

Circulating File 21850

**MEDICINES
FOR
THE NEW AGE
from the Edgar Cayce Readings**

**Information about Beauty Aids, Herbs, and Formula's
(1977 Revised Edition)**

**Reprinted with Permission
Heritage Publications**

**Edgar Cayce Readings Copyrighted by
Edgar Cayce Foundation
1971, 1993-2014
All Rights Reserved**

**These readings or parts thereof may not be reproduced
in any form without permission in writing from the
Edgar Cayce Foundation
215 67th Street
Virginia Beach, VA 23451**

Printed in U.S.A.

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.
215 67th St
Virginia Beach VA 23451 Or e-mail: CirculatingFiles@edgarcayce.org

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

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

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

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



Medicines For The New Age

from the EDGAR CAYCE Readings

**Information on Beauty Aids, Herbs & Formulas,
INCLUDING ATOMIDINE, IPSAB, GLYCOTHYMOLINE,
CRUDE OIL, AND MANY OTHERS**



**MEDICINES
FOR
THE NEW AGE**
(1977 Revised Edition)

"And he showed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb.

"In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations." (Revelations 22:1, 2)

Heritage Publications 1975
Box 444
Virginia Beach, Virginia 23458

Reprinted with Permission

Table of Contents

(Names in parentheses are manufacturers' current brand names)

	<u>Page</u>
INTRODUCTION	6
Acne Lotion (Dermatone)	8
Almonds	8
Anti-Nausea Formula (Antin)	8
Arthritis Massage Formula (Egyptian Balm)	9
Aspirin Substitute (Product 49).....	9
Athlete's Foot Lotion (Pedicure)	10
Atomidine.....	10
Aura Glow.....	11
Back-Aches, Sprains, Strains & Bruises Liniment (Muscle Treat).....	12
Bisodol.....	12
Body Powder (Body Silk)	13
Boncilla Packs (Years Younger)	13
Calamus Oil	13
Calcidin	13
Calcios	14
Camphorated Olive Oil	15
Caroid & Bile Salts	16
Castile-Based Soap and Coconut Oil Soap	16
Castor Oil	16
Chamomile	18
Charred Oak Keg	18
Cigarettes	18
Cimex Lectularius	19
Clary Water	20
Coca-Cola Syrup	21
Cocoa Butter	21
Colds Liniment (Campho-Derm)	22
Colitis Tonic (Formula 208)	23
Cough Syrup (Mother Earth's)	23
Crude Oil (Crudoleum)	24
Dandruff Formula (Dandall)	25
D.D.D.	26
Diathermy	26
E.C. Herb Tonic	28
Electric Vibrator	28
Eye Tonic (Optikade)	29
Formula 636	30
Gems and Minerals	31
Ginseng	31
Glyco-Thymoline	32
Gold Chloride	33
Grain Alcohol, 20% Solution	34

Headache Remedy	35
Herbal Spring Tonic (Formula 545)	35
High Enema Device	35
Ichthyol	36
Inhalant (Inspirol)	36
Inhalant Ingredients	37
Innerclean	38
Iodex	38
Ipsab	38
Jerusalem Artichokes	39
Laxative Capsules (Hyperlax)	39
Liquid Lanolin	40
Limewater	40
Lithia Water	41
Mullein	41
Myrrh Tincture and Myr-Plus	42
Olive Oil Shampoo	42
Passion Flower Fusion	42
Patapar Paper	43
Peanut Oil	44
Pine Tar Shampoo and Soap	44
Radio-Active Appliance or Impedance Device	45
Ragweed Tonic (Laxatone)	46
Ray's Ointment and Ray's Liquid	47
Saffron	47
Salt	48
Scar Formula (Scarmassage)	49
Slippery Elm Bark	49
Spirits of Camphor	49
Sulphur Mixture (Sulflax)	50
Syrup of Squill	51
TIM	51
Ultra Violet Light	52
Valentine's Liver Extract	52
Vegetable Juicer	52
Violet Ray	53
Watermelon Seed Tea	55
Wet Cell Appliance	55
Wheat Germ Oil	57
White's Cod Liver Oil Tablets	57
Zilatone	57

Appendix

Alphabetical Listing of Publications and Files on Related Subjects	59
Cross-Reference Guide to Selected Conditions and Recommendations	60
Information on Products Recommended in the Readings Not Currently Available.	72
A Partial List of Medical Circulating Files available from the A.R.E.	76

Alphabetical Listing of Brand Names

Antin	8
Atomidine®	10
Aura Glow	11
Bisodol	12
Body Silk	13
Calcidin	13
Calcios	14
Campho-Derm	22
Caroid & Bile Salts	16
Cimex Lectularius	19
Clary Water®	20
Coca-Cola® Syrup	21
Crudoleum®	24
Crudoleum Hair Rinse	34
Dandall	25
D.D.D.	26
Dermatone	8
E.C. Herb Tonic	28
Egyptian Balm	9
Formula 208	23
Formula 545®	35
Formula 636®	30
Glyco-Thymoline®	32
Hyperlax	39
Ichthyol	36
Innerclean	38
Inspiro®	36
Iodex	38
Ipsab®	38
Laxatone	46
Mother Earth's®	23
Muscle Treat	12
Myr-Plus®	42
Optikade	29
Patapar Paper	43
Pedicure	10
Product 49	9
Ray's Ointment & Ray's Liquid	47
Scarmassage	49
Sulflax®	50
Temple Healer	35
TIM®	51
Valentine's Liver Extract	52
White's Cod Liver Oil Tablets	57
Zilatone	57

Introduction

As one becomes familiar with the philosophy of health and healing found in the Edgar Cayce readings, two principles emerge which dominate practically all else that is stated or implied. The first is that the health or harmony of body, mind, and soul are so closely interrelated that it is rarely of lasting value to treat any one of these aspects without also giving some attention to the condition of the other two. The second premise is that for every human ill, there are remedies to be found in nature, present in the abundance of fruit, herbs, seeds, and creatures with which the earth has been endowed. Of this first concept, of man as an entity who functions on several interrelated levels of being, much is even now being written. The second premise, which invites an exploration of natural healing methods, is the subject of this booklet.

This particular body of information is remarkable in both its source and its scope. Cayce was an enormously talented individual who, until his death in 1945, was able to give helpful information on a huge variety of topics while in a self-induced trance state. Most of his psychic (meaning ‘of the soul’) discourses concerned information with which he was not consciously familiar, volunteered to persons whom he had never met. The majority of Cayce’s readings were given for those who were physically ill, and dealt with the cause and cure of their many and various ailments. Cayce’s treatments were sometimes medically unconventional, but at dramatic stories of cures unfolded and his helpful motives never altered, fame and respect came to him along with the inevitable controversy.

These recommendations stand on their own merits, and this is not the place for an explanation or defense of Cayce’s psychic information source. At any rate, as a minister once commented, “For those with faith, no explanation is needed. For those without faith, no explanation is possible.” It should be noted, however, that psychic ability is not so out of the ordinary as it was once thought to be. In fact, several of Cayce’s remedies are now appearing among the recommendations of other psychics. Cayce himself advised many individuals to learn to depend less on the advice of others – psychic and otherwise – and to rely more on their own inner guidance, by means of dreams and meditation in particular.

Those exploring Cayce’s therapeutic methods must keep in mind that the great majority of physical readings were given for individuals, with individual needs. This probably explains why details of formula, dosage, manner of application, etc. more often varied than not, even among treatments for ostensibly the same condition. Certain products, formulas, and types of treatments, however, were repeated so often that they seem to be almost specifics for certain types of disorders. The task of research has been to locate applications of this type in these readings, and then to develop typical formulas and directions which might be effective for general use by means of thorough statistical analysis. It has been the intent to select those products that can be of maximum benefit in the greatest number of conditions.

Cayce’s treatment instructions may seem unusual and even capricious at first glance, but his therapeutic approach was actually highly sophisticated and is better understood in the light of several general principles. Perhaps most important, treatments were always designed to gently stimulate and assist the body’s own recuperative system so that it would soon be able to handle the healing process on its own. Thus, treatments of either internal or external nature were typically to be given at regular intervals or for

periods of limited duration followed by periods of rest. Internal and external treatments were often alternated, to maximize the effectiveness of each and to allow each treatment to facilitate the effect of the one that followed. To avoid possible conflict, two internal medicines (vitamins included) were rarely to be taken on the same day, although several external or internal and external measures might effectively be combined. Additionally, the readings cautioned against taking alcohol into the system on days when electrotherapy treatments were given.

Cayce continually suggested that the cultivation of a constructive, prayerful attitude was essential for real healing to take place. The persistent holding of negative emotions, he claimed, reacted on the body as illness, or dis-ease. Positive attitudes of an equally consistent nature were needed to counteract that process, and Cayce made their cultivation a part of his treatment programs. Treatments were to be given with the positive expectation that they would be helpful, sometimes in cycles that would extend over a long period of time. Regular prayer and meditation and the holding of a clear, constructive purpose for becoming healthier were also advised. Other psychics have also suggested that a prayerful attitude is particularly important when following treatments such as these, which come from a spiritual source.

The Edgar Cayce readings should not be viewed as a do-it-yourself doctoring manual. Use of any of these products in treatment of disease should preferably be under the supervision of a doctor until further research has been completed. There are presently many doctors throughout the country who are willing to utilize Cayce's recommendations where they seem applicable. The Association for Research and Enlightenment [A.R.E], the organization that makes the readings available to the general public, can provide any member with a list of the cooperating doctors in his area. The Circulating Files so often referred to are collections of readings on specific subjects, many of them medical. For more information write directly to the A.R.E., 215 67th St., Virginia Beach, VA 23451 or call (800) 333-4499.

In this revised edition, it has been necessary because of copyright regulations to summarize or paraphrase the original readings rather than quote them directly. Original reading numbers are included, however, so that the reader may check the validity of the claims made. The abbreviation R.E.S. stands for Readings Excerpts Summarized and will be followed by the index numbers of the readings that were summarized or paraphrased.

This booklet is the result of countless hours of on-going research. Credit for compilation and research is due to: Carol A. Baraff, Tom Johnson, Sharon Thurston, Emily Surowiec, and Don Button. Credit for the items themselves can be claimed only by the Creator, for:

“He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth;

“And wine that maketh glad the heart of man, and oil to make his fact to shine, and bread which strengtheneth man's heart.” [Psalm 104]

It is interesting, in this light, that Cayce, who was consciously so familiar with the Bible, should, in the unconscious state, often choose substances for healing reminiscent of Biblical passages, such as oils and herbs. What this perhaps best illustrates in this age of chemicals is that we are beginning to rediscover natural means to health that were once part of the knowledge of the ancients and are a valuable portion of our God-given heritage.

ACNE LOTION

This particular formula was recommended by Cayce in a single reading, for a case involving acne scars. It is not advised for everyone, although its popularity indicates that it may be effective in some types of active cases.

The ingredients are camphorated olive oil, witch hazel and Nujol (a mineral oil equivalent to Russian White Oil). The formula acts as an antiseptic and an astringent, and the reading suggested that massaging of scarred and affected areas be preceded by a thorough cleansing of the skin.

For more information on the origin and treatment of skin disorders, consult the Circulating Files on Acne, Vol. 1 & 2 (also Research Bulletin), Dermatitis, Complexion, and Health & Beauty Tips. R.E.S.: 528-2.

ALMONDS

The readings are so emphatic regarding the value of almonds that these references are of special interest.

The best known references to almonds deal with the prevention of cancer. Several individuals were told that eating almonds every day, in a quantity which varied from one to three, would guard them from any fear of cancer, as the almonds would increase the body's resistance to all forms of this disease. Even a woman soon to undergo surgery for breast cancer was told that eating an almond a day would prevent a recurrence of her condition.

Almonds were also recommended in two cases of anemia, because of their capacity to supply an easily assimilated form of iron to the system.

For an improved complexion, almonds can apparently be helpfully used both internally and externally. One reading stated that eating two almonds a day would prevent skin blemishes. Others suggested use of almond creams or lotions. Almond oil is used in some cosmetics because of its rejuvenating effect on the skin.

Apparently the readings referring to almonds intended the sweet variety commonly available and never mentioned bitter almonds.

For more information consult the Circulating File on Almonds. R.E.S.: 1131-2, 1158-30, 1206-13, 1293-2, 3180-3, 3515-1.

ANTI-NAUSEA FORMULA

Antin is a combination of limewater, cinnamon water, potassium iodide, and potassium bromide, recommended by Cayce primarily in cases of nausea including seasickness, carsickness, baby care, and morning sickness due to pregnancy. Lime water added to water or milk was often recommended for baby care. Cinnamon water was typically recommended in combination with lime water in the readings. This combination was sometimes suggested as an aid to digestion and assimilation. Of the approximately 90 readings recommending the cinnamon water and lime water combination, about 74% also included the iodide and bromide of potassium.

The Edgar Cayce readings attributed motion sickness to a nerve condition produced by digestive imbalances, which were in turn caused by a deficiency of certain elements needed in the system. The cinnamon water and limewater were intended to react with the gastric juices, acting as an eliminant and a sedative, while the iodide and bromide of potassium were to act upon the nerve impulses.

Because of its beneficial effect upon the digestion, this formula was recommended not only for nausea, but also occasionally for severe digestive disturbances.

It was often stressed that this compound be given only when there was real need, and not regularly or indiscriminately.

For more information consult the Circulating Files on Pregnancy and Motion Sickness. R.E.S.: 106-7, 261-2, 1478-1, 1606-2, 1568-1, 1660-2.

ARTHRITIS MASSAGE FORMULA

Massage was frequently advised in cases of arthritis, as a valuable portion of the treatment regimen. One formula that is widely used was described in reading 3363-1. The ingredients are Nujol, olive oil, peanut oil, oil of pine needles, sassafras oil, and lanolin, and include those most often suggested for arthritis massage, based on a statistical analysis of all formulas of its type. This analysis involved determining the ingredients most often mentioned in Cayce's arthritis formulas and then finding a formula that included all of them in the proportions most commonly recommended.

Peanut oil was the single most frequently suggested massage oil - both by itself and in combination with other oils. The readings claimed that a regular, weekly peanut oil massage could prevent arthritis and rheumatism.

A combination of peanut oil and olive oil was often recommended with variants such as the addition of pine needle oil and lanolin. One reading stated that olive oil was one of the most effective agents for stimulating muscular activity, or mucous membrane activity that could be applied to the body. Oil of pine needles was an ingredient in about 25 arthritis massage formulas and sassafras oil was also included in about ten of these compounds, so that many similar massage combinations for arthritis can be found in the readings. Many of these formulas could probably also be used in other instances requiring massage. Such formulas, including oil of pine needles and sassafras oil, were prescribed for a wide variety of complaints including paralysis, impaired locomotion, multiple sclerosis, Parkinson's disease, spinal subluxations, neuritis, debilitation (weakness), injuries and nervous problems. Other oils commonly used in these formulas were oil of wintergreen and cedarwood oil.

In cases of arthritis, massage was typically to take place, following a hot Epsom salts bath. Epsom salts was frequently prescribed in inflammatory afflictions of this type. At least a pound of Epsom salts to each two gallons of water is necessary.

For more information consult the Circulating File on Arthritis or other appropriate files. R.E.S.: 440-3, 1158-30, 1206-13, 3304-1, 3363-1.

ASPIRIN SUBSTITUTE

The Edgar Cayce readings often advised somewhat unconventional methods of relieving pain. Among these was an alternative to aspirin. Cayce found that although aspirin was capable of deadening the nerves, it could in so doing also place a strain on the body's assimilating system. Reading 849-47 stated that aspirin was a palliative rather than a curative and only created more material for the body to eliminate.

To replace aspirin, Cayce offered formulas containing a few drops of substances such as benzoin tincture, rectified oil of turpentine, Canadian balsam, oil of eucalyptus or eucalyptol, and benzosol. The first four ingredients listed were the most common and reading 4983-1 gave an explanation of their effect on the body:

"These taken internally will aid as an antiseptic, as an expectorant, as an active force on the organs of digestion; especially through the liver, duodenum, and pancreas, making also the tendency to increase eliminations through the activity of the kidneys."

This type of formula was recommended most often in cases requiring sedation and also for a wide variety of other problems, including alcoholism, lung problems - especially tuberculosis, and general debilitation. In one reading for an alcoholic Cayce stated that this person would never want to drink again after using the preparation.

Cayce warned in one reading against using the formula within 24 hours after taking aspirin. He found that combining the two would 'clog the system' and cause an itching sensation.

Note: Olive oil and cinnamon oil have been substituted as a formula base for the simple syrup originally given in 4983-1, as the active ingredients would not mix uniformly with the simple syrup. According to Cayce, the olive oil has therapeutic qualities of its own, whereas simple syrup is simply a sugar syrup used to make medicines more palatable. Both olive oil and cinnamon oil were recommended internally elsewhere in the readings. R.E.S.: 120-3, 845-2, 849-47, 4983-1.

ATHLETE'S FOOT LOTION

This external treatment for athlete's foot from the readings is derived from a single reading. The formula contains Nujol, witch hazel, sassafras oil, and pure kerosene, and this combination is apparently a very effective fungicide.

For more information consult the Circulating File on Athlete's Foot. R.E.S.: 291-1.

ATOMIDINE®

Atomidine refers to 'atomic iodine', claimed by Cayce to be a less toxic form of iodine than the molecular iodine generally available in sources such as kelp tablets or Lugol's solution. For this reason the approximately 825 Cayce readings that mentioned Atomidine extolled its use in cases involving glandular deficiency or malfunction associated with a shortage of iodine in the system. Atomidine was recommended for a wide range of illnesses, and in readings on the subject it was stated that, as a general rule, this formulation may be used in any case of either glandular imbalance or imbalance between the assimilating and eliminating functions. Atomidine was recommended not only as a curative, but as a preventive of disease, and of glandular and tissue disorders in particular. Atomidine should not be taken in cases of heart disease.

Though Atomidine is a safe external remedy for anyone, it should be used internally with care - and legally is a prescription item when used internally, because of its high iodine content. It can be harmful to anyone who takes too large a dosage. Each drop of Atomidine supplies approximately six times the minimum daily requirement of iodine. Too much iodine can lead to overstimulation of the thyroid gland, resulting in nervousness, insomnia, and rapid heartbeat. Even a skin rash can result from too much iodine taken over a period of time. Most of the few readings in which Cayce warned

against taking too much Atomidine were for individuals who were already deriving sufficient iodine from other sources, such as Calcios, Calcidin, or diet. Atomidine should not be taken at the same time as other iodine-containing drugs, including those mentioned above, as well as Formula 636 tonic, kelp tablets, and any multiple vitamin or mineral tablet containing iodine. Contrary to popular belief, the readings never warned against the ingestion of alcohol while Atomidine was being taken, and one tonic, Formula 636, contains both Atomidine and a small amount of alcohol.

Atomidine was rarely prescribed as a treatment by itself, but was to be used as a part of various regimens, also involving other important measures. One of its most widely known uses is in cases of baldness, where internal dosages of Atomidine supplement external application of crude oil. Atomidine was also recommended in cases of arthritis (internal application), feminine hygiene, prevention of splitting fingernails (internal and external application), poison ivy (internal and external), goiter (internal), leukemia (internal), venereal disease (external), prevention of infantile paralysis (internal and external), dental care (internal and external), use as a gargle (diluted) for sore throat, and use as external application for cuts, boils and surface infections. It was even advised as an internally taken preventive for warts and moles.

The amount of internal dosage recommended varied from individual to individual, and was always to be taken according to regular cycles. The amount advised varied from one to fifteen drops daily. A typical cycle consisted of one drop a day in a glass of water each morning before meals for five days followed by a five-day rest period, then five more days of the same dosage. After two weeks, the entire cycle could be repeated if desired.

Atomidine may also be taken as an ingredient in the Formula 636 tonic. When this formula is taken as directed it provides one drop of Atomidine per day. Because of the B-complex vitamins, herbs, liver extract, wild ginseng, lactated pepsin and other beneficial ingredients also contained in this formula, it may be even more valuable than Atomidine in cases requiring only one drop a day, and may be continued over a substantial period of time.

For more precise details on dosage and application of Atomidine, consult the appropriate Circulating Files. R.E.S.: 358-1, 2, 411-1, 1521-2.

AURA GLOW

One reading volunteered a formula for a general skin lotion that has proven to be one of the best known Cayce products. The reading claimed that an occasional massage with this formula would beneficially stimulate the superficial circulation, as well as help to keep the body beautiful and free from blemishes.

The original formula given in this reading contained peanut oil, olive oil, lanolin, and rosewater. The present Aura Glow is the same with the exception of the rosewater, and with the addition of a small amount of vitamin E to prevent the oils from becoming rancid. Sufficient almond oil has been added to provide a pleasant scent. The user can modify the scent by the addition of a small amount of a favorite perfume or oil. The rosewater has been omitted from the Aura Glow formula because, unfortunately, natural rosewater spoils easily, and when in combination with oils it appears to cause the oils to grow rancid more quickly.

The peanut oil/olive oil/lanolin combination found in Aura Glow is the most typical massage formulation in the readings. Of all oils mentioned, they were the most frequently recommended. Peanut oil massages were often suggested for the prevention of arthritis, and for the supplying of energies and improved circulation to the body. According to Cayce, olive oil softens the skin, and lanolin helps to avoid possible irritation to the skin from the other oils combined with it.

Aura Glow has many uses: As a general massage oil for the entire body (good especially after a hot bath or shower), as massage in specific areas for conditions such as dry skin and arthritis, as a hair oil, bath oil and after shave oil, for diaper rash, and as an every-day lotion for face and hands.

For more information consult the Circulating Files on Skin. R.E.S.: 1158-30, 1688-7, 1968-3.

BACK-ACHES, SPRAINS, STRAINS & BRUISES LINIMENT

A massage formula given in two readings has come into wide usage in treatment of back-aches, sprains, strained muscles and ligaments, bruises and related disorders. The formula contains olive oil, Nujol, witch hazel, tincture of benzoin, oil of sassafras and coal oil (kerosene). One reading claimed that a massage with this combination over painful or inflamed areas would reduce the swelling and alleviate the pain. The other reading advised its use in an instance of varicose veins, where a massage was indicated for the abdomen and lower limbs, particularly over the veins and swollen areas. Rapid healing of affected areas can be promoted with greater effectiveness if heat is applied following application of the oils.

In some cases involving massage, Cayce suggested shaking the oils together thoroughly, then pouring no more than the amount to be used into a saucer and dipping the fingers into this solution. The purpose of this practice was to avoid possible contamination of the original solution with bacteria on the skin surface.

For more information consult the Fractures and Sprains Circulating File. R.E.S.: 243-18, 326-5.

BISODOL

This product was recommended in about 20 readings for relief of acid indigestion and its accompanying symptoms, such as flatulence, fullness and headache. In one reading, Bisodol was suggested as a substitute for Al-Caroid, an antacid that is no longer on the market in the powder form that Cayce recommended.

The powder form of Bisodol, which was characteristically mentioned in the readings, has been in existence since 1927. Its active ingredients are sodium bicarbonate - a mild alkali used for relief of hyperacidity of the stomach, and magnesium carbonate - an antacid and laxative. The tablets do not contain the same ingredients. Neither of the Bisodol formulations are the same as in Cayce's day, as all antacids were modified to conform with rules and regulations published in the Federal Register in June of 1974.

For more information consult the Circulating File on Heartburn, and Indigestion & Gastritis. R.E.S.: 274-15, 325-45.

BODY POWDER

In about 50 readings a special kind of talcum powder was recommended, containing tolu or Peruvian balsam and zinc stearate. Both of these active ingredients are known for their healing properties, and at the time the readings recommended them, were ingredients in a powder manufactured by Johnson & Johnson, which has since been discontinued.

The powder was prescribed to help soothe irritations arising from skin rashes. The majority of these cases were described as dermatitis, and about one-third of the readings under this heading were given for babies. It was also mentioned in cases of acne, eczema, pruritus (itching), psoriasis and shingles.

For more information consult the Baby Care Circulating File, and appropriate files such as Dermatitis, Eczema, and Pruritus. R.E.S.: 69-6, 2781-1, 5520-6.

BONCILLA PACKS (YEARS YOUNGER)

The Boncilla packs were referred to about eight times in the Cayce readings. The main ingredient in this preparation was a special type of clay, which one reading favored on the basis of its chalk content. The clay was known as "Fuller's Earth Somerset" - a type of Fuller's Earth with a particular spectrum of minerals, which was only available in one area of England, and has now been exhausted.

Clay or mud packs are valued primarily for their astringent effect on the skin. After being applied damp to the face, the clay begins to dry and contract, shrinking the pores and tissues of the skin, and giving it a stimulating, refreshed feeling. The increased circulation that results can be helpful for persons with imperfect complexions. Other types of clay packs might be effectively substituted.

CALAMUS OIL

Calamus oil is of herbal derivation and was recommended as a massage ingredient in about eight readings involving a variety of conditions, which included arteriosclerosis, after-effects of birth injuries, epilepsy, neuritis, paralysis, Simmond's disease, and spinal subluxations. It was prescribed in a reading for an individual with cataracts in a massage formula combining calamus oil, olive oil and tincture of myrrh. The massage was to follow osteopathic corrections.

For more information consult the Circulating File on Eyes: Cataracts.

CALCIDIN

Calcidin is primarily a source of calcium and available iodine in tablet form. Cayce's occasional mention of "salt" as an ingredient was probably a reference to calcium iodate. The manufacturers claim that the Calcidin formulation has not changed since Cayce's day, when it received recommendation in about 130 readings. Cayce prescribed Calcidin for lung problems, particularly for asthma and tuberculosis, and also in cases of cold and congestion, coughs, and bronchitis.

The readings described the effect of Calcidin on the lungs as a reaction of the salt and iodine with the mucous membranes of the lungs, causing the lungs to admit an increased supply of oxygen to the blood.

Calcidin is available in one grain tablets, and dosage suggested in the readings varied from one grain daily to as many as five grains every few hours, if needed, in cases such as asthma. The manufacturers advise taking each dosage with half a glass of hot water, and Cayce sometimes added the suggestion that the tablet(s) be taken dissolved in the water.

In cases of asthma, the taking of Calcidin was generally suggested as a temporary measure, to be taken as needed to ease the breathing, during the time that such treatments as a regimen of osteopathic adjustments and a body-building diet were having their normalizing effect on the system. The addition of calcium and iodine to the system in this manner was also intended to aid the body in permanently eliminating asthmatic tendencies. One individual was told that Calcidin was better than the taking of adrenalin, if he would also move to another climatic region suggested.

A reading for a person with tuberculosis again correlated climate with the taking of Calcidin, advising that it was best taken by those residing in high altitudes and places of 'even climate'. This reading advised against taking Calcidin at low altitudes or near the sea, as the iodine would not be as effective.

Calcidin was generally recommended in cases of tuberculosis for the building of body resistance and stimulation of the circulation. This was to be taken as needed and not overdone, or there would be a reaction from excessive iodine in the system. One reading stated that calcium supplements were not necessary while Calcidin was being taken.

In treatment of colds and coughs, Calcidin was also to be taken as needed, at times of throat irritation, extreme congestion, or low resistance to infection. It was claimed that Calcidin could even help keep the body temperature from becoming too high.

Because of its iodine content, Calcidin influences the endocrine glands, particularly the thyroid. The combination of iodine and calcium was claimed by Cayce to aid the digestion, reduce tumors, and add balance to the functioning of the spleen, pancreas and gall duct. Dissolved in water and used as a mouth wash, it can also be helpful for the teeth, eyes and glands.

R.E.S.: 90-1, 137-129, 263-20, 289-8, 294-166, 954-2, 1045-10, 1110-4, 1521-4, 1560-1, 3738-1, 5004-1.

CALCIOS

Calcios was recommended in about 200 readings. In Cayce's day it was made from pulverized chicken bones, processed so that the calcium it contained could be easily assimilated and digested. Calcios was the calcium supplement that the readings invariably recommended.

The cases in which Calcios was most often prescribed in the readings (percentages approximate) were tuberculosis 20%, poor assimilations 15%, pregnancy 10%, and glands 5%, comprising a total of 50% of the instances where Calcios was mentioned.

Following is a composite of some statements from the readings on Calcios for each of the subjects listed above.

Tuberculosis. (1548) was told there was free calcium available in Calcios, and that it strengthened the blood by making the covering of the blood cells stronger. (1569) was told it contained a necessary force for body building. (2186) was told that tuberculosis germs were present in the body, but that Calcios would prevent them from becoming destructive forces.

Assimilations. Calcios contains the digestive enzymes pancreatin, pepsin, and hydrochloric acid. (1792) was told that through the use of Calcios the assimilation 8 would be greatly improved.

Pregnancy. It is well known that pregnant women have a high calcium requirement. (951) was told, "Calcios is the better manner to take calcium. It is more easily assimilated, and will act better with pregnancy than any type of calcium products as yet presented [on the market]." She was told to have a whole wheat cracker spread with Calcios three times weekly at the noon meal until two weeks before the baby was due. To (73) he advised: "rather than the calcium tablets, use Calcios. This is better assimilated, and does not leave as much dregs to become a hardship to the liver and kidneys." (480) was told it would be good for the baby's bones and to replace that drained from the mother.

A possible substitute for Calcios is pressure-cooked and/or thoroughly cooked and chewed chicken or fish bones.

CAMPHORATED OLIVE OIL

The ingredient consistent in most of the readings which referred to a treatment for scars was camphorated oil, either alone or in combination with other oils. Some readings stated that camphorated oil should be prepared from camphor and olive oil rather than the commercially available camphorated cottonseed oil. The readings indicated that this substance would have a soothing influence on scarred tissue, and would also stimulate the circulation to such an extent that, in a period of time ranging from three months to two and a half years, the skin would become smooth and normal. Camphorated olive oil will work most quickly on newer scars, but can also be effective with older scars if treatment is patient and consistent.

For old scars, undiluted camphorated oil may be used. The undiluted camphorated oil was recommended in 75% of the scar readings in which it was mentioned. In treatment of recently formed scars the readings suggested dilution of the camphorated oil with substances such as cocoa butter, compound tincture of benzoin, peanut oil, lanolin, and olive oil itself. The purpose of this dilution was to avoid 'burning' the scarred area, and the degree of dilution should depend on the tenderness of the scarred area. The diluted camphorated oil was to be gently rubbed, once daily, well into the affected areas, preferably just around the edges of the scarred area rather than directly onto the scars themselves. This would prevent the formation of permanent scar tissue and allow the normal healing process to occur.

The approximately 80 readings recommending camphorated oil also gave other uses, particularly in cases of cold and congestion. In such instances, as much oil as the body could absorb was to be applied, over areas such as the spine, chest, throat, shoulder, soft facial tissue, feet and lower limbs, and ribs.

This would beneficially stimulate the circulation in congested and sluggish areas.

In one reading, camphorated olive oil was recommended for massage in combination with equal parts of mutton tallow, spirits of turpentine and spirits of camphor. This combination was intended to open the pores.

For more information consult the Circulating Files on Colds and Scars. R.E.S.: 415-3, 440-3, 487-15, 566-3, 1165-1, 1200-6, 1208-3, 2015-6.

CAROID & BILE SALTS

Caroid & Bile Salts is a laxative compound recommended in about 90 readings. The active ingredients are caroid, a digestive aid; capsicum, a mild gastric stimulant; bile salts, or salts of the bile acids; phenolphthalein, which has laxative properties; and cascara sagrada, a mildly laxative herb. This compound was intended to improve the digestion of proteins, to increase the flow of bile, enabling the body to more properly handle fats in the diet, and to effectively and gently relieve constipation. In the Cayce readings, Caroid & Bile Salts was recommended primarily in cases of poor eliminations, incoordination between assimilations and eliminations, and toxemia. Various readings found this compound to be beneficial in stimulating the activity of the liver, gall duct, spleen, pancreas and colon.

As with most laxatives, Caroid & Bile Salts should not be taken indefinitely, as this can result in dependence on them. The readings suggested that they be gradually discontinued, as other treatments followed at the same time began to have their normalizing effects.

For more information consult the Circulating Files on Constipation and Indigestion & Gastritis. R.E.S.: 265-8, 13, 359-2, 389-7, 985-1, 1057-1, 1141-1, 3574-1.

CASTILE-BASED SOAP AND COCONUT OIL SOAP

Castile soap is a variety of soap based on or containing olive oil or other vegetable oils, and was mentioned about five times in the readings. Between 1926 and 1932, castile soap had to be made only from olive oil and caustic soda, but regulations have since relaxed. Castile soap was apparently liked by Cayce for its gentleness to the skin, making it advisable for babies, and its effectiveness as a cleanser. Obviously, choice of soap is an individual matter, and castile was one of several types recommended.

Coconut oil soap was mentioned in one known reading. For this individual, soap made with either coconut oil or olive oil was found preferable to those based on other kinds of fat or oil.

For more information consult the Circulating Files on Dermatitis, Complexion, and Health & Beauty Tips. R.E.S.: 1208-5, 1968-7, 2072-6, 3051-3.

CASTOR OIL

Another name for castor oil is Palma Christi, or palm of Christ. It seems appropriate that a plant with such a name should historically be used in healing, although Cayce did not customarily endorse using it in the same manner - as a powerful cathartic - that many find such a distressing experience.

It should be noted that there were few cases in which internal dosage was endorsed, while other readings advised strongly against it. In general, less drastic measures of cleansing the intestines were preferred, such as gentler laxatives, or castor oil packs, which allow some of the oil to be absorbed into the skin, with much more therapeutic and gentler results.

Castor oil was given a great variety of external applications. A mixture of castor oil and baking soda was advised for application on callouses of the feet, moles, ingrown toenails and warts. In such cases, a gummy paste was to be made by combining the oil

and soda. The paste is then bandaged to the affected area overnight, and for as many successive times as are required for healing. If irritation results, it is discontinued for one evening and then resumed.

In about 50 additional readings castor oil was recommended for use in massage, including application for callouses, cancer (skin and breast), cysts, bunions, ichthyosis, moles, tumors and warts. In a case of ichthyosis, Cayce advised massaging the body with castor oil and then sponging off the oil with a solution of baking soda in water. The use of castor oil in the form of packs, however, was advised most frequently - in about 570 readings. The packs were most often indicated for cholecystitis (inflammation of the gall bladder), poor eliminations, epilepsy (for which they were almost a specific), various liver conditions such as cirrhosis and torpid liver, and scleroderma; and also for headaches, appendicitis, arthritis, incoordination between assimilations and eliminations, colitis, intestinal disorders such as stricture and colon impaction, incoordination between nervous systems, neuritis, and toxemia.

Typical instructions for use of the packs were as follows: Procure a piece of flannel - either an old scrap, or a new piece that has been washed to remove chemicals used in manufacturing. Some readings specified wool flannel, but cotton flannel is also effective. The word flannel used alone actually implies wool fiber content. Flannel is a particularly absorbent napped material. This material is folded into about three thicknesses, saturated with heated castor oil and then placed on the abdomen. Over this a piece of oil cloth or plastic is applied, and topped with a heating pad. Following application the abdomen is cleansed with a weak solution of baking soda and water.

The packs may be continued daily, applying them for from one to several hours at a time, as necessary, until relief is obtained. Or, they may be applied according to a cycle, such as three days of using the packs alternated with four rest days.

The taking of olive oil in combination with application of the packs was often advised. One reading suggested two tablespoons of olive oil following the third consecutive pack. Olive oil was said to be a food for the alimentary canal, aiding assimilations as well as eliminations.

Other suggestions regarding use of the packs included: Do not attempt the three-day apple diet at the same time, Avoid use of the packs during menstrual periods. Use of the packs during pregnancy, however, can be beneficial. The packs were frequently recommended to relieve headaches and fever.

Various reasons for the effectiveness of the castor oil packs have been offered. First, the heat enables the oil to thoroughly penetrate the pores of the skin. This stimulates the lymph glands to such an extent that the increased circulation causes accumulated toxins to be drained and expelled from the system. An individual with gallstones was told that consistent use of the packs along with osteopathic treatments could dissolve and eliminate the stones, and that this method of treatment would be preferable to an operation. In cases of epilepsy, the packs were to be applied over a specified area of the abdomen, to eliminate the causes of the nervous incoordination that sometimes results in epilepsy.

For more information consult the Circulating File on Castor Oil or other appropriate files such as Gall Bladder and Duct, Epilepsy, Constipation, Colitis, Cirrhosis and Liver: Torpid. R.E.S.: 299-2, 543-27, 567-4, 631-4, 728-2, 1034-1, 1312-3, 1433-6, 1553-7, 1739-3, 2434-3, 2521-1, 3160-1.

CHAMOMILE

Chamomile is an herb with many uses, commonly employed as a stimulant and digestive aid. It was mentioned about twenty times in the readings for a diversity of ailments, recommended most often for stomach ulcers, psoriasis and indigestion. Often chamomile tea was to be alternated with others, such as saffron tea and elm water. The readings commented that all of these herbs were capable of easing conditions in the intestines.

One individual was told to combine either elm, saffron or chamomile with most of the water he consumed. The same reading gave instructions for preparing chamomile tea. A heaping teaspoonful of chamomile was to be steeped in six to eight ounces of water and then cooled. As desired, a teaspoonful of the strained tea was to be taken diluted in a glass of water. A more common method of preparation is to add boiling water to a pinch of the herb in a teacup and steep for fifteen minutes before drinking.

For more information consult the Circulating Files on Psoriasis, Indigestion & Gastritis, and Ulcers: Stomach. R.E.S.: 2176-1, 2518-3.

CHARRED OAK KEG

The charred oak keg was part of a rather unorthodox treatment recommended about 50 times in the readings, primarily in cases of tuberculosis and pleurisy and in some cases of scleroderma. This treatment involved the placing of 100-proof apple brandy in the keg and then regularly inhaling its fumes.

Charred oak kegs are used commercially in storage of aging liquors since the charcoal absorbs impurities from the liquor. This is no doubt one of the reasons why Cayce stressed keeping the brandy in the keg. Even so, the keg must be periodically rinsed with warm water to remove acids that have accumulated through evaporation.

The alcohol in the brandy is an antiseptic for the lungs. According to Cayce these inhalations could not only destroy living tubercule germs, but have other beneficial effects as well. The fumes were claimed to rejuvenate the cells they came in contact with, while serving to beneficially stimulate the circulation. Inhalation was also intended to aid in purifying the liver and kidneys, curb coughing, and actually heal the lung tissue.

Inhalation of the fumes from the keg may initially cause mild irritation, but this should not discourage the user. Too much inhalation in the beginning can also cause over intoxication. While this might not bother some users, moderation is the key to healing. Care should be taken to avoid inhaling the liquor.

For more information consult the Circulating Files on Tuberculosis and Pleurisy. R.E.S.: 1548-1 & 4, 1557-1, 2448-1, 3176-1, 3594-1, 5053-1.

CIGARETTES

A study of the approximately 120 readings indexed under cigarettes and smoking reveals this to be a complex subject with few pat and generally applicable answers, particularly when dealing with the question of whether to smoke or not to smoke. In the majority of cases Cayce condoned smoking in moderation, although he also noted that most individuals who have built a need for this practice have at the same time built an addiction.

The readings emphasized strongly that while smoking in moderation was not harmful, and could in certain instances be beneficial, such as under conditions of nervous stress, excessive smoking was harmful to everyone. The question then becomes, how many cigarettes per day constitute moderation? The quota advised in various readings varied from two to twenty, and the average recommendation was about six to nine cigarettes daily.

Cayce's guidelines on this subject are apparently confirmed by a U.S. government report: 'Cigarette Smoking and Health Characteristics', United States, July 1964-June 1965. According to conclusions stated on pages 54 and 55, individuals who smoked between one and ten cigarettes a day were healthier overall than those who did not smoke by a slight degree, and healthier than those who smoked more than ten a day by a larger degree. Incidence of respiratory ailments, however, was consistently higher among all smokers than among non-smokers.

A more recent comprehensive study of over 5,000 middle-aged men conducted by a researcher at a Denmark hospital showed that light smokers (smoking up to 10 cigarettes daily), and moderate smokers (up to 20 cigarettes daily) were more physically fit than non-smokers. The degree of physical fitness was determined by the oxygen intake after a one-minute exercise period.

The readings also offered advice on the variety of cigarette that is best for the body. Occasionally a particular brand was recommended, although in most cases the use of pure tobacco was generally advised, rather than that containing various commercially utilized additives. One reading also advised using cigarettes made from untoasted tobacco.

Many individuals have found that the natural tobacco cigarettes are more satisfying than regular cigarettes, and they feel the need to smoke less frequently. There is evidence that this is due to the higher nicotine content of the natural cigarettes, a difference which is much greater now than in Cayce's day because the average American cigarette today contains less than half as much nicotine as in 1955. A study that appeared in the English edition of *Psychopharmacologia* in 1971 concluded that the less nicotine in the cigarette smoke, the more cigarettes were smoked per day. Cayce agreed that a change to natural tobacco cigarettes should cause the smoker to cut down. This factor should help to offset the relatively high cost of these cigarettes, which is due to their comparatively low rate of production, and to the fact that they use no reconstituted tobacco, such as stems, scraps, etc.

Most of the tobacco used in American cigarettes is treated with a combination of glycerine to hold the tobacco together, saltpeter to make the cigarettes burn more uniformly, molasses as a flavoring agent, and sometimes the herb deertongue as an aromatic agent. On the whole, it seems safer for those who must smoke to use the pure tobacco cigarettes the readings recommended.

For more information consult the Circulating File on Smoking. R.E.S.: 303-23, 391-7, 462-4 &10, 667-7, 1003-3, 1110-3, 1131-2.

CIMEX LECTULARIUS

Cimex Lectularius is an illustration of the premise that even the most useless-seeming creatures in nature have value when put to the proper use. This product, recommended about ten times in the readings, primarily for dropsy, and also for two cases of phlebitis and one of nephritis, is a homeopathic remedy made from bedbug juice.

The majority of readings suggested Cimex Lectularius (which is the scientific name for bedbug) in cases of dropsy, which is a swelling of the feet, ankles and lower extremities, caused by infiltration of the tissues with diluted lymph fluid. The readings advised that unpleasant connotations in reference to the source of Cimex be disregarded in view of its effectiveness. One reading even suggested that some users should probably not be told of its origin.

Cimex is a homeopathic medicine, and the readings recommended that it be administered under the guidance of a homeopathic physician. Cayce found that this product would reduce swelling and cause an adrenal reaction that was helpful for the heart.

For more information consult the Circulating Files on Dropsy, Phlebitis, Nephritis, Kidneys: Pyelitis. R.E.S.: 327-3, 420-7, 1553-27, 3572-1, 5514-3.

CLARY WATER[®]

Clary Water is a tonic that the Edgar Cayce readings suggested using in about 100 cases involving various problems associated with the assimilating and eliminating systems, including disturbances in the hepatic circulation. It was most often recommended for diabetes and to improve the functioning of the digestion, eliminations and kidneys. Similar formulas were recommended for enlarged and engorged spleens. One formula commonly used contains the following active ingredients: sage (also known as clary flower - hence the name Clary Water), which aids the digestion; juniper oil, which stimulates the kidneys; and ambergris, which acts on the pancreas. Additional information on these herbs can be found in the readings.

According to Cayce: Sage affects the liver, pancreas, glands and gastric flow to the extent that assimilations are stimulated and improved.

Ambergris influences the pancreas in particular, acting as a normalizing influence in relation to sugar in the system and improving the cooperative functioning of the pancreas, spleen and liver. Oil of juniper improves the kidney and hepatic circulation.

The readings stated that this formula as a whole would aid the digestion, improve the eliminations, and balance glandular functioning. For an individual suffering from progressive debilitation due to tuberculosis, Cayce advised Clary Water to improve the appetite and thus allow the stomach to retain sufficient food for body-building. Clary Water was occasionally suggested as a substitute for Jerusalem artichokes, which were frequently recommended in cases of diabetes.

While Clary Water was being taken, several dietary precautions were sometimes mentioned, to promote its effectiveness. Various readings advised avoiding meats of all kinds, too much protein (although seafood was acceptable), sugar, large quantities of starches, and all fried foods. These foods tended to work in opposition to the Clary Water, as well as probably to aggravate the conditions for which it was taken.

Formulas and dosage varied somewhat from reading to reading. Once the desired objectives had been achieved, and the blood sugar level was normal, or assimilations had improved, then the dosage was reduced to a level necessary to maintain the results obtained. Thereafter the Clary Water was needed only once daily, or whenever the need was felt. Initially, the readings usually suggested continuing with the original dosage prescribed until a quart had been consumed.

For more information consult the Circulating Files on Diabetes and Indigestion. R.E.S.: 3-1, 226-1, 816-1, 953-1, 1100-17, 1422-1, 1789-1, 4332-1, 4414-2, 5707-1.

COCA-COLA® SYRUP

Coca-Cola syrup in plain water is an alkalizer and a diuretic, which was recommended in a total of about 25 readings, most of these involving kidney and bladder disorders. Coca-Cola's fourteen generally known ingredients (there is also a mystery ingredient) are sugar, caramel, coca, cinnamon, cola, nutmeg, vanilla, vegetable glycerin, lavender, lime juice, several citrus oils, caffeine, phosphoric acid, and extract of guarana. The last three ingredients listed may be those with most effect on the kidneys.

That Cayce found a medicinal use for this nemesis of many health food exponents may come as a surprise. Even elsewhere in the readings, soft drinks in general were referred to as 'slop'. In this case, the absence of carbonation (with a few exceptions) and specific dosage instructions seemed to be the only changes needed to transform Coca-Cola from a beverage of questionable value into a medicine. Interestingly enough, it was in un-carbonated form that this product was originally concocted as a tonic for the relief of headaches and hangovers. In the 1880's Coca-Cola was in use as a remedy for upset stomach, headaches, colds and fatigue.

The readings advised purchasing the pure Coca-Cola syrup - that often used at soda fountains. A typical dose consisted of one-half to one ounce of syrup in a glass which was then filled with plain water. This was to be taken no more than two or three times a week.

For more information consult the Circulating Files on Kidneys. R.E.S.: 2332-1, 3109-1, 5097-1.

COCOA BUTTER

Cocoa butter is derived from cocoa beans and was recommended in the readings about 185 times as a massage ingredient, to be used either by itself or in combination with other substances. It was mentioned as part of treatment for a variety of conditions, and only the most typical will be mentioned here.

For the developing bodies of babies and young children, cocoa butter was highly recommended as a massage, particularly along the spine. This was usually to be done once a day, after the morning or evening bath. During the course of this massage, to be given gently but thoroughly, certain elements from the cocoa butter would be absorbed into the system, aiding in the process of body development. The readings also claimed that this would strengthen the nervous and eliminating functions, and guard against congestion in the head and shoulder areas by stimulating the circulation. Cocoa butter massages were recommended for periods as brief as ten days and for as long as eight months. For a baby of three months, Cayce advised that alternate massages of cocoa butter and olive oil be continued for the next six to eight months.

Many of the emotional and perceptual difficulties suffered by children originate, according to Cayce, through some kind of physical imbalance. Sometimes a great deal of aid can be found in daily massage, to quiet the nerves and increase circulation in certain vital areas. Cocoa butter was often recommended for this massage. Usage parallels that advised for baby care.

If the readings are correct, normal breast development can be encouraged by such a simple means as cocoa butter massage. Sluggish glandular development in this area can apparently sometimes be stimulated in such a manner with measurable results. One case of under-developed breasts was associated with a thyroid imbalance. Along with Atomidine and osteopathy, a massage with cocoa butter was recommended, around the glands under the arms and below the breasts, to encourage normal growth. In another case in which the right breast was larger than the left, Cayce recommended cocoa butter massage to increase the left, and massage with cocoa butter combined with alum water to decrease the right. This was to be done once every evening.

For more information consult the Circulating Files on Baby Care and Children: Abnormal. R.E.S.: 773-2, 1206-15, 2015-4, 2289-1, 2680-1, 2781-2.

COLDS LINIMENT

In about 285 readings a liniment was prescribed which consisted of equal parts of mutton tallow (sometimes also called mutton suet), spirits of camphor and spirits of turpentine. Some variations included the addition of tincture of benzoin or other substances. This liniment was recommended primarily in cases of cold and congestion, poor circulation, and kidney disorders. The readings explained that the mutton tallow penetrated and opened the pores of the skin, thus allowing the healing properties of the turpentine and camphor to be quickly absorbed.

In cases of colds, attention to the feet and lower extremities was particularly stressed. Often the application of heat in combination with Campho-Derm was advised. This could be done either by warming the liniment prior to use, or by soaking the feet prior to application in very hot water to which dry mustard or pine oil may be added, or by wrapping the feet afterwards in warm towels, or by all of the above measures. The heat supplies a 'counter-irritant' and increases the circulation in these areas.

Application to the chest and throat area was also frequently advised. In one case, application was to be made in the area of the head, ears and neck, and the body kept as warm as was bearable until drainage occurred.

Campho-Derm can be generally indicated whenever and wherever congestion is present in the system. One reading recommended massage over the soles of the feet and various portions of the head to promote relaxation, normalize the body temperature, and to eliminate congestion. This liniment was sometimes referred to by Cayce as a counter-irritant and sometimes as an astringent. This indicates one of its primary functions: The drawing of additional circulation to the area to which it is applied. The use of heat also increases the circulation. Apparently, massage on the bottoms of the feet in particular can aid the general circulation.

Cayce found Campho-Derm valuable in helping to restore normal functioning to the kidneys. It was to be massaged into the base of the spine over the kidney area, and sometimes over the abdomen as well. Then heat was to be applied in the form of hot salt packs, or sometimes an electric heating pad, although the massage could be helpful even without the heat. One reading recommended massage with this liniment followed by heated salt packs applied both on the back and front at the same time. The combination of massage and heat was intended to reduce pressure and inflammation, and stimulate the eliminations.

Another use for this liniment is found in at least one reading recommending it applied topically to hookworm abrasions and covered with a bandaid.

For more information consult the several Circulating Files on Kidneys and the File on Colds. R.E.S.: 265-8, 278-2, 304-33, 556-5 & 6, 632-5 & 6, 916-1 & 2, 2036-6.

COLITIS TONIC

This formula for colitis from the readings has been found to be typical of the many cases in which such a tonic was recommended. In case 2085, this problem was an after-effect of the flu.

Colitis is a form of chronic diarrhea, caused, in part, by inflammation of the intestinal walls, improper assimilation of foods, and toxins in the lymphatics. Tonics were directed at helping to reduce the glandular disturbance and restore a proper balance between the assimilations and eliminations. Through their stimulation of the alimentary canal, they were intended not only to reduce symptoms, but also to gradually erase the conditions causing disturbance from the system.

The ingredients contained in this formula are wild ginger, wild ginseng, lactated pepsin and stillingia, and all received frequent references in the readings. Wild ginger and wild ginseng were both claimed to affect glandular functioning. Ginseng also stimulated the gastric flow, thyroid and liver, while stillingia was intended to purify the kidneys and blood and increase the gastric flow.

For more information consult the Colitis and Colitis: Ulcerative Circulating Files. R.E.S.: 556-4, 1019-1, 1278-1, 2085-1, 2834-2.

COUGH SYRUP

A formula for cough syrup given in a single reading has since become quite popular. Cayce recommended this formula to soothe the lungs and bronchial passages, act as an expectorant, and heal the irritations causing the cough.

The formula contains syrup of wild cherry bark, syrup of horehound, syrup of rhubarb, elixir of wild ginger, honey and alcohol. Some of these ingredients were also given in other cough syrup formulas, and horehound and wild cherry bark in particular can be found in many cough preparations in the readings. This formula is different from the usual commercial cough syrups in that it contains a mild eliminant - rhubarb.

Other readings offered additional comments on the cough syrup ingredients. Wild cherry bark was claimed to have expectorant properties, and to act as a stimulant and purifier of the lungs. Wild cherry bark and horehound combined were found to reduce colds and congestion and increase circulation in the head and throat, as well as improve the digestion. Rhubarb was claimed to aid the functioning of the lacteal ducts. Wild ginger was found to be beneficial to the liver and gastric flow.

Grain alcohol is a carrier for the other ingredients as well as a natural preservative, and honey, according to Cayce, aids the assimilations. A great advantage of this formula is that it does not produce side effects and may be taken as often as once every hour until relief is obtained. Users of this formula have reported excellent results. In many cases it has been used with success after other cough remedies failed to bring relief.

R.E.S.: 243-29, 543-21, 643-1, 808-3, 1012-1, 1019-1.

CRUDE OIL

Crude oil was recommended in about 30 readings as part of treatment for and prevention of baldness, dandruff and related hair and scalp problems. The following is a summary of the most widely followed reading for falling hair:

Begin with an Atomidine series: One drop each morning, taken in a glass of water before the first meal of the day. Continue for five days, then leave off for a five-day 'rest' period. During this period give the scalp a thorough massage - at least 30 to 40 minutes with crude oil, preferably using an electric vibrator with a suction cup applicator. At this time a little white vaseline (the kind commonly available) may also be massaged in. The crude oil massage should be given once during each rest period.

When the five-day rest period has elapsed, begin with the Atomidine again for another five days. During the period following have another crude oil treatment. For the following two weeks leave off the crude oil and Atomidine entirely. Then do another complete series. Continue repeating the entire cycle.

Consistently eat foods that naturally contain iodine - kelp salt or deep sea salt and plenty of sea foods. Avoid an excess of sweets. The yolk of the egg should be eaten, but not the white.

It should be noted that use of the vibrator is not essential if a thorough rub with the fingers can be given. Atomidine, also, is not essential. About a third of the readings that recommended crude oil also mentioned the use of Atomidine in conjunction with it.

The formula given in reading 636-1 might be substituted for the Atomidine, as this reading also recommended crude oil treatments. When taken according to directions the 636 tonic supplies one drop of Atomidine a day. This formula was recommended as a glandular tonic to restore natural color to gray hair.

Treatment instructions for the use of crude oil varied from one reading to another, depending on the needs of the individual involved, as will be evident in the following examples.

Reading 816-1 attributed falling hair to a lack of circulation and glandular imbalances, recommending application of crude oil and osteopathy to prevent further loss of hair. In this case, the crude oil was to be massaged into the scalp once a month, followed by a rinsing with 20% grain alcohol to cut the tar and oil. This was occasionally to be followed by application of a small quantity of white vaseline.

The 636-1 reading suggested a crude oil treatment given two or three times a month, also followed by the 20% alcohol and white vaseline. The reading claimed that this treatment would cause hair to grow in cases except where the follicles had been destroyed, and prevent baldness from resulting in most (80%) cases of falling hair.

This reading also suggested a diet that would stimulate the thyroid gland. Seafoods were recommended two or three times weekly, fried and greasy foods were to be avoided, and skins of white potatoes (but not the pulp) were to be eaten.

In many cases recommending application of alcohol, the use of pure grain alcohol was stressed, as the denatured variety caused excessive dryness.

Many additional comments on the subject of crude oil may be found in the readings. Each individual should feel free to experiment and to choose those applications and treatment regimens that seem best suited to his needs. Those items sometimes recommended to follow crude oil application included: 20% grain alcohol, weaker alcohol solutions, olive oil shampoo, pine tar soap (shampoo may be substituted), white vaseline, and Listerine.

Some individuals find they prefer to simply rub a little crude oil into the scalp every few days. Use of only the pure and unrefined crude oil was often stressed. Crude oil is formed from the gradual decaying process of layers of organic matter buried deep in the earth's crust. After extraction from the earth, crude oil becomes the basis of a variety of familiar products, including gasoline, kerosene, paraffin, and motor oil, but it is stressed that none of these should be substituted for the pure crude oil. Confusion can result from the fact that crude oil occurs naturally in several different thicknesses and shades of color. Any of these may be used, presumably with equal effectiveness. Some individuals prefer the honey-colored Pennsylvania grade crude oil as it has a milder odor and is easier to wash out of the hair. This variety is paraffin-based, and some samples may appear cloudier than others due to a greater amount of paraffin. The blacker variety of crude oil is asphalt-based, and is somewhat messier to use.

There have been occasional reports where a person using crude oil for the first time became alarmed at the quantities of hair lost during treatment. This is not due to the effect of the oil itself, but rather to the vigorous scalp massage given during treatment. This is a normal reaction and the following day there will usually be little or no hair loss, suggesting a preventive treatment cycle involving a crude oil massage whenever hair loss begins to occur. The crude oil treatment may, if desired, be done more frequently than the readings quoted suggest. Some individuals have reported good results using it as often as several times weekly.

Some research data on crude oil has been accumulated, and more research is underway. Results to date include a 1972 study by C. Wilford Grover, Ph.D., involving 45 users of crude oil. Tentative conclusions drawn from these responses indicate that use of the crude oil treatment can in most cases at least prevent further loss of hair, as it did for 84% of the persons in this sample. For those willing to follow the complete treatment for baldness outlined in the readings (including Atomidine) for at least twelve months, the probability of considerable to complete hair restoration will be greatly improved.

It is evident that many individuals become disheartened after using the crude oil hair treatment for a month or two with no significant results. They should be encouraged to continue, since it may take as long for the hair to grow back completely as it did to be lost in the first place!

For more information consult the Baldness: Male and Baldness: Female Circulating Files. R.E.S.: 275-30, 636-1, 816-1, 850-2, 4056-1.

DANDRUFF FORMULA

This particular formula appeared only once in the readings, although slightly differing versions, involving various strengths of diluted grain alcohol, were mentioned many times as part of treatment for this condition. The formula contains 85% grain alcohol and pine oil, added to distilled water. This was to be massaged well into the scalp, followed by vigorous application of a small amount of white vaseline and a thorough shampooing with Pine Tar Soap. The reading claimed that if this procedure was followed once a week, the dandruff would be completely cured.

According to the readings, both grain alcohol and pine oil are active against dandruff. Both are antiseptics, and both aid in increasing the superficial circulation of the scalp. The addition of vaseline applications and the use of pine tar shampoo make a powerful combination. R.E.S.: 261-2.

D.D.D.

The product name for D.D.D. was derived from the initials of the doctor who developed the formula shortly before the turn of the century. D.D.D. was a prescription recommended about 50 times in the readings, primarily for skin irritations such as dermatitis and pruritus, and also for leg ulcers, psoriasis, eczema, hookworm, insect bites, hives, and poison ivy. The manufacturers suggest additional uses. D.D.D. is presently manufactured in solution form (regular and extra strength), cream, and soap. Readings suggesting D.D.D. lotion probably referred to the liquid, and those prescribing the ointment probably referred to the cream. In some cases, the cream was preferred because it would be effective but gentler to the skin, and was recommended most often.

In cases of dermatitis, both the ointment and cream were mentioned. In one instance, D.D.D. or Cuticura soap was also to be used, so long as the soap did not come in contact with other persons. For a case of pruritus, the D.D.D. cream was recommended if Glyco-Thymoline was not sufficiently strong to relieve the itching. The D.D.D. solution was suggested in a case of leg ulcers, to reduce irritation.

R.E.S.: 849-46, 1541-5, 1573-2, 1702-1.

DIATHERMY

Diathermy is a common form of electrotherapy used by many doctors and hospitals. It is a treatment method which uses a high frequency electrical current to produce heat in the tissues and organs of the body. When carefully regulated for moderate periods of time, this heating has a number of therapeutic effects on the area of the body to which it is applied.

There are three forms of diathermy. The first is long-wave diathermy, which produces a current of moderately high frequency. This method usually uses bare metal electrodes placed in direct contact with the skin. The second method, short-wave diathermy, uses a high frequency current and produces heat in a large generalized area. It is usually applied through a spacing of air, glass, or rubber, but may also be applied by direct metallic contact. The newest form is microwave diathermy, in which a single beam of extremely high frequency electromagnetic energy is focused from a distance on the region to be treated. It is most effective for local heating. Both the long-wave and short-wave methods were apparently available in Cayce's day. Because the conventional high-powered form of long-wave diathermy interferes with AM radio reception, production of this type of machine was discontinued by international agreement around 1954.

The Edgar Cayce readings often referred to diathermy as 'deep therapy'. In 46% of the cases researched, emphasis was placed on using a current of low frequency while 20% of the cases mentioned what could be termed low power. These figures are only an estimate due to sometimes confusing inconsistencies in Cayce's terminology. As Cayce also made occasional reference to 'plates' (electrodes), it seems evident that he found a low-powered, low-frequency, long-wave form of diathermy to be most beneficial although there were three exceptions where use of the short-wave form was preferred. Thus 95% of the studied readings that specified a particular form of diathermy suggested low power or low frequency or both. Of possible relevance here is conventional medical research supporting the effectiveness of diathermy treatments that do not warm the body to the point of heat sensation. These treatments, termed, "a-thermic", which may be of either frequency, may well be what Cayce often had in mind.

Diathermy was recommended in a total of 110 readings. Use was most often indicated in cases of incoordination between the automatic and cerebro-spinal nervous systems (13 readings - 7 for one person), as well as for spinal subluxations or misalignments (10 readings), glandular imbalances (10), impaired circulation (9) and poor eliminations (7). In cases such as these, the deep heat provided by diathermy was found to have such benefits as breaking up a lymph disturbance, helping to eliminate toxins and cleanse the system, bringing greater balance in glandular secretions, increasing mental clarity, stimulating the circulation, toning and coordinating the functions of the organs, aiding the assimilations, and relieving tension. Many of Cayce's claims for the therapeutic effects of diathermy are supported by medical research.

Cayce's few contraindications for the use of diathermy were found mainly in five readings recommending other treatments instead, that provided few explanatory details. In addition to these, there were several warnings to use only the low frequency and to carefully limit the duration of each treatment. Diathermy is not advised by doctors in cases of acute fevers, chronic heart problems, malignant cancer and pregnancy, and for persons with implanted heart pacemakers.

Diathermy is designed so that the heat can be increased in specific areas of the body through a choice of several different forms of application. Many readings specified where application was to be made, although many others did not, apparently leaving this decision to the doctor. One reading said to apply the plates the 'regular way', referring to the cerebrospinal system and another reading indicated that this meant applications over the spine and the entire trunk portion of the body. Placement over various areas of the spine was certainly most often specified.

The placement most typically advised was over the third and fourth dorsal centers (secondary cardiac plexus) and over the lacteal duct or navel. Both of these areas were claimed by Cayce to be centers that when stimulated would help increase the circulation. The lacteal area was said to be located to the right of the navel and just below the ribs.

The duration of treatment most typically recommended was twenty to thirty minutes, although in a few cases, durations ranging from three minutes (gradually increased) to forty-five minutes were advised by the readings. This timing corresponds closely with the current norm of a twenty-minute minimum for efficient treatment of limbs or superficial areas and thirty minutes for internal organs.

The need for caution is recognized, especially in treating the elderly, as too long a treatment could cause too intensive a heat effect, thus exhausting the patient. Cayce himself implied that at least some of the treatment durations he specified were shorter than the norm, to avoid overtaxing the system.

Treatments were typically to be given in cycles consisting of treatments at regular intervals for specific periods of time alternated with rest periods, although there were also some cases where such a cycle was not indicated. A common schedule was one to three times a week (up to every other day), although frequency ranged overall from daily to once every ten days to two weeks.

Diathermy treatments in the readings were typically to be alternated with other treatments, or to be given during the same cycle and often together with other treatments. Cayce's intention was for each treatment to facilitate the effectiveness of the other, and he occasionally warned that one of these treatments by itself would actually be detrimental.

For example, one reading found that soreness would result from diathermy applications unless frequent spinal manipulation was also carried out to provide sufficient stimulus for the eliminations. Various treatments were usually to be alternated, but there was little consistency as to their order. Diathermy was sometimes to be given during the rest periods following a series of spinal manipulation or massage, or to precede a series of these treatments. In other instances however, diathermy treatments were to take place directly before or directly after manipulations, or alternately combined with them, or given during the same general periods of time as the manipulations. Several readings made a point of suggesting that the doctor who performed the adjustments should also give the diathermy treatments. Other treatments were at various times suggested in combination with diathermy. The most frequent was Atomidine, taken in small doses during the rest periods from diathermy applications.

In conclusion, the ideal diathermy treatment, according to the readings, would be of a mild, low power, low frequency, long-wave form, typically applied to the spine and trunk portion of the body. For more details regarding Cayce's diathermy recommendations, the readings themselves should be consulted.

E.C. HERB TONIC

E.C. is the manufacturer's name for an herbal tonic given in a reading for an individual with nerve problems. E.C. is manufactured in tablet form based on the proportions given in the original reading, which gave the formula for a liquid extract of several herbs. The label suggests making a tea from the tablets; however, because of the bitter taste of this tea, it may be preferable to simply swallow the tablets whole.

The herbs that make up this tonic are wild cherry bark, yellow root (also known as golden seal), red root, prickly ash bark, elder flowers, and balm of Gilead. According to the reading, the wild cherry bark is intended to revitalize the lungs, throat and bronchial passages. Yellow root stimulates the gastric and pneumo-gastric functions, while red root stimulates the pancreas and spleen, and prickly ash bark acts on the blood and liver. Elder flowers, alcohol and balm of Gilead aid the functioning of the kidneys and pelvic organs. This tonic as a whole was intended to stimulate and produce greater harmony throughout the system. R.E.S.: 2790-1.

ELECTRIC VIBRATOR

The electric vibrator was given as part of a variety of treatment regimens in about 375 readings. Its main function was the stimulation of circulation in sluggish areas, serving to relieve tension and bring balance to the superficial circulation. Therefore there are many types of cases in which it can be helpful, depending on where application is made.

The vibrator is used frequently by those following the crude oil treatment for baldness, as described in one reading that recommended such a scalp massage following application of the crude oil, using the suction applicator.

Insomnia is another instance in which the vibrator can be helpful. This can aid sleep by promoting body relaxation, as well as helping to attain a more restful sleep.

Use of the electric vibrator was frequently recommended in cases involving poor eliminations, to temporarily relieve imbalances without undue strain on the system. One individual, suffering from headaches arising from an incoordination between the assimilating and eliminating systems of the body, was told that the headaches could be eradicated through proper diet and use of the vibrator before sleep. Another individual was directed to use the vibrator along the spine each evening, to stimulate the digestive and eliminating organs in a more normal manner than would the action of laxatives.

For individuals suffering from spinal lesions - that is, structural or functional alterations due to injury - the vibrator was sometimes recommended as an aid to restoring normal alignment. Deep vibration along the spine was found to cause a muscular relaxation, allowing the needed adjustments to be made.

The vibrator was recommended most frequently in cases of subluxations of the spine or incomplete dislocations or sprains. Normalcy was to be attained through use of the vibrator to equalize nervous pressure brought upon the muscles.

For incoordination of nervous systems, use of the vibrator was recommended to aid in calming the nerves by allaying the stress under which they were operating.

In cases of general debilitation caused by illness or age, use of the vibrator was often suggested. For one individual, use of a sponge applicator was recommended to promote relaxation. Along with oil massages and use of the Radio-Active Appliance, the body could be built up and the circulation revived.

When applied in conjunction with the use of oils in massage, the vibrator apparently can be especially effective in promoting normal circulation. One reading advised a deep massage with peanut oil along the spine, followed by use of the vibrator with the suction applicator to increase the circulation in the areas of application. The purpose of this was to promote absorption of the oil into the muscular as well as the superficial circulation. Several individuals have reported favorable results in using the vibrator following a massage with any of the many oil combinations on other portions of the body as well as the back.

As with all Cayce treatments, the vibrator should be applied thoroughly and unhurriedly, with the positive expectation that the treatment will be beneficial.

The electric vibrator attachments mentioned in the readings correspond to the attachment names of some present-day vibrators as follows:

<u>Cayce's Name</u>	<u>Present-Day</u>
Suction	Facial
Hard	Body
Cup	General

R.E.S.: 140-35 265-6 306-1, 313-18, 326-12, 369-10, 389-9, 728-2, 1196-9: 2452-3: 4101-1, 4056-1.

EYE TONIC

Cayce recommended herbal tonics for many and various disorders, and eye problems were no exception, although tonics were recommended only for eye problems in which poor digestion and eliminations was an associated factor. The formula given in reading 3810-1 was given for a 60-year-old woman suffering from toxemia who had been blind for over a year.

Cayce found that to restore the sight it was first necessary to eliminate the poisons producing this condition, and re-establish physical equilibrium. The reading asserted that once the correct vibrations were created in the body, the eyesight could become even stronger than was usual for those of her age.

The tonic formula contains the following herbs: sarsaparilla root, yellow dock root, burdock root, black haw bark, prickly ash bark, elder flower and balsam of tolu.

While this formula was being taken, 3810 was advised to have sweat baths which would help distribute the medicinal properties throughout the body. Use of an electric vibrator to stimulate the system as well as dietary measures (plenty of green vegetables) was also suggested. This treatment, Cayce claimed, would restore the sight to normal in nine weeks, implying that the formula, if taken on a daily basis, would need to be remade several times in order to provide sufficient dosage. Reports accompanying a series of readings for 3810 indicated that her condition did improve.

FORMULA 636[®]

This tonic is the only formula of its kind in the Cayce readings. Although it was originally recommended as an aid to restoring natural color to gray hair, based on reports from users it seems to have a direct balancing and energizing effect on the system, even among individuals who have no complaints about their hair color. The original reading explained that this restoration of normal hair color would be the primary outward result of an internal process that would include a renewed balance in glandular activity and an improved digestion. This formula has also sometimes been found to improve hair quality and growth, and, since the hair and nails are built from similar proteins, to harden soft or brittle nails in the process.

Formula 636 is an unusual combination of herbs and other substances high in essential vitamins and minerals:

Its inclusion of Atomidine makes it a glandular tonic. The readings found that this form of iodine would stimulate the glands, particularly the thyroid, adrenals and ductless glands, and thus promote balance in body functions. Cayce called Atomidine 'atomic iodine', and described it as a form of iodine less toxic to the body than the molecular form found in iodine supplements such as kelp tablets. Apparently, many individuals lack sufficient iodine in their systems, since Atomidine was the most frequently prescribed mineral supplement in the readings, recommended at various times for a great variety of conditions, including arthritis and baldness. This begins to show the generality of the 636 formula. When taken according to the prescribed dosage, the quantity of Atomidine ingested amounts to one drop a day. To maintain glandular balance, taking one bottle of 636 every three to six months may be sufficient.

Liver extract is a substance very high in the B-complex vitamins, the most frequently recommended type of vitamin in the readings.

Lactated pepsin was an often-recommended digestive aid, and was given to promote the effectiveness of the other ingredients, presumably through its aid to the assimilations.

Ginseng is a native American herb that rejuvenates, according to the readings. At this time it is growing in popularity, especially on the west coast, and is being advertised there as a restorer and prolonger of youth, vitality and virility.

Why the readings prescribed wild ginseng is not known, but apparently Cayce found this to be the most effective type. In combination with the black snake root, it was intended to energize the capillary circulation.

Some results experienced from the use of 636 have been reported as follows: Reduction of hyperactivity and increase in the attention span of a child; 'more energy'; 'buoyant spirits'; improvement in 'hair texture and sheen'; aid in 'regulating the menstrual periods'; strengthening of finger nails; thickening of hair; reduction of need for thyroid tablets; improved digestion; relief from constipation; and at least partial renewal of natural color in several cases of gray hair.

These reports are of course based on a small sampling, and results reported can all be viewed as natural results of improved glandular functioning. This tonic should probably not be taken unless symptoms of glandular sluggishness (such as gray hair) are known or suspected to be present. If hyperactivity occurs, usage should be discontinued, either temporarily or indefinitely. This tonic should not be used by people with cardiovascular difficulties, because of the fact that the increased thyroid secretions stimulate the heart. Formula 636 constitutes a 'total treatment' which is most effective taken alone and not combined with other treatments, medicines, or vitamin or mineral supplements. Other applications might be given, if needed during the rest periods from 636 dosage.

For those taking Formula 636 specifically to restore natural color to gray hair, the use of crude oil externally to stimulate the scalp circulation was also suggested.

For more information consult the Circulating Files on Baldness. R.E.S.: 636-1.

GEMS AND MINERALS

Cayce found many varieties of gems and stones to be helpful influences in both mental and spiritual respects. A few seem to have a beneficial influence on the physical body as well, at least for those who received readings recommending them.

One reading advised carrying a piece of carbon steel in the front pants pocket and stated that its influence would protect the user against colds, congestion and mucous membrane disorders. In the absence of a pocket, the carbon steel could be carried close to the skin by tying it around the waist or taping it to the thigh.

Lapis lazuli was recommended in several readings as a bringer of health and strength to the body. The stone was to be worn preferably next to the skin. Two readings advised that it be surrounded with crystal, because of its powerful vibrations. Presumably, glass or plastic would also be effective.

For more information consult the A.R.E. booklet on Gems and Stones. R.E.S.: 1842-1, 1982-1, 2132-2, 3416-1.

GINSENG

Wild ginseng was recommended in about 35 readings. It is an herb that was never suggested by itself, but always in combination with other herbs, such as in Formula 636 and the Colitis Tonic. Wild ginseng was always emphasized, as opposed to the more plentiful cultivated variety.

Ginseng has historically been valued in oriental countries, especially China, where it has been used as a cure-all for ailments ranging from sex problems to the common cold. In ancient times Chinese emperors purchased ginseng for its weight in gold, or exacted the roots as tribute from Korea.

The few readings that offered insight into the function of ginseng, commented that wild ginseng could impart an essential vitality to the system, recharging the vital energies of the body. Through this life-giving process, the glands would be stabilized and the entire body strengthened. R.E.S.: 404-4, 643-1, 839-1.

GLYCO-THYMOLINE®

According to its manufacturer, Glyco-Thymoline is primarily a treatment for mucosity to be used as a spray or gargle for nasal and throat passages. In addition it is indicated – diluted in some cases – for smoker's cough, sore gums, false teeth or partial dentures, halitosis, superficial cuts, allergies, diaper rash, feminine hygiene, poison ivy, hives, insect bites, and sunburn. The manufacturer reports that the formula has not changed since Cayce's day.

In the readings Glyco-Thymoline was referred to approximately 810 times. Many uses suggested coincide closely with label recommendations. Other readings offered several new ways to use it:

One of these ways was as an intestinal antiseptic. According to Cayce, when the system is over-acid, colds and congestion can easily develop. Glyco-Thymoline was sometimes recommended to restore the normal acid-alkaline balance. In some cases of chronic respiratory problems, this was also intended to absorb poisons associated with frequent coughing. The average quantity of Glyco-Thymoline required for internal application by an adult, was three drops in a glass of water. This was generally to be taken once daily, but occasionally more often. Several readings recommended that this dosage be taken until the odor of the Glyco-Thymoline could be detected in the stool. This solution should be taken internally with caution, as too large a dosage can be harmful.

Glyco-Thymoline was sometimes recommended as an application for tired or irritated eyes. In one case, for example, the eyes were to be bathed, using an eye cup, with a solution consisting of one part Glyco-Thymoline to two parts distilled water. Or, a cloth soaked in a diluted solution can simply be placed over closed eyes for ten or fifteen minutes.

Application of Glyco-Thymoline packs was recommended for a variety of conditions, some of these also involving the use of heat. One reading advised use of a pack the day before an osteopathic treatment, applied over certain areas of the spine. Three or four thicknesses of cotton fabric (white is best) were to be saturated with warm Glyco-Thymoline, and then a gentle source of heat was to be applied. If a heating pad is used, the pack should be covered with plastic first as a safety measure. This was intended to relax the body and promote absorption of certain elements from the Glyco-Thymoline into the system, so that the adjustment the following day would effectively relieve pressures.

For sinus congestion, application of a clean cloth soaked in warm Glyco-Thymoline and applied over affected areas was suggested to bring relief.

Glyco-Thymoline was also recommended in connection with colonic irrigations, as an addition to the final quantity of water used. The proportion recommended was a tablespoon to a quart of water. This solution alkalizes the intestinal tract and is non-irritating.

About 100 readings recommended use of Glyco-Thymoline in feminine hygiene, particularly in cases of pelvic disorders. Relative proportions of Glyco-Thymoline and water varied, but a typical recommendation would be a tablespoon or more of Glyco to a quart and a half of warm, body temperature water. In some cases Glyco-Thymoline and weak Atomidine solutions were to be alternated.

New uses for this multi-purpose product continue to appear. Some users have found it helpful for minor burns. And to help clear clogged nasal passages, cotton soaked in Glyco-Thymoline can be used as a nasal suppository, or the fumes might simply be inhaled.

For more information consult the Glyco-Thymoline Circulating File. R.E.S.:1745-4, 1807-3, 3050-1, 3104-1, 3157-1, 5097-1.

GOLD CHLORIDE

Gold chloride, sometimes referred to by Cayce as gold chloride sodium, is a solution of gold dissolved in distilled water, and is perhaps best known for its use in conjunction with the Radio-Active Appliance and the Wet Cell Appliance. Cayce claimed that gold was beneficial for general application and had the property of rejuvenating sluggish organs, especially the brain. Used alternately with silver it was recommended for longevity.

Many readings stated or implied that it is best to add gold chloride to the system vibrationally by means of the Radio-Active Appliance, rather than by injection or ingestion. However, there were also about 190 readings recommending small amounts of gold chloride solution taken internally in combination with bromide of soda or bicarbonate of soda. Of the readings studied, about one-third recommended bicarbonate of soda, and two-thirds bromide of soda.

The gold and soda solutions were recommended most frequently in cases of arthritis. A typical dosage was one drop of gold chloride (one grain per ounce concentration) and two drops of soda solution (usually two grains per ounce) in half a glass of water. The following day the gold was to be increased to two drops and the soda to four, increasing in this manner for five days, when five drops of gold and ten of soda were taken. After a rest period of two days, the cycle was to be repeated.

Frequently, use of this solution was to precede a violet ray treatment. One reading stated that this treatment combination would aid the glands and eliminations, and soothe the nerves.

Some provocative comments were made on the use of gold in cases of alcoholism. The sequence as given above for arthritis was to be followed, using bromide of soda. After a rest of two days, the same cycle was to be completed a second time. It was explained that this treatment would gradually weaken the desire for alcohol to the point where alcohol could not be taken without nausea. This reaction was attributed to the incompatibility of alcohol with gold in the system. Cayce claimed that this treatment would eliminate the craving for alcohol in anyone, whether the basis of the problem was physical or psychological.

Treatment with gold and soda was often indicated in cases of glandular and nervous incoordination. The readings stated that this formulation would rejuvenate the glands and stimulate the nerves, releasing nervous pressure.

In discussing cases of insanity, Cayce sometimes mentioned the gold and soda treatment, and in one reading called it the 'gold cure'.

In all cases, the gold and soda should be combined in water only when about to be taken. Otherwise, this preparation may be ineffective.

In many readings recommending gold, Atomidine was also mentioned, probably because it also affects the glands. It is important to remember that Atomidine and gold should never be taken at the same time, but may be alternated in cycles if desired. As gold chloride is poisonous taken in large quantities, dosages advised should be strictly adhered to.

In the readings as a whole, gold chloride solution strengths of one grain per ounce were by far most commonly recommended, although the strength occasionally ranged as high as a very expensive ten percent. A one percent (5 gr./oz.) solution can be diluted with distilled water to make weaker solutions, which were occasionally recommended. To make a 2 gr./oz. solution, combine 4 oz. of 1% gold chloride with 6 oz. of distilled water. To make a 3 gr./oz. solution, combine 3 oz. of 1% gold with 2 oz. of distilled water.

For more information consult the Circulating Files on Arthritis, Alcoholism, and Rejuvenation & Longevity. R.E.S.: 120-2, 5, 319-1, 359-1, 458-1, 606-1, 1800-6, 1800-16.

GRAIN ALCOHOL, 20% SOLUTION

20% grain alcohol was mentioned five times in the Cayce readings as a portion of treatment outlined for hair and scalp problems, such as baldness, falling hair, graying hair and dandruff. In three other similar cases, grain alcohol was recommended in either weaker solutions or in unspecified proportions.

A 20% solution contains approximately one part 190 proof (95%) pure grain alcohol to four parts distilled water. It was specified that only grain alcohol be used; never denatured (rubbing) alcohol or wood alcohol. The grain alcohol solution is most often used in conjunction with a crude oil scalp massage, as in one reading which claimed that this combination would stimulate scalp circulation, assist growth of new hair, and prevent further loss of hair.

Sometimes white vaseline (the kind commonly available) was given as a part of the baldness treatment, to be applied sparingly to the scalp following use of the alcohol. The crude oil/ 20% grain alcohol/vaseline combination was also claimed to be helpful in many cases of dandruff.

In two cases of falling hair, grain alcohol solutions were recommended primarily in conjunction with the vaseline. One reading advised a thorough massage with vaseline, followed by the alcohol. The other advised a rinsing with Listerine followed by the vaseline and alcohol, and stated that the alcohol would actually seal the ends of the hairs.

For more information consult the Baldness Circulating Files. R.E.S.: 270-1, 337-24, 480-23, 826-1, 850-2.

HEADACHE REMEDY

This formula was given in a reading for a person suffering from severe headaches. While additional measures were being taken to counteract the causes, a combination of equal parts of camphor and tincture of lobelia was to be applied to the temple, to alleviate the pain. For best results, the user was to rest, with the eyes covered with cold cloths during application.

For more information consult the Circulating Files on Headaches. R.E.S.: 263-16.

HERBAL SPRING TONIC

In March of 1930, Cayce gave a formula for an herbal tonic for general, seasonal use. It was designed to purify the system, and is the only herbal formula in the readings that was generally recommended as good for everyone as a 'spring tonic'.

The individual for whom this tonic was suggested was suffering from acne, boils and other skin eruptions, which Cayce found to be internally caused. The formula contains the following ingredients: sarsaparilla root, wild cherry bark, yellow dock root, dogwood bark, dog fennel, prickly ash bark, balsam of tolu, sassafras oil and tincture of capsici. Explanations of how some of these herbs act on the body were given in other readings:

Wild cherry bark was described as a stimulant to the pulmonary system, throat, bronchial passages and organs above the diaphragm. Sarsaparilla was said to aid the gastric flow and increase eliminations by stimulating peristaltic action. Yellow dock root was given to aid the liver and clear the blood of toxins, while prickly ash bark stimulated the liver, gall duct, pancreas and spleen.

Sarsaparilla, wild cherry bark and yellow dock root are herbs that were frequently mentioned in herbal formulas. Together, they are tonic ingredients in about 80 different readings, dealing primarily with poor eliminations, and incoordinations between the assimilating and eliminating functions. One reading, which prescribed a tonic containing these ingredients, also described how it should react within the system. The tonic as a whole was designed to benefit the blood, glands, assimilations and eliminations, resulting in a better balance of body functions. R.E.S.: 643-1, 1012-1, 2790-1, 5450-3.

HIGH ENEMA DEVICE

Various methods of cleansing the colon were included as part of treatment in a practically countless number of readings. Colonics and enemas were the means most frequently advised, not so much as curative measures, but to help increase the effectiveness of other treatments applied, both in cases of illness and for general upkeep of physical health and balance. The readings offered detailed comments on colonic irrigations.

In general, colonics were advised whenever they were needed to stimulate the eliminations. Frequency of use can vary from twice a week to once every six months, but the average recommendation is once every six weeks. An occasional colonic was indicated for almost everyone, as in most systems sluggish eliminations gradually cause fecal matter to accumulate, producing heaviness in the intestines and leaking toxins to the blood. This treatment will not correct the original causes of the imbalance, but as a cleanser of the intestines it can greatly reduce irritation and pressure.

The water used in colonic irrigations should be body temperature, with the first quantity of water containing about a teaspoonful each of baking soda and salt to each half gallon of water. The last quantity of water used should contain from a tablespoon per gallon to the same amount per quart, of Glyco-Thymoline, which acts as an alkalizer and an antiseptic.

The High Enema Device, referred to as a 'Portable Home Colonic' by one manufacturer, can be viewed, in terms of function, as a cross between a colonic and an enema. In an enema, water is injected into the rectum and then voluntarily and eventually expelled. The container used generally holds about two quarts. A true colonic injects water into the colon, and is done with a machine which is able to pump the water both in and out. A high enema is accomplished by means of a water container much larger than that used for enemas, and irrigates the colon higher and more effectively than an enema. Theoretically, this device initiates a reflex stimulation in the colon, causing rapid emptying of the total amount of water injected. It can be considered helpful, but is not a complete substitute for a colonic.

For more information consult the Circulating File on Constipation. R.E.S.: 303-34, 35, 843-2.

ICHTHYOL

Ichthyol is a particular variety of the substance called Ichthammol, an ointment made by chemical breakdown and treatment of certain types of asphaltic rocks. This ointment is an antiseptic indicated for certain skin diseases. Cayce recommended it about 25 times, particularly for bedsores and scleroderma, and also in cases of eczema, dermatitis, pruritus (itching), and infections.

INHALANT

In about 225 readings directions were given on the formulation of inhalants for all types of respiratory problems, including asthma, bronchitis, coughs, colds, emphysema, hay fever, pleurisy, pneumonia, post-nasal drip, sinusitis and tuberculosis. Depending on the condition involved, the formulas varied somewhat from case to case. Often this variation is so slight that many individuals find they can use different formulas interchangeably, with equally good results. This finding prompted the search for an all-purpose inhalant formula that was repeated in identical proportions, in readings for various respiratory disorders. The formula chosen was one that was identical in readings for asthma, hay fever and sinusitis, and similar versions were recommended for coughs and bronchitis. Additionally, this formula contains all of the inhalant ingredients most often mentioned in the readings.

Basically, the inhalants recommended consist of pure grain alcohol to which small amounts of oils, such as oil of eucalyptus, rectified oil of turpentine, tincture of benzoin, tolu balsam, rectified creosote, and oil of pine needles have been added. Fumes rising from this solution are to be inhaled, as often as necessary for relief. Unlike most commercial decongestants on the market, these inhalants have no known harmful side effects and there is no limit to how often they may be used. The fumes are most effective when inhaled regularly several times a day. Care should be taken at all times to inhale only the fumes and not the liquid.

The inhalant fumes function as an expectorant, meaning that they help the lungs and respiratory passages to expectorate or 'slough off' excess mucous. These fumes are also antiseptic, acting, according to the readings, as a purifier for the throat, bronchial passages, lungs, blood supply, intestines and sinus cavities, normalizing the circulation in these areas and healing and preventing infection.

The following conditions are those in which inhalants were most often recommended:

In treatment of asthma, the inhalant was recommended to oxygenate the blood, aid respiration, and prevent irritation and tightening of the bronchial passages. In cases of bronchitis, the readings claimed that the purification of tissue in the throat and bronchial area brought about by the fumes would also help normalize digestive and liver conditions.

Catarrh is a term formerly applied to inflammation of mucous membranes, particularly those of the air passages of the nose and throat. In such cases the fumes were to be inhaled through both nose and throat to reduce inflammation and over-stimulation of the mucous membranes. The absorption of elements in the fumes by the tissues was intended to normalize and strengthen the affected areas, as well as aid breathing. In some cases of nasal catarrh, the inhalant was recommended to aid the kidneys, liver, blood supply and lymph, irritated by the disturbing conditions, and to reduce acidity.

For cold and congestion, the inhalant was recommended to clarify the blood, and to reduce susceptibility to infection. The inhalant was also to act as a preventive of irritation in cases of cough and hay fever. Some users have found that the inhalant actually helps prevent colds when use is begun at the first symptom.

For one sinusitis condition, the inhalant was to be used during changes in air pressure, in periods of confinement in close quarters and when under mental stress. In other cases it was to be used to reduce pressures in the sinuses and to keep the system sufficiently alkaline to reduce congestion. One reading recommended use of the inhalant as a spray, by diluting a portion of the inhalant solution with two parts of distilled water. This is used in an atomizer, which may be purchased from any drug store.

For more information consult the Circulating Files on respective lung problems, or the Files on Catarrh: Nasal, Colds, Allergies, Hay Fever, Sinusitis and Tuberculosis. R.E.S.: 304-3, 7, 318-5, 335-1, 421-8, 600-1, 687-1, 826-1, 837-1, 903-16, 1131-2, 2975-1, 2998-3, 3094-1, 3107-1, 3190-1, 3987-1, 4874-1.

INHALANT INGREDIENTS

Some of the inhalant ingredients mentioned in the readings are: Tincture of benzoin, compound tincture of benzoin, Canadian balsam, oil of eucalyptus, oil of pine needles and tincture of tolu balsam (also referred to as 'tolu in solution'). They are all natural and derived from plants. These substances, selected by Cayce for use in the grain alcohol-based inhalants, have other uses as well.

Oil of eucalyptus and oil of pine needles were recommended for use in fume baths, and can also be used in steam cabinets. Apparently, the absorption by the skin of fumes arising from these oils can be beneficial. Fumes that are inhaled stimulate the lungs, acting as an expectorant and antiseptic. An effective vaporizer may be created by adding a few drops of these ingredients to a pan of steaming water. A little individual experimentation will determine which ingredients are most agreeable for this purpose.

INNERCLEAN

Innerclean is an herbal laxative compound containing agar, frangula, senna and psyllium seed. Its use was suggested in about 25 cases where improved eliminations were desired. One individual was told that a vegetable eliminant such as Innerclean would be preferable to any mineral-based cathartic. Another reading recommending Innerclean commented that an occasional colonic would keep the laxative from causing obstructions in the colon.

At times Cayce cautioned against using such laxatives too frequently. One reading found that the Innerclean had sometimes caused imbalances and prevented peristalsis from occurring. In another instance, the nightly taking of Innerclean was found to be harmless, but was at times irritating. R.E.S.: 69-30, 462-4, 464-23, 849-63.

IODEX

Plain Iodex, the kind that Cayce recommended, contains iodine in an ointment base. When in contact with skin abrasions, the iodine is liberated by oxidation to prevent growth and action of bacteria and to promote healing. When applied on unbroken skin surfaces it is absorbed into the skin. This product was recommended about thirteen times in the Cayce readings, in cases of boils, carbuncles, dermatitis, bruises, eczema and bedsores. One reading stated that it would also relieve the tenderness of bruises.

For more information consult the Cancer: Skin Circulating File. R.E.S.: 522-4.

IPSAB[®]

In about 70 readings a solution called Ipsab was recommended as a treatment for the gums and teeth. Many readings prescribing it also gave directions for making it, and these formulas varied somewhat in description from reading to reading. A few stated that the finished product should be a paste, but the majority referred to a liquid, and a specific liquid formula was given by Cayce for general use. If desired, a paste may be easily made by adding salt in sufficient amounts to the liquid.

The name, Ipsab, was composed by Edgar Cayce's wife, Gertrude, from some of the initials of the primary ingredients. The complete Ipsab formula contains prickly ash bark, salt, calcium chloride, peppermint and iodine. Salt acts as an astringent, shrinking the gum membranes between the teeth so that the other ingredients can better reach these areas. The primary active ingredient is prickly ash bark. This was known to the American Indians as toothache bark, and Cayce is known to have referred to it by the same term.

In many cases Ipsab was suggested simply for general upkeep of the teeth and gums, and it was stated that the use of Ipsab would help to prolong the life of the teeth. Cayce also claimed that this compound would improve the breath and stimulate the circulation of the throat, salivary glands and tonsils. For general use, a small amount of Ipsab need be applied only once or twice a week, using a finger or a cotton swab to massage thoroughly over all gum areas.

Ipsab was recommended in diluted form for the developing teeth of babies. In readings for a one-year-old and a nine-month-old child, Cayce found that the use of Ipsab would aid the functioning of the thyroid and other glands in the throat area, as well as stimulate the salivary glands and strengthen the tissues of the mouth.

Ipsab was especially recommended in treatment of bleeding or receding gums and in treatment and prevention of pyorrhea. In one reading Cayce stated that an element in the prickly ash bark destroyed the 'germs' associated with pyorrhea. Ipsab was also advised in one case of trench mouth and in other types of gum problems. It was recommended in various readings to harden softened tooth enamel, reduce tooth infections, and prevent cavities through its purifying and alkalizing properties.

Use of Ipsab was often suggested in conjunction with regular professional care of the teeth. In cases where Ipsab application was to precede local attention, the readings explained that this would alleviate infections, reducing the amount of corrective work needed. Its use was also recommended following professional cleaning. Cayce sometimes found that Ipsab could even help avoid such drastic measures as removal of teeth.

In addition to its use in gum massage, Ipsab was recommended as a prophylactic mouthwash, used once or twice weekly.

Dietary advice sometimes accompanied Ipsab recommendations. One reading stated that anyone using Ipsab should eat a salad of raw vegetables daily. This practice would be generally beneficial to the teeth and gums.

For more information consult the Circulating Files on Baby Care and Teeth: Pyorrhea. R.E.S.: 257-11, 299-2, 307-2, 314-12, 325-55, 514-4, 569-23, 987-1, 1101-4, 3598-1, 3696-1, 3902-1, 5121-1.

JERUSALEM ARTICHOKE

One individual was told in a reading that eating one hen's egg-sized (two to three ounces) Jerusalem artichoke a week would be good for everyone if eaten in season (fall through spring). They were often recommended for improving the activity of the assimilations and eliminations, and were suggested in most cases of diabetes as an effective and beneficial alternative to insulin injections. Children were to be given artichokes that were smaller than the hen's egg size recommended for adults, to avoid overstimulation of the pancreas. Various readings also advised against eating pickled artichokes or artichokes prepared with vinegar, and products made with artichoke flour.

Jerusalem artichokes can be served raw in salad or cooked. Some readings advised alternating their manner of preparation in this way. If cooked, the artichokes should preferably be prepared in Patapar Paper, as many readings advised. This method preserves valuable juices which should be eaten along with each cooked artichoke. A little butter and salt can be used as seasoning. If water is used in cooking, it is advisable to drink this liquid afterward.

If it is impractical to store the artichokes in the ground as recommended, they will keep best stored in the refrigerator, in potting soil or peat moss. In spring they have a tendency to sprout, but may of course be eaten while in the sprouting stage.

For more information consult the Circulating File on Diabetes. R.E.S.: 1206, 3063-3.

LAXATIVE CAPSULES

This combination of four laxative herbs resembles - sometimes closely - at least 110 other similar preparations found in the readings. The number of ingredients in these preparations ranges from two to six in various combinations and proportions. The formula given in reading 294-12 contains the four most frequently mentioned herbs:

podophyllin (mandrake), licorice, cascara sagrada and black root (leptandrin). Other herbs included less frequently in such formulas were sanguinaria and senna.

This particular formula was given for Cayce himself, who at the time was suffering from hypertension (high blood pressure), impaired liver functioning and poor metabolism. The reading commented that the preparation would equalize the excretory and secretive functioning of the liver, resulting in an equalization of the circulation, hence lowering the blood pressure. Similar formulas were given in a wide range of conditions, typically involving poor assimilations and eliminations, including at least one other case of hypertension.

The instructions in this reading were simply to take three capsules. Other readings gave varying dosages such as daily for five days, every other day until three, five or ten are taken, or once every third day or every week. Sometimes evening dosage was specified.

LIQUID LANOLIN

Lanolin is a substance secreted by the hair follicles of sheep, and is derived from the wool. Lanolin in liquid form was recommended by Cayce in about 165 readings as an ingredient in a variety of massage and lotion formulas, though never by itself. It is included in the formulas for Aura Glow, the Scar Formula and the Arthritis Massage formula.

According to one reading, lanolin acts soothingly in combination with other oils, preventing them from irritating the skin.

Often the readings called for dissolved lanolin. Either melted or emulsified lanolin may be used.

For more information consult the Circulating Files on Complexion, and Health & Beauty Tips. R.E.S.: 2768-1.

LIMEWATER

Limewater is a saturated solution of slaked lime (calcium hydroxide) in water, used as an antacid. It was recommended in a total of about 125 readings, either by itself or in combination with other ingredients. Limewater contains calcium, and was often mentioned in readings for babies and children as an aid in developing strong teeth and bones. It may be added to water given following nursing or other feeding, or added to milk or juice.

Limewater may be given to both bottle-fed and breast-fed babies. For a bottle-fed or older child, about half a teaspoon of limewater may be added to from a cup to a pint of milk or juice. For a three-week-old breast-fed baby suffering from colic, a teaspoon of limewater was to be given, diluted in water, following each feeding.

One reading commented that use of limewater would eliminate hiccoughing, while another cautioned against taking more than was necessary, as this could produce glandular imbalance. This reading found that limewater taken in milk would supply vitamin D to the system.

For more information consult the Circulating Files on Baby Care. R.E.S.: 299-2, 305-1, 928-1, 2752-p-3.

LITHIA WATER

Lithia water, which is water enriched with the mineral lithium chloride, was recommended in about forty readings as a kidney purifier. Cayce found it most beneficial in cases of poor eliminations, stomach ulcers and toxemia, but also recommended its use in a variety of other disorders. One reading for a case of poor eliminations found that drinking lithia water would stimulate the circulation and set up better drainages throughout the alimentary canal. Scientific studies are also reported which suggest that lithium-enrichment of drinking water is beneficial for heart disease, diabetes, and hypertension.

In Cayce's day, lithia water was prepared by dissolving a lithia tablet in a glass of water. This amount was to be taken occasionally or at specific intervals such as once a month, once weekly or every other day. In a severe case of ulcers and one of psoriasis, all of the water taken into the system was to contain either elm or lithia, or elm, lithia or saffron, respectively. R.E.S.: 840-1, 2518-1, 4709-1.

MULLEIN

Mullein is an herb recommended about fifteen times in the readings. Cayce found it particularly valuable taken as a tea in cases of varicose veins. Either the fresh or the dry herb may be used, although whichever version is chosen should be the one taken consistently. If the fresh is in season, this is perhaps preferable, although sometimes the dry was advised for the sake of uniformity.

Mullein tea may be taken as often as three times weekly or on alternating days, and is best made fresh each time it is taken, as it only keeps for two or three days. Directions for use of the dry leaves are as follows: Place a pinch in a teacup, followed by boiling water. Let steep for 30 minutes, strain and drink. Cayce commented that this tea would be beneficial to the liver, lungs, heart, kidneys, circulation and alimentary canal. Directions for use of the fresh leaves differed somewhat. In this case a pint of boiling water was to be poured over an ounce of leaves. About an ounce to an ounce and a half of the strained liquid was to be taken daily. This was intended to reduce acidity and stimulate the circulation in the veins affected.

In another reading, mullein tea was recommended in combination with daily walks to reduce swelling of the limbs caused by pregnancy and to aid the circulation and kidneys. Cayce once commented that an occasional dose of mullein tea would be good for everyone.

Mullein leaves may also be used in the form of stupes or poultices. In some cases of varicose veins this application was recommended in addition to taking the tea internally. In preparing a poultice, the leaves should be gathered green, bruised, soaked in boiling water and then placed over affected areas to reduce swelling. This should be done once daily for an hour. Stupes consist of a cloth soaked in the warm mullein water applied over the affected area. Mullein stupes are useful in cases of kidney stones as well. The readings claimed that this can help to dissolve the stones themselves. Frequency of application depended on the severity of the condition.

For more information consult the Circulating Files on Kidneys: Stones, and Varicose Veins. R.E.S.: 243-39, 457-13 &14, 843-6, 1541-6, 5037-1, 5148-1.

MYRRH TINCTURE AND MYR-PLUS

Myrrh tincture is an alcoholic solution containing myrrh, an extract of gum resin from trees in the Red Sea coast forests. A few readings suggested it for internal use, but it was most often recommended in combination with olive oil, for massage.

The readings commented that myrrh was good for the muscles and would stimulate the superficial circulation through its absorption by the pores of the skin.

Myr-Plus, formulated by an A.R.E. Referral Doctor, contains myrrh and peanut oil, and may be considered a possible substitute for the myrrh and olive oil combination sometimes recommended. Myrrh and olive oil combined will keep for only a short time, and must be freshly prepared every two or three days. Myr-Plus, however, can apparently be kept as long as other massage preparations. R.E.S.: 440-3, 618-4.

OLIVE OIL SHAMPOO

Olive oil shampoo was recommended in the readings about ten times, making it the most frequently mentioned type of shampoo. It is similar to castile shampoos, based on olive oil, and sometimes in the readings these terms were used interchangeably. No particular brand was ever suggested, although one reading stressed that the brand of shampoo chosen should be 'pure'.

In some readings olive oil shampoo was simply suggested without explanation, but others implied that it was beneficial to the scalp because the oil opened the pores, was neither acid nor alkaline, and would make the hair shine, especially if a few drops of olive oil were added to the water used as well.

Olive oil shampoo was also advised several times in conjunction with crude oil, vaseline and 20% grain alcohol for treatment and prevention of baldness. In one case the hair was to be washed with olive oil shampoo following a scalp massage with the vaseline. Another reading advised washing the hair with castile, claimed to be the purest soap available, followed by the massaging of a little vaseline into the scalp. The hair was to be rinsed with 20% grain alcohol the following day. This was intended to strengthen and naturally curl the hair.

Olive oil shampoo can also be used by itself for cosmetic purposes. One reading claimed that if used once a week, it would keep the hair light.

For, more information consult the Circulating Files on Complexion, and Health & Beauty Tips. R.E.S.: 255-10, 658-2, 952-13, 970-1, 1431-2, 3379-1, 3517-1.

PASSION FLOWER FUSION

An infusion (water extract) of the passion flower herb, also variously known as maypop, mayflower, and mayblossom bitters, was often recommended for epilepsy in the readings. A fusion is made basically by simmering the dried herb in water and then adding sufficient alcohol to preserve it. Apparently at one time a version of this formula was commercially available, as several readings recommended it. Many others offered directions in individual readings for making the fusion.

Passion flower has a sedative effect on the system, and was claimed to be non-habit-forming. It was often recommended as a substitute for other sedatives, such as Phenobarbitol and Dilantin, which may have undesirable side effects. Passion flower was found to be better for the muscles and capillary circulation, so long as a proper diet was followed to avoid congestion in the intestines. If such congestion existed, the readings warned that the passion flower would only be irritating to the system.

One individual who began taking the fusion also began to experience more frequent seizures. Cayce attributed this to the taking of other sedatives at the same time and commented that the passion flower was conflicting with the other sedatives in the system.

Other readings offered more information on the effect of passion flower on the body - particularly the nerves. It was explained that passion flower influences the sympathetic nervous system to normalize impulses between the glands at the base of the brain, and the hypogastric nerve center, which controls digestion and assimilation. In the process, it also affects the blood supply, gall duct, and certain areas along the spine.

Dosage advised varied from three to five teaspoonsful daily, with dosage reduced proportionately for children. The amount decided upon should be taken consistently in regular cycles. It may be advisable to reduce dosage for women during the menstrual cycle, to prevent undesirable effects on the lymphatic circulation. Dosage may be increased preceding and following this period.

When taken consistently, passion flower fusion was apparently instrumental in helping to reduce symptoms of epilepsy, and sometimes eliminated them entirely. At this point a reduced dosage might be continued, or dosage could be discontinued, to be resumed only if the need was felt. One individual was told that he would have to take a total of five gallons of the fusion before he was finished with the treatment, and the attacks had completely ceased. He was cautioned to continue regular dosage, though the attacks had greatly diminished in strength.

Most formulations of passion flower fusion also included wild ginseng, claimed to have a rejuvenating effect on the system.

For more information consult the Circulating Files on Epilepsy (and Research Bulletins). R.E.S.: 543-3, 5 & 7, 636-1, 1001-10, 2153-5 & 6, 4678-1, 4844-3.

PATAPAR PAPER

Patapar Paper is a non-toxic, tasteless, and odorless sheet of specially processed paper, which is grease-resistant and keeps its strength when wet. In readings advising cooked vegetables in the diet, Patapar Paper was often recommended for use in cooking. By this method vegetables are tied in a dampened sheet of the paper and placed in simmering water until done. This was advised to aid in the retention of valuable vitamins and minerals, claimed to aid significantly in maintaining health and building resistance to infection. With Patapar Paper, vegetables are cooked and retained in their own, undiluted juices, as opposed to cooking in water, which drains many valuable properties from the food, including certain mineral salts mentioned by the readings.

Some readings advised drinking specific juices from cooked vegetables, such as beet juice and the juice from potato peelings. Cooking in Patapar Paper was advised to allow the maximum amount of juice to be obtained. R.E.S.: 861-1, 1158-38, 2072-14, 2207-1, 3033-1.

PEANUT OIL

Peanut oil massage was recommended in hundreds of readings; both by itself or in combination with other oils. As of 1948 before the indexing of the readings had been completed, these preliminary statistics were reported: Peanut oil massage was recommended in 49 out of 59 cases of arthritis, in 50 out of 63 cases of polio studied, in 9 out of 15 cases of multiple sclerosis studied, and in 40 out of 50 assorted cases of paralysis studied.

One reading for a woman suffering from menopausal symptoms and complaints claimed that a peanut oil rub once weekly would be exceptionally beneficial. Cayce then added the general claim that those receiving a weekly peanut oil massage need never fear arthritis. In this case and that of another woman suffering from low vitality, weakness and poor circulation, Cayce found that the massage would supply energies to the body. Other benefits claimed for peanut oil massage included improvement of the circulation and relief of tension.

While the readings specified only 'pure peanut oil', massaging with peanut oil that is as natural as possible is probably as important to the skin surface as it would be internally. Crude, unrefined oils are rich in nutrients which are at least partially lost in processing, including chlorophyll, lecithin, vitamin E, carotenoids (pro-vitamin A), and various trace minerals. Highly processed oils are refined by first extracting them at high heat and then subjecting them to washing, bleaching and deodorization. Since vitamin E, a natural preservative, is no longer present in the 'purified' products, they are typically injected with artificial preservatives such as BHA, BHT and propyl gallate, which give them a shelf life at least twice as long as that of the natural oils. Unfortunately, the term 'cold-pressed' is virtually meaningless since all oils reach at least 130-150°F while being pressed. However, the method of extraction by pressing is better than extraction by solvents such as hexane, which could leave residue.

An additional surmise is that the best peanut oil to use is that made from high quality peanuts. In the typical peanut production process, the edible two-thirds of a given crop is graded as U.S. #1. The remaining third, known as crusher stock, is used to make peanut oil. Some natural peanut oil is made from U.S. #1 peanuts, but this assumption should not be made of all of them.

For more information consult the Circulation Files on Arthritis. R.E.S.: 1158-30, 852-18, 1668-7.

PINE TAR SHAMPOO AND SOAP

Pine tar soap was recommended in about seven readings. Pine tar shampoo was never mentioned, although in every case the soap was to be used as a shampoo. It is possible that only the soap was being made in Cayce's day, and that the shampoo did not appear on the market until later. Packer's, a specific brand of tar soap still available today, was mentioned in one reading.

Because of the antiseptic nature of the pine oil in this type of soap, its use was most often indicated for scalp treatments, in conjunction with such applications as white vaseline, olive oil shampoo, crude oil and diluted grain alcohol. One treatment for dandruff involved application of diluted grain alcohol followed by white vaseline and a

thorough cleansing of the head with tar soap. For dryness of the scalp and hair, the scalp was to be washed at least once weekly with tar soap, followed by a rub using a small quantity of vaseline.

R.E.S.: 261-2, 275-30, 633-12, 5261-1.

RADIO-ACTIVE APPLIANCE or IMPEDANCE DEVICE

An appliance referred to at various times by the terms Radio-Active Appliance and Impedance Device, was mentioned about 455 times in the readings. Actually there is nothing radio-active about this device,-at least not in terms of today's atomic age connotations. It is possible that the vibrational current theoretically produced between the Appliance and the body of the user was seen as in some way analogous to or comparable to a radio wave.

The Radio-Active Appliance is a battery for which many readings supplied construction details. By itself it does not generate a measurable electrical current, although it was claimed to affect the electrical energies of the body. The readings recommended its use particularly to improve the circulation and normalize the functioning of the nervous system, thus aiding in relaxing the body. It was suggested as more of a preventive than a cure for serious physical disorders, although cases in which the Appliance was suggested included the following, in order of frequency: nervous tension and incoordination, circulation: incoordination, insomnia, neurasthenia, debilitation, hypertension, abnormal children, deafness, obesity, and arthritis.

The readings often commented that the plain Radio-Active Appliance would be beneficial for almost anyone, so long as instructions for proper use were observed. In special cases, for curative purposes, a solution jar containing various substances such as gold chloride, silver nitrate, tincture of iron, spirits of camphor, tincture of iodine, or Atomidine, was to be attached to the Appliance for the purpose of transmitting certain needed elements from these solutions vibrationally into the system. The purpose of the solution in the circuit was to stimulate the system to produce the needed elements, as the solution itself does not enter the body. An example of this application would be the use of tincture of iron for anemia, or tincture of iodine for goitre. The influence of these solutions on the body is even more of a mystery than the operation of the Appliance itself. A metallurgist has theorized that the solutions, when separated into positive and negative ions, might alter the current in the Appliance as an audio signal modulates a radio carrier wave.

Material on the construction and use of the Radio-Active Appliance is available elsewhere. Rather than repeating this information it will be supplemented here with some of Cayce's comments regarding the effect of the Appliance on the body.

The readings stated that an energy referred to as a 'low electrical vibration' is the foundation of physical life. Although the Radio-Active Appliance does not produce electricity as we define it, it is apparently capable, when properly used, of stimulating and directing electrical energies in the body. The general function of the Appliance is to coordinate the physical, mental and spiritual energy bodies. This is done through renewal and equalization of constructive vibratory patterns already established in the system, and creation of the proper frequency of vibration in the extremities of the body.

More concretely, the Appliance is designed to balance the energies and impulses of the nervous system and equalize the circulation - a function especially helpful for those who do not do sufficient physical exercise to maintain proper circulation. An improved circulation helps to calm inner tensions, increasing physical vitality and assisting the body in finding increased powers of rest and recuperation through sleep.

Cayce stated that the Radio-Active Appliance could also bring renewed energy when the mind or body was exhausted or under stress, as well as improve the memory, and keep the body functions tuned to the creative forces. Additionally, it could reduce congestion anywhere in the body, improve the eliminations, relieve early stages of rheumatism and catarrh, warm cold feet, keep the weight normal and aid the normal physical growth process. When used with gold, the Appliance was claimed to help prevent or reverse the senility process by reviving the brain.

The readings stressed using the Radio-Active Appliance according to directions, including holding the proper attitude during use. As its effect on the body was claimed to correlate closely with mental attitudes held at the time, it should be used only for constructive purposes, preferably during a daily period of mental cleansing, prayer, and meditation. If used while the mind was holding destructive emotions, warned Cayce, the results would be only destructive in nature, and the Appliance would act as a 'boomerang' to the entire nervous system. If used correctly, mental and spiritual forces would align, with healing as the result.

For more information consult the Circulating File Appliances: Radio-Active Appliance. R.E.S.: 326-1, 416-9, 444-2, 538-12, 826-3, 877-18, 957-3, 1022-1, 1800-5, 6 & 16, 1884-2, 2344-2.

RAGWEED LAXATIVE

Ragweed, also known as ambrosia weed, received mention by Cayce in more than 125 formulas. It was recommended in most instances as a tonic and as a laxative, and was claimed to aid both the assimilations and eliminations. This function, in more detail, included maintaining equilibrium in the pancreas, spleen, liver, hepatic circulation, and the digestive system as a whole.

Cayce frequently commented that ragweed was beneficial as a laxative because it was non-habit-forming and did not cause the body to develop a dependence on laxatives. Various ragweed formulations were given as substitutes for a product called Simmons Liver Regulator, now off the market and also a laxative. Some versions of these compounds described by Cayce contained only ragweed, simple syrup and grain alcohol, while others included additional ingredients, such as balsam of tolu, syrup of sarsaparilla and licorice.

One substitution suggested was a simple ragweed tonic, which was claimed to be superior to the Liver Regulator so far as its effect on the liver was concerned, and the best vegetable-based formula available. This tonic consisted of a tea made with dried ragweed leaves and distilled water, to which grain alcohol was added. This reading also commented that if this tonic was to be commercially manufactured, there would be several additions to the formula. Perhaps the additions Cayce had in mind were the sarsaparilla, licorice and balsam of tolu previously mentioned.

Ragweed also has other uses. The readings claimed that taken green it would cleanse the caecum and appendix areas and prevent appendicitis.

And for those susceptible to hay fever, who suffer throughout the pollen-bearing season, Cayce found that ragweed would help reduce this over-sensitivity. It was explained that ragweed pollen aggravated certain nervous imbalances, and that the bronchial and nasal reactions to the pollen could be alleviated by the taking of ragweed prior to the season when the plant blossomed, said to be during the second half of the summer in one case. The function of the ragweed was to immunize the body through its stimulation of the digestion and assimilations, and to improve the distribution of valuable nutrients from foods taken into the system.

The tonic was to be prepared by placing a pint of tender ragweed leaves and a pint of distilled water in a glass or enamel pan. This was to be simmered until half the amount remained and then strained, adding enough grain alcohol to act as a preservative. The dosage was half a teaspoon daily. R.E.S.:349-20, 369-12, 454-1, 644-1, 5347-1.

RAY'S OINTMENT AND RAY'S LIQUID

Ray's products were formulated by a Roanoke chemist, Thomas Ray Wirsing, who later became involved in preparing medicines for individuals who had received formulas in their readings. Ray's medicated products for treatment of various skin irritations were recommended in about fifteen readings. Most of these were for cases of eczema and athlete's foot, as well as dermatitis and poison ivy. Use of the ointment was advised in the majority of these cases while the liquid (solution) was indicated in cases of poison ivy and in one case of athlete's foot. Ray's Ointment contains salicylic acid, phenol, zinc oxide ointment, pine tar ointment, resorcinol, sulphur ointment, petrolatum, and lanolin. Ray's liquid contains sulphurated potassium, zinc sulfate, salicylic acid, phenol, and alcohol. Most of these ingredients are recognized as effective for skin conditions and these particular formulations have demonstrated their value over the years.

Regarding use of these compounds for athlete's foot, Cayce commented that application over the feet and ankles would reduce susceptibility to infection caused by acidity in the system. A report following this reading attested that after the above instructions were followed, symptoms of athlete's foot disappeared. Other readings stated that the Ray's products would be soothing to the affected areas and were the best treatment for this condition available.

In cases of heat rash, eczema, and dermatitis, the Ray's products were again recommended to reduce irritation. Readings on eczema commented that these preparations would not cure the skin infections, but when used in combination with proper diet and osteopathic adjustments, would aid in restoring balance to the system.

For more information consult the Circulating Files on Acne, Athlete's Foot, Dermatitis, Eczema and Poison Ivy. R.E.S.: 361-15, 984-5, 2518-1, 3109-1, 3620-1, 5261-1.

SAFFRON

Yellow or American saffron (*carthamus tinctorius*) is an herb sometimes used as a natural dye, and known primarily for its use in cooking. It was recommended approximately 190 times in the readings for its beneficial effects on digestion, in cases such as psoriasis, toxemia, stomach ulcers and incoordination between assimilations and eliminations.

The readings found that saffron tea would stimulate the assimilations to function normally, aid the digestion by preventing flatulence (gas) and eliminating energy-draining poisons, soothe the irritation of stomach ulcers, and give strength to the alimentary circulation as a whole.

The frequency and duration of time for which saffron tea was to be taken varied from reading to reading. In one case it was recommended once or twice daily for an indefinite period. Another individual was to take it until conditions in the alimentary canal had noticeably improved, in cycles of several days at a time, alternated with rest days.

The following instructions for preparation of the tea are typical: Use a teaspoonful of saffron to a pint of water, or about a pinch to a teacup. Simmer in a pan or allow to steep in a cup for fifteen minutes before straining and drinking. This tea should be made fresh at least every two days.

Some readings advised taking the saffron tea about half an hour before each meal to prepare the system for better assimilations. One reading stated that this would coat the stomach and thus aid digestion.

Frequently a tea made from slippery elm bark was to be taken during the same period as the saffron. Some readings advised taking one or the other, a few said to combine the two, while others advised that they be alternated daily.

For more information consult the Circulating Files on Indigestion, Ulcers: Stomach, and Psoriasis. R.E.S.: 215, 257-14, 348-5, 556-16, 1419-3, 4510-1, 5545-1.

SALT

Kelp salt was mentioned about 30 times in the readings. In many of these cases, 'deep sea salt' could be substituted if preferred. Both are high in natural trace minerals, especially iodine. Kelp is a product derived from seaweed. Sea salt refers to salt extracted directly from sea water rather than mined from deposits found on land.

The readings found that the use of kelp salt as a seasoning for foods (corn bread and vegetables were mentioned) would add valuable elements to the diet and strengthen the body. Kelp salt and sea salt were recommended not only for general use but also in a variety of cases involving a lack of sufficient iodine in the system. In some cases of arthritis, this dietary method of adding iodine to the body was suggested. Kelp salt or deep sea salt were in many cases to be substituted completely for regular salt. Kelp salt was also recommended in one popular reading for baldness in which foods high in iodine were stressed.

A major use of salt was in physiotherapy. Hot salt packs were recommended in about 180 readings to relieve the pain of pelvic and other disorders. A pack is made by sewing a flannel casing and filling it with pure salt. The pack is heated in the oven (being careful not to burn the fabric) and then applied over the abdomen or other affected area. Other salt applications included poultices of apple cider vinegar and salt for sprains and bruises. To make this poultice, the vinegar is heated and then pure salt is added to make a saturated solution. A cloth soaked in this solution is then applied to the affected area.

R.E.S.: 658-15, 1247-1, 4049-1.

SCAR FORMULA

The Cayce formula frequently used as an application for scars was given in only one reading, although in some of the sixteen readings on scars, variations of this formula were suggested. This combination, consisting of camphorated olive oil, lanolin and peanut oil, has been used successfully in the removal of severe burn scars, and even in treatment of the burns themselves.

For more information consult the Scars Circulating File. R.E.S: 2015-10.

SLIPPERY ELM BARK

Elm Water received about 125 recommendations in the Cayce readings, primarily in cases of poor assimilations, psoriasis and stomach ulcers. It was indicated as an aid to proper digestion, as well as in such instances as those listed above in which poor digestion was found to be a closely related factor.

Cayce found in one case that elm water would stimulate the kidneys and allay feelings of burning in the stomach. In many instances, it was mentioned that either elm or saffron water, or sometimes both, would be satisfactory and bring about similar results. One reading advised that all water taken should contain either elm or saffron tea. This would help to continually promote healing and a relaxation of stomach tensions.

If the elm water causes belching, then dosage should be reduced or saffron substituted. Another reading explained that this reaction might occur if the elm water was prepared too long before drinking, as it could quickly become rancid.

Elm water is prepared by placing a pinch of the powdered slippery elm bark in a glass of cool (not ice-cold) water and letting this stand for about three minutes before taking. This may be taken once a day, or, in severe cases, as often as a drink of water is desired, until conditions have been corrected.

In one case of psoriasis the chewing of slippery elm bark was recommended to benefit the activity of the salivary glands, pylorus, and duodenum.

For more information consult the Circulating Files on Psoriasis and Ulcers: Stomach. R.E.S.: 261-22, 348-6, 356-1, 505-1, 745-1, 2190-1.

SPIRITS OF CAMPHOR

Camphor is used medically as an irritant and stimulant, and spirits of camphor is made by dissolving camphor in alcohol. This substance was mentioned in about 235 readings, and is probably best known as an ingredient in the Colds Liniment, in combination with equal parts of mutton tallow and spirits of turpentine. In this formula the function of the camphor was to promote healing through absorption by the skin. In addition, however, spirits of camphor was recommended in other types of massage formulas, in combination with such ingredients as sassafras oil, cedarwood oil, Nujol, witch hazel and olive oil.

Spirits of camphor was also recommended as an application for the feet, particularly in cases of bunions, callouses, corns and ingrown toenails. For ingrown toenails, a paste was to be made of spirits of camphor and baking soda, and placed either on cotton or by itself under the nail near the affected area. It was to be applied each evening until conditions had been restored to normal. One reading mentioned that the nails might crumble in the course of the healing process, but new ones would quickly grow in if the proper diet was maintained.

In treatment of corns and callouses, the lower legs and feet were to be bathed in warm olive oil, followed by application of a thin layer of the camphor and baking soda paste, to be kept close to the skin with a thin bandage during the night. This, it was claimed, would remove the corns and improve the circulation.

Spirits of camphor could also be used to treat severe sunburn. It was to be applied with cotton, followed an hour or two later by a lukewarm bath and application of peanut oil.

For more information consult the Circulating Files on Colds, Sunburn, Feet: Weakness, Swelling, etc. R.E.S.: 303-33, 1770-4, 2315-1, 2509-1, 3776-13.

SULPHUR MIXTURE

This formula contains equal parts of sulphur, cream of tartar and rochelle salts, and was recommended in about 40 readings. Cayce frequently stressed that this mixture be prepared by thorough stirring, and often advised use of a mortar and pestle for this purpose.

Sulflax acts as a mild laxative and blood purifier and was therefore indicated to stimulate and coordinate the eliminating functions, and was mentioned in cases of boils and carbuncles, acne, eczema, psoriasis, dermatitis, and for general purification and cleansing of the system. It was claimed to be a better laxative than many because it was gentle and not habit-forming. One reading commented that it would not be harmful or very disturbing to the system if there was a minimum of physical activity while it was being taken.

In a case of poor circulation complicated by obesity, psoriasis, and cysts, Cayce commented that the cleansing properties of Sulflax would significantly reduce inclinations toward colds, congestion, coughing and shortness of breath. Elsewhere it was found that this preparation would improve circulation in the alimentary canal, and act upon the liver, kidneys and respiration.

Recommended dosage of this formula varied from one-fourth of a teaspoon to one teaspoon per day, although the usual daily dosage was one level teaspoon. This was to be taken in the mornings before meals. Some readings stated that it could be taken either dry or in water, while others specified warm or hot water to increase its activity in the system.

Most readings advised taking the Sulflax combination daily, until the original amount (usually about three tablespoonsful) mixed together had been exhausted. This would take nine days in the average recommendation.

The main precaution to observe when taking this combination was to avoid getting the feet wet, or the preparation would do more harm than good. Cayce explained that Sulflax opened the pores, increasing the body's susceptibility to colds for the time it was taken. Swimming was also advised against, although baths and showers were of course permitted.

One individual was also told not to spend too much time standing, as this would tend to oppose the purifying effects achieved.

Dietary precautions sometimes accompanied Sulflax recommendations. These included drinking at least six to eight glasses of water daily, avoiding starches, fats, much meat, and in one case fish and shellfish, and stressing laxative foods such as citrus fruit juices, raw vegetables and cereals. In a few cases, the apple diet, which also aids in cleansing the system, was advised.

Also recommended occasionally along with Sulflax were products such as Atomidine and Fletcher's Castoria. One individual was told to alternate three or four days of Sulflax with three or four days of Atomidine until purification had been accomplished. In two cases the taking of Sulflax was to be followed by Castoria, to cleanse certain effects of the Sulflax from the system.

For more information consult the Circulating Files on Acne, Eczema, Psoriasis, Dermatitis, Boils, and Carbuncles. R.E.S.: 357-5, 1208-16, 1711-1, 2341-1, 2455-1, 2462-3, 2675, 3803, 2843-4, 3261, 3678-1.

SYRUP OF SQUILL

Syrup of Squill was recommended in about 50 readings, predominately in cases of cold and congestion, pneumonia and poor eliminations. Squill refers to a bulb related to the onion. It has been used as a nauseant and expectorant and its action and uses are similar to those of digitalis. Cayce variously suggested its use as an aid to the respiratory system, as a decongestant, and occasionally as a cardiac (heart stimulant). This preparation was claimed to be more beneficial for babies and children than for adults because it interacted best with the developmental processes of a growing body. An average dosage was five to ten drops every two to four hours. Syrup of Squill is a prescription item available at some pharmacies.

TIM[®]

TIM is a compound recommended in about 50 readings, primarily in cases of hemorrhoids, but also in a few instances of skin irritation, including pruritus, eczema, abrasions and boils. How this formula received its name is not known. Recommendations were sometimes accompanied by instructions for preparation, and the formulas given varied somewhat from reading to reading. The version developed for general use contains iodine and benzoin in a base of butterfat and tobacco. Only Cayce could have concocted such a strange combination!

Cayce's instructions were to apply TIM over affected areas once or twice daily, or more often if needed. The readings suggested its application following each stool, sometimes following enemas and colonics, and before retiring, accompanied by frequent rest periods with the feet raised above the level of the head. This position allows the blood to flow more easily from the feet and legs back toward the heart, thus reducing the vein engorgement usually resulting in hemorrhoids.

Hemorrhoids is a condition involving enlarged and varicose veins in the lower portion of the rectum and the tissues about the anus. Apparently TIM acts not only as a palliative measure to reduce inflammation and pain, but also aids in restoring normal conditions, sometimes eventually bringing about a permanent cure. The readings also commented that it would act as an antiseptic and astringent. Often it was to be applied in conjunction with spinal adjustments for more effective results.

In cases of hemorrhoids requiring internal application to reach irritated areas, use of a bulb syringe such as an ear syringe was advised. In some instances both internal and external applications were advised to bring more complete relief.

For more information consult the Circulating File on Hemorrhoids. R.E.S.: 147-34, 257-172, 200, 208 & 210, 654-3, 1800-20, 4873-1, 5566-5.

ULTRA VIOLET LIGHT

Cayce sometimes recommended the use of a short-wave ultra violet light, which should not be confused with black light, or the long wave variety. One type commonly recommended was Burdick's, which was a mercury quartz lamp. In most cases, use of a 1/4" sheet of green plate glass was recommended as a filter for the light rays. Interestingly enough, this would actually block the ultraviolet rays. No known source for the glass now exists, although ultraviolet lights are of course still available and may sometimes be rented. A possible substitute for this treatment is exposure to sunlight, as one reading advised reduction of treatments when sunlight was available.

VALENTINE'S LIVER EXTRACT

Valentine's Liver Extract is a liquid extract of edible mammalian liver, approved by the medical profession since 1929 for treatment of pernicious anemia and related deficiency diseases. It is especially valued for its supply of B vitamins. The plain version of Valentine's Liver Extract was recommended in about fifteen readings. Cayce called it a blood and body builder, suggesting it primarily in cases of anemia and general debilitation.

There is no typical cycle of dosage that can be suggested other than that outlined by the manufacturers. Frequently dosage was to be cyclically coordinated with the taking of other products, such as Atomidine, Ventriculin (now off the market), and White's Cod Liver Oil tablets. Sometimes the liver extract was indicated in small doses as a substitute for liver.

Valentine's Liver Extract is an ingredient in Formula 636 and may be supplied to the system in this manner if desired. R.E.S.: 856-1, 1171-1, 1173-1.

VEGETABLE JUICER

Fresh raw vegetables and their juices were recommended in many readings, and about twenty advised the use of a juicer to extract these valuable juices. Cayce implied that the fresh juices contain more valuable nutrients than can be obtained by substituting the canned variety. Because these nutrients are quickly lost in storage the juices should be made fresh daily.

The quantity of juice to be taken during a day was generally no more than an ounce or two. One cycle suggested involved the taking of one ounce of fresh carrot juice daily for a month, followed by a one-week rest period and then another month of carrot juice. In other cases raw juices were to be taken only once or twice a week.

The varieties of vegetable juices most often mentioned by Cayce were beet, carrot, celery, lettuce, spinach and tomato. Beet juice was specified in some cases involving arthritis, neuritis and muscular disease; carrot juice for arthritis, the eyes, and toxemia; and celery juice for the nerves.

R.E.S.: 243-33, 462-13, 1968-3, 2154-2, 2180-1, 2946-1.

VIOLET RAY

The Violet Ray, as it was termed in the readings, is basically an ultra high voltage, low amperage source of static electricity. Today it is usually referred to as a high frequency device. This appliance has a voltage output of about 50,000 volts and a frequency of over one million cycles per second, making it a mild form of diathermy. Diathermy refers to a deep heating effect in the tissues and internal organs of the body. (See Diathermy.) The term Violet Ray is derived from the color of the electrical discharge it produces and should not be confused with ultraviolet light. In the first three decades of the 1900's, the Violet Ray was widely distributed and used in a large variety of medical conditions. Today it is practically unknown to doctors.

This device consists of a base which is held in the hand, and into which can be inserted the various types of glass applicators available, such as bulb, double-eye, vaginal, rectal, comb-rake and rod, with shape depending on the manner of usage intended.

This appliance was mentioned by Cayce approximately 925 times. The cases in which the Violet Ray was suggested as a part of treatment were many and varied, and its use in only the major categories will be included here, in approximate order of frequency with which they were mentioned.

The primary function of the Violet Ray was to stimulate the superficial circulation. In the process, additional beneficial effects could be obtained, including a more restful sleep, greater physical stamina, improved eliminations, relief of nervous pressure and a greater balance in the entire system.

Cayce claimed that vibrations from the Violet Ray would aid in stimulating the central nervous system, as well as help rectify incoordinated impulses between the sympathetic and cerebrospinal nervous systems, through stimulation of the ganglia involved. Perhaps this explains why it was found to be useful in inducing sleep.

To relieve the pressure of subluxations (partial dislocations or sprains), use of the Violet Ray both alone and in conjunction with osteopathic adjustments and massage was often advised. Some readings warned against use on the same days the adjustments are given. One individual was told that the Violet Ray should be applied until a noticeable degree of relaxation had been attained.

The Violet Ray was often recommended in cases of eye problems, including cataracts, blindness, and myopia. Generally, the double-eye applicator (some readings simply stated eye applicator) was suggested for use in these instances, although sometimes application in the head and neck region with the bulb attachment was preferred. It was stressed that the double-eye applicator always be used with the eyes closed. The readings found that this application would increase the circulation, bringing relief of pressure, greater relaxation, and improved functioning of the optic centers.

In cases of anemia, use of the Violet Ray over the abdomen was recommended, to increase the blood supply and stimulate the liver, spleen and digestive functions.

For those suffering from arthritis the taking of gold and soda prior to Violet Ray application was often recommended. Cayce explained that this combination would stimulate the eliminations and glands to relieve nervous pressures, enliven the lymphatic and capillary circulation and re-energize the nervous system. Reading 2010-1 recommended the gold/soda/violet ray combination for a case of alcoholism.

The Violet Ray was frequently recommended for various types of pelvic disorders and related problems, such as tumors of the uterus, to stimulate circulation and reduce nervous tension in this area. For this purpose a special vaginal applicator was suggested. One reading advised using vaseline on this applicator to reduce the severity of the body's reaction to it. Others said to refrain from use during menstrual periods, as this would cause irritation.

In cases of general debilitation it was found that through coordination of nervous impulses, the Violet Ray would help to 'recharge' the body, bringing renewed energy.

The circulatory stimulation provided by the Violet Ray was sometimes found effective on the scalp to improve hair growth. In one reading this application was to be alternated with cycles of taking Atomidine.

Many readings commented on use of the Violet Ray to stimulate the glands. The readings on goitre relate closely to this subject of glands - the thyroid in particular. In cases of goitre, Atomidine was frequently a portion of treatment although it was not to be taken on the same days as the Violet Ray application. This appliance was given to stimulate the thyroid gland toward normal activity and eliminate disturbing conditions in the throat. A reading for an individual with early symptoms of goitre claimed that use of the Violet Ray would act as a preventive of this disorder. A report accompanying this reading attested that the Violet Ray was used regularly, the swelling subsided, and no goitre developed.

In cases of hemorrhoids a rectal applicator was sometimes recommended, to be used until the soreness had disappeared and conditions in the alimentary canal were more relaxed. One reading stated that use of this applicator along with other treatments suggested would restore normal conditions on a more permanent basis. Use of vaseline is advisable.

For neurasthenia in its various forms (tiring easily, lack of energy, various aches and pains and disinclination to activity), use of the Violet Ray was suggested. It was found helpful whether this condition was physical or psychological in origin, through its effect on the circulation, nerves, and eliminations.

The Violet Ray was recommended almost invariably in cases of possession, to raise the vibrations of the system to normal, improve coordination of impulses, and reduce susceptibility to hallucinations. If application caused illness or nausea, briefer time periods could be adopted, or use could be discontinued for a few days if necessary.

Use of the Violet Ray was, according to the readings, incompatible with certain other treatments, or substances taken internally. For instance, application was not advised any time Atomidine was being taken, although the two might be alternated according to whatever cycle was established, allowing a rest period of two or three days between the time one was left off and the other begun. This principle was applied toward other medicines and drugs as well, with some readings also prohibiting concurrent treatments utilizing other forms of electricity, such as the Wet Cell, the Radio-Active Appliance, or X-rays. Such treatments were to be given only on days when the Violet Ray was not in use.

Alcohol was also to be avoided, even in the form of fumes as inhaled through the charred oak keg, as this combination was said to only cause irritation and delay healing. The readings emphasized that electricity and alcohol used together burned tissue and reacted inharmoniously in the body.

One reading warned against combining use of the Violet Ray with yoga exercises, although if used separately both were found to be beneficial.

Durations of time advised for individual Violet Ray applications varied widely from

reading to reading. The most conservative method was to time at least the initial applications for only a minute or two, increasing their duration gradually if this seemed necessary or beneficial. One individual was cautioned against overdoing a good thing, and told that one and a half minutes daily would be plenty for best results.

For more information consult the Circulating Files on Fractures & Sprains and Appliances: Violet Ray. R.E.S.:2-19, 91-3, 120-2, 259-7, 261-24,263-13, 269-1,270-32, 323-1, 325-64, 421-10, 436-4, 538-8, 540-12,676-1, 679-2, 772-3, 813-2, 888-1, 979-3, 1120-2, 1196-17, 1280-2, 1315-1, 1540-3, 1553-20, 1572-1,1584-1, 1611-2, 1861-11, 2010-1, 2330-1, 2528-4, 2790-1, 3060-1, 3075-1, 3158-2, 3771-1, 4253-1, 4831-2, 4843-1, 5339-1, 5640-1.

WATERMELON SEED TEA

Watermelon seed tea is a diuretic recommended in the readings about 75 times, particularly as a stimulant-to the functioning of the kidneys and bladder. The readings commented that this herb would aid in removal of toxins from the system, help remove water accumulations in the abdomen, reduce kidney and bladder inflammation, aid in relieving disturbances of the ovaries, and help avoid kidney trouble from strain during pregnancy and following birth (taken by the mother). Watermelon seed tea was claimed to be about the most effective diuretic available, yet free of properties that might disturb the system.

The tea was to be made in the proportion of about one teaspoon to a pint (or about a pinch to a teacup) of boiling water, steeped for about fifteen minutes, and taken once a week or oftener. Some readings advised that it was best taken in small quantities several times a day rather than in larger amounts taken once a day. This tea should be made fresh every few days, and if kept in the refrigerator should be in a sealed container to prevent absorption of elements from other foods. It should be reheated before drinking.

For more information consult the Circulating Files on Kidneys, and Cystitis. R.E.S.: 470-28, 569-25, 961-7, 1148-1, 1695-2, 2084-8.

WET CELL APPLIANCE

The Wet Cell Appliance was referred to by the readings about 975 times, in most cases indicated for specific conditions rather than general use. It was suggested for a wide variety of physical and mental disturbances, including nerves and incoordination of nervous systems, abnormal children, multiple sclerosis, insanity, arthritis, paralysis, Parkinson's disease and deafness, and was most often indicated in cases requiring rebuilding of nerve tissue and restoration of body functions.

The Wet Cell is a galvanic battery that produces a small but measurable electrical current. This current is of a frequency that Cayce claimed actually stimulated the growth of nerve tissue and connections between nerve tissues. The usual chemicals added to the battery are: 1½ gallons distilled water, 1½ pounds copper sulphate, and one ounce each of sulfuric acid and zinc. The addition of half a pound of powdered charcoal is specified by some readings. Attachments are made from the battery, using lead wires, to specific areas of the body, which varied according to the condition diagnosed. Almost always, specific solutions were to be included in the circuit, to supply certain elements to the body vibrationally. Those solutions most commonly recommended were spirits of camphor, gold chloride, silver nitrate, and Atomidine.

Cayce stated that in some cases this would be more beneficial than taking certain minerals internally, such as gold and iodine. It was explained that the vibratory essences of these solutions could be transmitted through the Wet Cell and into the body, and then directed to the portions of the body where these elements were needed.

A study of the Wet Cell Appliance used with various solutions was recently completed. The following table shows the most frequently recommended ways that the small copper plate was to be attached to the body in diseases for which the Wet Cell with gold (usually a one-grain-per-ounce solution) was recommended more than four times. This may be used as a guideline in determining where to attach the plate. In all cases listed the large nickel plate (solution jar lead) was to be attached to the lacteal duct/umbilical area. In all of the diseases listed, other therapies were suggested in addition to the Wet Cell.

<u>Ailment</u> (# of Times Wet Cell Rec.)	<u>Most Common</u> <u>Placement of</u> <u>Copper Plate</u>	<u>Frequency</u> <u>of this</u> <u>Placement</u>	<u>Second Most</u> <u>Common</u> <u>Placement</u>	<u>Frequency</u> <u>of this</u> <u>Placement</u>
Alcoholism (5)	9th Dorsal	40%	not applicable*	n.a.*
Arthritis (31)	4th Lumbar	44%	9th Dorsal	38%
Problems with Assimilations & Eliminations (10)	9th Dorsal	40%	12th Dorsal	20%
Blindness (5)	2nd - 3rd Dorsal	40%	not applicable*	n.a.*
Cerebral Palsy (5)	9th Dorsal	40%	4th Lumbar	40%
Abnormal Children (25)	9th Dorsal	44%	1st - 2nd Cerv.	20%
Dementia Praecox (6)	4th Dorsal	33%	not applicable*	n.a.*
Glandular Incoord. (16)	4th Lumbar	44%	9th Dorsal	25%
Birth Injuries (6)	1st - 2nd Dorsal	33%	not applicable*	n.a.*
Insanity (18)	9th Dorsal	44%	4th Lumbar	33%
Impaired Locomotion (11)	4th Lumbar	33%	9th Dorsal	16%
Multiple Sclerosis (56)	9th Dorsal	32%	4th Lumbar	32%
Incoordination of Nervous Systems (33)	9th Dorsal	39%	4th Lumbar	33%
Paralysis (22)	9th Dorsal	48%	4th Lumbar	24%
Parkinson's (17)	9th Dorsal	53%	4th Lumbar	29%
Poliomyelitis (7)	4th Lumbar	86?	not applicable*	n.a.*

*Placements varied widely from individual to individual with no pattern.

For more information consult the booklet: "Two Electrical Appliances Described in the Edgar Cayce Readings", and other information from the appropriate Circulating File. R.E.S.: 1800-25.

WHEAT GERM OIL

Wheat germ oil as a dietary supplement was suggested in about 25 readings, particularly for its vitamin E content. It was especially recommended for arthritis and for physical alterations involving the generative organs, such as menopause.

Cayce noted that wheat germ oil was good for the nerves and for building energy when given in small amounts, but that this could easily be overdone. Generally a dosage of one to two drops daily to be taken cyclically, was sufficient. Or, a cycle such as one given for a case of arthritis, to strengthen the muscles and nerves, might be observed. This entailed taking one drop the first day, increasing by one drop daily up to the tenth day, resting five days, and then repeating the ten-day cycle; and so on indefinitely.

Use of the liquid rather than the capsules was recommended, since the liquid was found to be fresher and more effectively assimilated. R.E.S.: 538-53, 849-3&44, 1158-36.

WHITE'S COD LIVER OIL TABLETS

White's Cod Liver Oil tablets are a natural source of vitamins A and D, and were recommended in about 50 readings, primarily for body and blood building, in cases such as general debilitation, anemia, poor assimilations, baby care and tendencies toward tuberculosis.

In cases of general debilitation, the White's tablets were recommended to build the red blood supply, increase resistance to infection, add to body weight, stimulate the thyroid as well as other glands, aid the digestion, and improve the appetite. Care was advised to avoid using vitamins such as these to replace foods, but to use them only as a supplement.

For anemia this supplement was found to build the blood, and in one case to be of more benefit to the system than taking iron. It was also recommended to improve coordination between the assimilations and eliminations and to improve the circulation without side effects to the heart.

In a reading for a child, Cayce advised the White's tablets for body-building, to be taken in cycles to prevent monotony to the growing body. This involved taking them daily for a week or two, and then discontinuing dosage for about the same period of time.

And, in a reading for an individual with toxemia, Cayce commented that the White's tablets would add to the blood, create oxygen in the system, purify disturbed lung tissue, and aid the digestion. These tablets can be found in most drugstores. R.E.S.: 313-4, 528-13, 608-11, 773-4, 1206-2, 1688-1, 3433-1, 5672-1.

ZILATONE

Zilatone is a laxative compound indicated in about 80 readings for inadequate eliminations and related problems, such as cholecystitis, incoordination between eliminating functions, toxemia, and cases in which the liver needed stimulating.

Its ingredients are phenolphthalein, a laxative; cascara sagrada, an herbal cathartic; pancreatin, used for its enzymatic action in various forms of digestive failure; pepsin, an animal extract useful in digestion of protein; and capsicum, a carminative. The manufacturers report no known changes in this formula since Cayce's day. It is interesting to note that several readings mentioned that Zilatone contained a mild heart stimulant. This may have been a reference to capsicum.

The readings commented that Zilatone used in regular cycles would improve the functioning of the liver. It was sometimes noted that this product was superior to some other laxative compounds because it put less strain on the system and had a coordinating effect on the liver and gall duct functions.

It was sometimes stressed that while Zilatone was being taken there should be a minimum of physical activity to enable its cleansing elements to work with the system most efficiently. If this restriction was adhered to, claimed Cayce, the gall duct would be drained and the liver and digestion beneficially stimulated.

Zilatone was frequently recommended in combination with Fleet's Phospho-Soda in a procedure designed specifically to drain the gall duct. For details, the readings should be consulted.

The readings persistently advised the drinking of large quantities of water during the time that Zilatone was taken, since the water was necessary to its proper reaction with the liver, pancreas, spleen and digestion.

Finally, as with any laxative, the use of Zilatone should not be continued once normal conditions are established, to avoid dependence upon it as well as imbalances in the system. One reading found that Zilatone might be safely taken from once weekly to once monthly if a stimulation to the liver was felt to be necessary.

This product was discontinued by the manufacturer in 1976, and the search for a new manufacturer is underway. Until Zilatone again becomes available, a possible substitute is Caroid & Bile Salts. Some of the ingredients are the same.

For more information consult the Circulating Files on Obesity, and Constipation. R.E.S.: 533-9 & 10, 760-20, 1140-2, 1196-1, 5.

Appendix

Alphabetical Listing of Publications and Circulating Files Related to the Subject of Pharmacology in the Edgar Cayce Readings

Most of these publications are available from A.R.E., 215 67th St., Virginia Beach, VA 23451 [(800) 333-4499], except ones marked * which are available only from Heritage Publications, Box 444, Virginia Beach, VA 23458.

**A Description of the Radio-Active Appliance (booklet)*
Almonds Circulating File
**Animated Ash: A Report*
Appliances: Radio-Active Appliance Circulating File
Appliances: Violet Ray Circulating File
Appliances: Wet Cell Battery Circulating File
*Atomidine
Atomidine Circulating File
Cancer: Animated and Carbon Ash, Vol. 1-3 Circulating Files
Castor Oil Circulating File
“Castor Oil Pack Therapy - A Report” (Searchlight)
Complexion Circulating File
**Crude Oil in the Edgar Cayce Readings*
Edgar Cayce and the Palma Christi
Edgar Cayce on Diet and Health
Edgar Cayce on Healing
Edgar Cayce Plant Encyclopedia, Vol. One
Edgar Cayce Speaks
Edgar Cayce: An American Prophet
Gems & Stones (booklet)
Glyco-Thymoline Circulating File
Health and Beauty Tips Circulating File
“Health Hints” (Searchlight)
Peanut Oil Circulating File
“Pharmacology in the Edgar Cayce Readings” (Searchlight)
**The Edgar Cayce Products (booklet)*
The Sleeping Prophet
Two Electrical Appliances Described in the Edgar Cayce Readings

Cross-Reference Guide

This is a simplified compilation of selected conditions and selected recommendations found in Circulating Files and/or elsewhere in the readings. It should be used simply as a reference source and not as a prescription.

<u>Condition/Circulating File</u> (explanation or common name in parentheses)	<u>Products</u> (brand names)
Abnormal children (learning problems & low mentality)	Wet Cell Appliance Radio-Active Appliance Aura Glow Cocoa Butter
Acidity - Alkalinity (excessive acidity or alkalinity)	Glyco-Thymoline Limewater Coca-Cola Syrup
Acne	Acne Lotion (Dermatone) Sulphur Mixture (Sulflax) Herbal Spring Tonic (Formula 545) Aura Glow Body Powder Ray's Ointment Ray's Liquid Boncilla Packs
Alcoholism	Gold & Soda Aspirin Substitute (Product 49)
Amyotrophic Lateral Sclerosis	Wet Cell Appliance Peanut Oil Arthritis Massage Formula (Egyptian Balm)
Anemia	Liver, Yeast, and Iron White's Cod Liver Oil Tablets Violet Ray Almonds
Angina Pectoris (heart pain)	High Enema Device
Aphonia	Castor Oil Packs

Apoplexy (stroke)	Wet Cell Appliance High Enema Device Aura Glow
Arthritis	Peanut Oil Arthritis Massage Formula (Egyptian Balm) Aura Glow Castor Oil Packs Atomidine Radio-Active Appliance Violet Ray Wet Cell Appliance Sea Salt & Kelp Salt
Arteriosclerosis (hardening of the arteries)	Radio-Active Appliance High Enema Device Colds Liniment (Campho-Derm)
Asthenia (weakness & debility)	Peanut Oil Arthritis Massage Formula (Egyptian Balm) Liver, Yeast, and Iron
Asthma	Calcidin Inhalant (Inspirol) Aspirin Substitute (Product 49) Animated Ash
Athlete's Foot	Athlete's Foot Lotion (Pedicure) Ray's Ointment Ray's Liquid
Baby Care	Cocoa Butter Limewater Body Powder (Body Silk) Glyco-Thymoline Ipsab Ray's Ointment Ray's Liquid
Baldness	Crude Oil (Crudoleum) Grain Alcohol, 20% (Crudoleum Rinse) Olive Oil Shampoo Atomidine Formula 636 Electric Vibrator Sea Salt and Kelp Salt

Bedsores	Ichthyol Iodex
Blindness/Loss of Vision	Eye Tonic (Optikade) Violet Ray
Boils and Carbuncles	Iodex Herbal Spring Tonic (Formula 545) Atomidine Sulphur Mixture (Sulflax)
Bronchitis	Inhalant (Inspirol) Calcidin Cough Syrup (Mother Earth's)
Burns	Camphorated Olive Oil Scar Formula (Scarmassage)
Bursitis	High Enema Device Camphorated Olive Oil Peanut Oil
Callouses & Corns/Feet: Weakness Swelling	Castor Oil Spirits of Camphor
Cancer, Skin	Animated Ash Iodex Castor Oil
Canker Sores	Glyco-Thymoline Ipsab Castor Oil Packs Atomidine
Catarrh, Nasal (Post-Nasal Drip)	Inhalant (Inspirol)
Cerebral Palsy	Wet Cell Appliance
Circulation; poor	Radio-Active Appliance
Colds	Inhalant (Inspirol) High Enema Device Castor Oil Packs Colds Liniment (Campho-Derm) Glyco-Thymoline Cough Syrup (Mother Earth's) Calcidin Camphorated Olive Oil Carbon Steel (See "Gems & Stones")

Colitis	Colitis Tonic (Formula 208) Castor Oil Packs High Enema Device Bispep
Color Blindness	Violet Ray Wet Cell Appliance
Complexion: Cosmetics	Aura Glow Castile Soap Coconut Oil Soap Pine Tar Soap Boncilla Packs Almond Oil Lotion Skin Freshener Cocoa Butter Black and White Soap Black and White Ointment Ance Lotion (Dermatone) Formula 636
Constipation	Castor Oil Packs High Enema Device Caroid & Bile Salts Electric Vibrator Zilatone Ragweed Tonic (Laxatone) Violet Ray
Coronary Thrombosis	High Enema Device Radio-Active Appliance
Cystitis	Watermelon Seed Tea Coca-Cola Syrup
Cysts	Castor Oil Iodex Sulphur Mixture (Sulflax) Herbal Spring Tonic (Formula 545)
Diabetes	Jerusalem Artichokes Clary Water Atomidine
Diverticulitis	Castor Oil

Eczema	Sulphur Mixture (Sulflax) Saffron Tea Slippery Elm Bark (Elm Water) D.D.D. Body Powder (Body Silk) Ichthyol Chamomile Tea Rays' Ointment Iodex
Edema (Dropsy)	Cimex Lectularius High Enema Device Watermelon Seed Tea
Emphysema	Inhalant (Inspirol) Calcidin Aspirin Substitute (Product 49)
Epilepsy	Castor Oil Packs Passion Flower Fusion
Eyes	Glyco-Thymoline Eye Tonic (Optikade) Violet Ray
Feet	Foot Balm Backaches Liniment (Muscle Treat) Myr-Plus
Fever Reduction	Grain Alcohol (Natur-rub)
Flu	High Enema Device Colitis Tonic (Formula 208)
Fractures	Backaches Liniment (Muscle Treat) Violet Ray Myr-Plus
Gallstones	Castor Oil Packs Zilatone
Goitre	Atomidine Violet Ray
Gonorrhoea	Atomidine Castor Oil

Gout	Castor Oil Packs Atomidine Peanut Oil
Halitosis	Glyco-Thymoline Inhalant (Inspirol) Ipsab
Hay Fever	Inhalant (Inspirol) Ragweed
Headache	Castor Oil Packs High Enema Device Headache Remedy (Temple Healer)
Hemophilia	Wet Cell Appliance
Hemorrhoids	Tim
Hepatitis	High Enema Device Ragweed Tonic (Laxatone) Laxative Capsules (Hyperlax)
Hodgkin's Disease	Peanut Oil Castor Oil Packs Animated Ash Atomidine Gold Chloride
Hookworm	Sulphur Mixture (Sulflax) Colds Liniment (Campho-Derm) D.D.D.
Hypertension	High Enema Device Laxative Capsules (Hyperlax) Hypertension Tonic (De Tense)
Hypotension	Atomidine Radio-Active Appliance Violet Ray Spring Tonic (Formula 545)
Hypothyroidism	Atomidine
Icthyosis	Castor Oil

Impotence	Atomidine Formula 636 Violet Ray
Indigestion	Castor Oil Packs Saffron Tea Slippery Elm bark powder Clary Water Caroid & Bile Salts Bisep Limewater Chamomile Tea Cinnamon Water
Infant Colic	Glyco-Thymoline Yellow Saffron Tea Lime Water Antin Cocoa Butter Colds Liniment (Campho-Derm)
Inguinal Hernia	Cocoa Butter Castor Oil
Insomnia	Radio-Active Appliance Electric Vibrator
Itching (Pruritus)	Sulphur Mixture (Sulflax) Ray's Ointment Slippery Elm-bark (Elm Water) D.D.D. Body Powder (Body Silk) Dermatitis Formula (Kaldern) Ichthyol Iodex
Kidneys: Infection	Watermelon Seed Tea Colds Liniment (Campho-Derm) Coca-Cola Syrup
Laryngitis	Inhalant (Inspirol) Colds Liniment (Campho-Derm) Electric Vibrator
Leukemia	Atomidine

Liver: Cirrhosis	High Enema Device Castor Oil Packs Laxative Capsules (Hyperlax)
Liver: Torpid	Castor Oil Packs Ragweed Tonic (Laxatone) Laxative Capsules (Hyperlax) High Enema Device
Lymphangitis	Castor Oil Packs High Enema Device Violet Ray
Mastoiditis	Castor Oil Packs Colds Liniment (Campho-Derm)
Measles	Saffron Colds Liniment (Campho-Derm) Chamomile Tea High Enema Device
Melancholia	Wet Cell Appliance
Meningitis: Spinal	Cocoa Butter Arthritis Massage Formula (Egyptian Balm) Glyco-Thymoline Atomidine
Menopause	Atomidine Formula 636
Menstruation: Painful	Atomidine Violet Ray Glyco-Thymoline
Moles	Castor Oil Atomidine Sulphur Mixture (Sulflax)
Mongolism	Wet Cell Appliance Radio-Active Appliance
Myasthenia Gravis	Atomidine Castor Oil Packs
Multiple Sclerosis	Wet Cell Appliance Arthritis Massage Formula (Egyptian Balm)

Mumps	Colds Liniment (Campho-Derm) Cocoa Butter
Muscular Dystrophy	Wet Cell Appliance Aura Glow Peanut Oil Gold & Soda
Narcolepsy (sleeping sickness)	Wet Cell Appliance
Nerves (see specific nervous system conditions for file names)	Wet Cell Appliance Gold & Soda Radio-Active Appliance Violet Ray Electric Vibrator
Neurasthenia	Radio-Active Appliance Violet Ray
Neuritis	Arthritis Massage Formula (Egyptian Balm)
Obesity	Radio-Active Appliance
Oophoritis	Atomidine Glyco-Thymoline
Paget's Disease	Aura Glow High Enema Device
Paralysis	Wet Cell Appliance Arthritis Massage Formula (Egyptian Balm)
Parkinson's Disease	Wet Cell Appliance Arthritis Massage Formula (Egyptian Balm)
Phlebitis	Cimex Lectularius Colds Liniment (Campho-Derm) Spring Tonic (Formula 545)
Pleurisy	Charred Oak Keg Glyco-Thymoline Inhalant (Inspirol)
Pneumonia	Inhalant (Inspirol) Aspirin Substitute (Product 49)

Polycythemia	Spring Tonic (Formula 545)
Poison Ivy	Atomidine Ray's Solution
Possession	Violet Ray
Pregnancy	Calcios Antin
Prostatitis	High Enema Device
Psoriasis	Sulphur Mixture (Sulflax) Saffron Tea Slippery Elm-bark (Elm Water) D.D.D. Body Powder (Body Silk) Chamomile Tea Ray's Ointment
Puffy Eyes	Colds Liniment (Campho-Derm) Glyco-Thymoline Watermelon Seed Tea Radio-Active Appliance
Pyorrhea	Ipsab
Raynaud's Disease	Wet Cell Appliance Aura Glow
Rectal Itching	TIM High Enema Device
Rheumatic Fever	High Enema Device Glyco-Thymoline Cocoa Butter
Scarlet Fever	Colds Liniment (Campho-Derm) Atomidine
Scars	Scar Formula (Scarmassage) Camphorated Olive Oil
Schizophrenia	Wet Cell Appliance
Sciatica	Wet Cell Appliance Myr-Plus

Scleroderma	Atomidine Wet Cell Appliance Charred Oak Keg Castor Oil Packs Glyco-Thymoline High Enema Device
Seasickness	Antin
Seborrhea	Castor Oil Packs High Enema Device
Senility	Wet Cell Appliance
Sterility: Female	Glyco-Thymoline Gold & Soda Atomidine Radio-Active Appliance Formula 636 Violet Ray
Sterility: Male	Gold & Soda
Shingles	Sulphur Mixture (Sulflax) Body Powder (Body Silk)
Sinusitis	Glyco-Thymoline Inhalant (Inspirol) Colds Liniment (Campho-Derm) Aspirin Substitute (Product 49) High Enema Device
Sprains, Strains & Fractures	Backaches Liniment (Muscle Treat) Myr-Plus Violet Ray
Superfluous Hair (Hirsutism)	Atomidine
Sunburn	Spirits of Camphor Glyco-Thymoline
Syphilis	Atomidine Wet Cell Appliance
Tachycardia Paroxysmal	High Enema Device Radio-Active Appliance Castor Oil Packs

Tic Douloureux	Castor Oil Packs Glyco-Thymoline
Tonsillitis	Glyco-Thymoline High Enema Device
Tuberculosis	Charred Oak Keg Inhalant (Inspirol) Calcidin Aspirin Substitute (Product 49) Glyco-Thymoline
Tumors	Almonds Castor Oil Packs
Tumors: Uterus	High Enema Device Atomidine Violet Ray
Ulcers: Stomach	Saffron Tea Slippery Elm bark (Elm Water) Chamomile Tea
Varicose Veins	Backaches Liniment (Muscle Treat) Mullein Tea
Vertigo	High Enema Device Castor Oil Packs Wet Cell Appliance
Vitiligo	Atomidine Ragweed Tonic (Laxatone) High Enema Device Wet Cell Appliance Violet Ray
Whooping Cough	Colds Liniment (Campho-Derm) Glyco-Thymoline
Warts	Castor Oil Spirits of Camphor Atomidine

Information on Products Recommended in the Readings Not Currently Available

Acigest

Acigest was a ten percent hydrochloric acid solution with each c.c. containing 11.88 mg. of potassium iodide. This was recommended as a digestive aid and was always to be taken in raw milk. Since certified raw milk cannot be purchased in most states, making Acigest has become impractical. As of 1976, however, Humco Laboratories was manufacturing a 10% hydrochloric acid solution available as an over-the-counter drug.

Adiron

This product was originally known as Codiron. Adiron was recommended in about 30 readings, particularly for anemia, poor assimilations and general debilitation. It contained cod liver oil and was a source of vitamins A, B, D, E and G. In 1941 Adiron was manufactured by Lawrence Labs in Chicago, Illinois. The readings found that Adiron would supply energy to the body, preventing colds and congestion and reducing tendencies toward infection. White's Cod Liver Oil Tablets are a possible substitute.

AL-Caroid

Al-Caroid is an antacid compound recommended in about 180 readings for acidity, incoordination between assimilations and eliminations, poor digestion, and toxemia, and for related problems such as poor assimilations, poor eliminations, and flatulence. It was also suggested in several cases of cholecystitis, or inflammation of the gall bladder.

This product is still on the market, but only in tablet form and not in the powder preferred by the readings. Additionally, the manufacturers report that the Al-Caroid formula was altered in 1969 to increase its acid-neutralizing effect. One reading suggested Bisodol as an alternative.

Alpine Ray/Rino Ray

These terms were brand names for sunlamps. The Alpine Ray was a mercury quartz lamp made by the Hanovia Chemical Company in Newark, New Jersey. Since the Alpine and Rino Ray were recommended interchangeably at least once, it seems possible that they were of the same type. Another brand of sunlamp or natural sunlight when obtainable, might be substituted for these appliances.

Balsam of Sulphur

This was a liniment recommended about 35 times in the readings, often for such conditions as paralysis, impaired locomotion resulting from arthritis, and misplaced vertebrae. Two different types of treatments were suggested. The one most often mentioned involved massaging about a handful of the balsam over the cerebro-spinal system. The other treatment was to massage this liniment over the lymph gland areas, including the armpits, neck, abdomen and groin. In both treatments, properties from the balsam are absorbed by the body, and as with other massage solutions, only the amount which the body will absorb should be used. A few minutes after the massage the body was to be washed off with a weak solution of bicarbonate of soda, made in the proportion of one teaspoonful to a gallon of water. The readings generally suggested that this massage be given three to four times weekly or every other day, and often recommended that it precede or follow a spinal adjustment.

Instructions for preparing the balsam of sulphur are as follows: Boil sulphur and linseed oil together in the proportion of one pound of sulphur for each pound of linseed oil. Boil until the resulting combination is 'not too wet or too dry', but can be held in the hand.

Extreme caution is advised, as the boiling mixture is exothermic – that is, it can easily explode or catch fire. A double boiler or a water bath may be used.

Benzosol

Benzosol is an old term for guaiacol benzoate, which contained benzoic acid and guaiacol. It was sometimes mentioned as an inhalant ingredient and at times as an ingredient in capsules to be taken internally, for its stimulating effect on the respiration.

Black and White Products

Cayce seldom referred to specific Black and White cosmetic products, although the brand in general was recommended frequently. Manufacture of the cold cream, cleansing cream, vanishing cream, and skin whitener has been recently discontinued. The Black and White soap and ointment are still available. While products made by a Black and White Company in Chicago were recommended, there is no record of such a company being in existence, and Plough, the present manufacturer, states that no such company ever existed.

Carron Oil

Carron oil was a liniment consisting of equal parts of limewater and linseed oil, also known as 'lime liniment'. It was first made in Carron, Scotland, where it was found useful in treating burns acquired by workers in the Carron ironworks. It was an ingredient in three massage formulas found in the readings.

Charcoal Tablets

Charcoal tablets were prescribed in about fifteen readings for digestive problems and flatulence. The brand recommended was known as Kellogg's, made by Battle Creek Sanitarium. These tablets, made with willow charcoal and honey, are no longer available from any manufacturer. Other brands of charcoal tablets are on the market.

Dog-On-Foot

This product was recommended in one known reading for athlete's foot. Ray's ointment and the Athlete's Foot Lotion are possible substitutes.

Eno Salts

In the approximately 170 readings recommending Eno Salts, Cayce sometimes specified the variety containing fruit salts (citric acid). This variety is no longer available in the United States, although it can still be found in England.

Kaldak

Kaldak was a nutritional supplement recommended in about 80 readings, primarily in cases of general debilitation, and also for anemia, arthritis and poor assimilations. Cayce suggested its use as a tonic to increase the number of red blood cells by supplying iron, phosphates, silicon, and B complex vitamins to the system.

Apparently, Kaldak was made available in at least two forms, both sources of the above nutrients. One consisted of a debittered 'chip type' brewer's yeast fortified with vitamin D and phosphorus. Another was a liquid said to contain liver, vitamin B-1, niacin and iron. This product was made by the KalDak Company in Lansing, Michigan. The manufacturers recommended its use as an all-purpose supplement, for general body-building as well as conditions such as arthritis, neuritis, nervousness, colitis, constipation, chronic fatigue, run down condition, digestive distress, gastro-intestinal disorders, etc. A possible substitute is a Vitamin B Complex Syrup with Iron.

Simmon's Liver Regulator

Simmon's Liver Regulator was a laxative formula containing ragweed and licorice that was recommended in about 70 readings. Various ragweed formulations were sometimes given as substitutes for this product. One of these, the Ragweed Tonic, contains ragweed, sarsaparilla, licorice, and balsam of tolu.

St. Jacob's Oil

St. Jacob's Oil is an analgesic liniment sometimes recommended by Cayce for ear problems. The ingredients were probably chloroform, camphor, oil of thyme, camphorated oil, and turpentine. This product is still on the market, but the original formula has been altered by the omission of one ingredient, and should not be used in the ears.

Sweet Spirits of Nitre

Sweet spirits of nitre was recommended in about 50 readings, - primarily as a cleanser and stimulus to the kidneys and bladder. In some cases it was to be taken in combination with other properties, such as oil of juniper to act on the gall duct. Sweet spirits of nitre was recently discontinued by its U.S. manufacturers. A possible substitute, also recommended for the kidneys, is watermelon seed tea.

Tonicine

This product was popular during the 1930's, sold as a 'gonadal tonic' by Reed and Carnrick on a prescription basis. The ingredients are not known, though one reading said that it was made from 'glandular secretions' or 'glandular reactions'. Tonicine was recommended in about 60 readings, primarily for glandular imbalances and for conditions of the generative organs such as menopause and pelvic disorders. Formula 636, a glandular tonic, is a possible substitute.

Toris Compound

Tons Compound was a laxative preparation recommended about 70 times in the readings, primarily, for inadequate eliminations and toxemia. Cayce found this preparation to be beneficial because it stimulated the excretory system without irritation to tissue or to the lymph circulation. The Ragweed Tonic is a possible substitute.

Ventriculin

Ventriculin and Ventriculin with iron were manufactured by Parke-Davis and Company until the mid or late 1950's. Ventriculin was a substance derived from the gastric tissue of hogs, in a powder form that was taken orally. Ventriculin was used to stimulate the formation of reticulocytes (a type of red blood cell) and was recommended by the manufacturer as a specific for pernicious anemia. Ventriculin was recommended in about 55 readings and Ventriculin with Iron in about 40. Cayce suggested Ventriculin primarily in cases of anemia, but also for general debilitation, poor assimilations, and a wide range of other conditions, including scleroderma as an extreme example. It may be that Cayce saw this substance as a stimulus to the assimilations and thus also to the formation of more red blood cells. The doctor's commentary in the Scleroderma Circulating File lists and compares the following possible substitutes for Ventriculin: Converzime, Digestant, Accelerase, and Entozyme. Of these, Accelerase is readily available without a prescription.

A Partial List of Medical Circulating Files Available from the A.R.E.*

Medical Files Arranged Alphabetically by Ailment

Abscessed Ears	Cancer: Lung
Abnormal Children	Cancer: Prostate
*Acidity-Alkalinity	Cancer: Stomach and Intestines
*Acne	Cancer: Uterus
Alcoholism	Cancer: Wilms' Tumor
Allergies: General	Canker Sores
*Almonds	Carbuncles
Alzheimer's Disease	*Castor Oil Packs
*Amyotrophic Lateral Sclerosis	Catarrh: Nasal (Rhinitis)
*Anemia	Cerebral Palsy
*Aphonia	Child Training: Behavioral Problems
*Apoplexy (Stroke)	Chorea (St. Vitus Dance)
Appendicitis	Circulation: Poor
Appliances: Radio Active (Impedence Device)	Cirrhosis
Arteriosclerosis	*Colds: (Coryza)
*Arthritis	*Colic
Asthenia	*Colitis
*Asthma	*Color Blindness
*Athlete's Foot	Complexion
Baby Care	*Constipation
Baldness: Female	*Cystitis
Baldness: Male	Cysts: General
Bedsores	Cysts: Ovarian
Bedwetting	Cysts: Pilonidal
Bladder: Stricture	Cysts: Skin
Blepharitis	Deafness: Nerve
Blindness: Tendencies	Deafness: Prolapsed Eustachian Tube
Boils	Depression: (Melancholia)
Brain Tumors	Dermatitis
Breast Tumors	*Diabetes
Bright's Disease	Diabetes: Children
Bronchiectasis	Diarrhea
*Bronchitis	Disks
Burns: General	*Diverticulitis
*Bursitis	Down's Syndrome
Callouses	Dropsy (Edema, Ascites)
Cancer: Breast	Eczema
Cancer: Face, Nose and Throat	*Emphysema
Cancer: Hodgkin's Disease	Encephalitis
*Cancer: Leukemia	Enteritis
	*Epilepsy
	Erysipelas Exercise

*Eyes: Cataracts
Eyes: Detached Retina
Eyes: Iritis
Eyes: Myopia
Eyes: Puffy
Eyes: Retinitis Pigmentosa
Facial Tic
Facial Paralysis
Fasting
Feet: Weak, Fallen Arches, Sprains
Feet: Swelling
*Flu
*Flu: After Effects
*Fractures and Sprains
Gall Bladder and Duct: Stones
Gaucher's Disease
Glaucoma
Glyco-Thymoline
Goiter
Gonorrhea (male/ female)
Gout (Uricacidemia)

Halitosis
Hay Fever
*Headache: General
*Headaches: Migraine
Health and Beauty Hints
*Heart: Angina Pectoris
Heart: Coronary Thrombosis
Heart: Tachycardia
*Hemophilia
*Hemorrhoids
Hepatitis
Hernia: Abdominal
Hernia: Inguinal
Herpes Simplex
*Herpes Zoster (Shingles)
Hirsutism
Hives (Urticaria)
Hookworms
*Hydrocephalus
*Hypertension
Hyperthyroidism
Hypnosis
Hypochondria
*Hypoglycemia

Hypotension
Hypothyroidism
Impotence
Incontinence
*Indigestion and Gastritis
Insomnia
*Kidney Stones
Kidneys: General
Kidneys: Infections
Kidneys: Pyelitis
Kidneys: Uremia

Laryngitis
*Leukocytosis
*Leukopenia
Liver: Torpid
Lumbago
Lupus Erythematosus
Lymphangitis

Malaria
Mastitis
Mastoditis
Measles
Meningitis
*Menopause
Menstruation: Abnormal
Menstruation: Painful
*Mental Illness: General
Miscarriage
*Moles and Warts
*Multiple Sclerosis
Mumps
Muscular Dystrophy
Myasthenia Gravis

Narcolepsy
Nasal Polyps
Nephritis
Neuralgia
Neurasthenia
Neuritis

Obesity
Oophoritis
Osteochondritis
Osteomyelitis

Paget's Disease
Paralysis: General
Paralysis: Spine Injuries
Paralysis: Miscellaneous
Parkinson's Disease
Phlebitis
Pinworms
Pleurisy
Pneumonia
Poison Ivy
Poliomyelitis
Polycythemia
Possession
Possession: Tendencies
Pregnancy: General
Pregnancy: Monthly Sequence
Prostatitis
Pruritus (Itching)
*Psoriasis
Psychosomatics
Purpura

Raynaud's Disease
Rectal Itching
Rheumatic Fever
Rheumatism
Ringworm

Scarlet Fever
*Scars
Schizophrenia
Sciatica

*Scleroderma
Scoliosis
Seborrhea
Senility
*Sinusitis
Spine: Injury: Aftereffects
Spine: Injury: Coccyx
Sterility (male, female)
Sterility: Tipped Womb
Streptococcus: Infection
Stuttering
Sunburn

*Teeth: Pyorrhea
Tic Douloureux
Tinnitus
*Tonsillitis
Torticollis
Toxemia
Tuberculosis
Tumors: General

Ulcers: Duodenal
Ulcers: Leg
Ulcers: Stomach
Vaccines
Vaginitis
*Varicose Veins
Vertigo
Vitiligo
Whooping Cough
X-Ray Burns

Files with asterisks () contain commentaries or summaries by doctors.

For a complete list of Circulating Files contact:

A.R.E.

215 67th St.

Virginia Beach, VA 23451

(757) 428-3588

(800) 333-4499

<http://www.edgarcayce.org/circulating>