Va., this 1st day of January, 1944, in accordance with request made by the self - Mr. [3499].

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 those conditions about this body, and those disturbances which have been a part of the entity's experience in the present.
3. These as we find are complex in their nature. The stage has been reached where there is not only the involvement of the pulmonaries, where operations have been performed, but the system has so turned as to cause a plural condition in the lymph circulation.
4. Thus the trunk portion of the body as well as the lower extremities we find becoming filled with superficial fluid circulation. These are not responding to the administrations being made, except at times.
5. However, we would not discontinue any of the treatments. We WOULD diminish the quantity of the injections.
6. We would apply the ultra-violet ray from the Mercury Light, not the Carbon Light; using the healing light or green glass between the ultra- violet ray and the body. Give this every other day, beginning with not more than a minute, and this applied preferably to the back area; that is, over the ribs and that area of the spinal column. Have the ultra-violet at least thirty-eight inches from the body, and the green glass - a piece about ten by twelve inches - should be at least fourteen inches from the body, so as to diffuse. True, some will maintain that this deflects the ultra-violet ray; but the healing ray is produced by the effect that the distance and color has upon the body-energies. While these are penetrating rays, it will be found with this type that they will deflect so that the activity is produced upon the structural portions of the body - that naturally become involved where there has become needed separation or segregation through the increased quantity of the leukocytes in the system. And these will tend to disseminate or dissolve such conditions.

7. Also we would prepare a charred oak keg for inhaling the fumes from Pure Apple Brandy; using at least half a gallon or more in a gallon and a half container - this kept where evaporation takes place rather highly, as on a radiator or close to a stove. Only the gas is to be inhaled into the lungs. Inhale these fumes once, twice, and even three times a day provided the inhaling is not done too heavily. Prepare the keg so that the openings are in one end, two of them, one prepared with a tube so as to inhale the gas that forms from the evaporation.

8. This, with the Light suggested to be used, will prevent greater accumulations. If used regularly this will also react upon the kidneys and the action of the circulation as to reduce the tendency for these accumulations of fluids in body, as well as through portions of the torso.

9. These do, and we should find them proving helpful influences for the body.

10. Ready for questions.

11. (Q) At what rate should the hypodermics be discontinued?

(A) These should be just sufficient to make the pain bearable. When the body gets beyond the ability to stand the pain, then use the hypodermic. But if sufficient of these other applications are used as suggested, there should be the gradual reducing of pain.

So long as the hypodermics are taken it will be necessary that there be good eliminations or evacuations daily from the alimentary canal. Oil enemas should be used, or laxatives that are not too violent. We find it would be better to vary these from the mineral salts to the vegetable compounds. Give one at one time, and the other at the next, when a laxative is necessary. Also the cleansing with the oil enemas will be helpful.

Do these in that manner. These as we find offer the better prospects or opportunities for helpful forces.

12. (Q) What about the diet?

(A) This has been cared for very well. We would keep very much along that line. We would increase, when practical, the quantity of the raw foods; especially water cress and carrots. These may be prepared with gelatin, and in various ways to suit the taste of the body.

Do these.

13. We are through with this reading.

REPORTS OF READING 3499-1 M 50

None.

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BACKGROUND OF READING 4897-1 F 70

B1. 10/10/23 Son [953] requested a Physical Reading for her and for her husband [4899].

TEXT OF READING 4897-1 F 70

This psychic reading given by Edgar Cayce, this 7th day of November, 1923.

1. EC: Now, we find this body very good and above the normal in many respects, yet there are some conditions that may be corrected in the system as a preventive for conditions that may arise and others that exist at the present time may be corrected to give the body the better balance throughout the system.

These have to do with elimination, especially the effect this has on circulation and some specific conditions that have arisen in the body. Now, these are conditions as we find them in this body, of [4897], we are speaking of.

2. First, in the blood supply, the body is very good throughout, save of that condition as is shown in the extremities, lower limbs especially in the right knee, of the lack of elimination through capillary circulation. Hence, the blood carries some of the toxins at different times, not at present, in the system that has left and does leave those elemental conditions, as it were, about the joints, - we find the head or the end of the ligaments in the different portions become disturbed by these conditions and give distress to portions of the body. There is also in the lungs proper this same condition that fills the lung chambers at times, so that the deeper breathing becomes a distraughtness to the body, makes a rush of blood to the head, - hence the short quick breath at times, - not organic forces, neither elemental forces of blood disturbed, but of physical conditions in the system, as we shall see.

3. In the nerve system, the body is very good, except at such times as there has been reaction in this portion of the body, of the diaphragm and solar plexus center. Then, we find that in the center (solar plexus center) that gives distress to the body and produces irritation through mental forces or becomes temperamental in its action, see. In the organs of the body, themselves, brain forces good. Active forces above normal, both in person and individuality of the body, so personality and individuality are both manifested to a degree above normal forces in this body. In the organs of sensory system, this same manifestation is at times shown of a perceptible nature so that all function above their normal for the body and its span of life on this plane.

4. Throat, larynx, lungs, show the effect of conditions as we have given. Digestive tract very good at present, disturbances have been in the past more than now. Liver shows the effect of the system having left in the circulation that that should be eliminated, produced rather in the lymphatic forces than in the blood direct, for absorption in this has been to the organs nearer to the function of the liver, without the functioning of the liver being directly involved in the condition. That is, the upper intestinal tract, the gall duct itself, the pancreas, and those portions secreting in the system, especially in that of lymphatic forces and centers in these organs themselves, - coming then on the nerve forces, we see, in its reaction as is produced through this portion of the body at times.

Specific conditions in the intestinal tract cause distrautness, as well as some in the pelvic organs which produces the pressure that causes the overabundance of secretions in leukocyte forces, and lymphatic centers in trunk portion to draw off, and the body becomes self-intoxicated or toxin self-formed rather than auto-intoxication, get the difference - one a local condition, the other constitutional forces as exhibited in the body.

The liver with the hepatics show how that the kidneys, at times overcharged, though with the secretions rather a lack of the emunctory forces getting in the kidneys than over-secretion, hence the inflammation at times produced in the bladder itself, though not organically dis-eased, - not diseased but dis-eased, see.

In the action then of this in the system produces the circulation to form this condition by the exchange, as it were, in the emunctories, in the glands, in the system where circulation is changed from the arterial forces to return, hence the extremities gather the greater force, as we see from the coldness as is produced in the feet especially, and hands at times.

5. To give the balance in this body and to bring about the equilibrium necessary, we would take in the system small quantities of medicinal properties only, for with the incentive through the mental activities and the action of the forces through the sympathetic and its control over the body, the body needs not that of such a nature as would cause distress rather than assistance in the whole system. So, we would take this:

Leptandrin.....1/2 grain,
Sanguinaria.....1/2 grain,
Licorice Compound.....1/2 grain,
Cascara Sagrada.....1/4 grain.

These would be - this is a dose you see - these would be put in small capsules, - one taken every third day until at least three doses are taken.

6. To give vibrations over the sciatic nerve center and its tendons, those vibrations as would be found in the violet ray, connected direct, see. This would be taken only every second day for five minutes from the solar plexus to the heels, see. Do that. We will find we will give this body better incentives and that which will create the equilibrium throughout the system of [4897] we are speaking of.

7. We are through.

REPORTS OF READING 4897-1 F 70

R1. GD's note: No further mention of Mrs. [4897] is found in Mr. [953]'s correspondence, though a second reading was requested and given for her husband - see 4899-2.