

**Circulating File**

## **HEAD INJURIES AND AFTER EFFECTS**

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

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## HEAD INJURIES CIRCULATING FILE

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

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

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

Library: Circulating File Desk  
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Please note: The complete Edgar Cayce Readings are available through the members only section of our web site, [EdgarCayce.org](http://EdgarCayce.org) or on CD-ROM.

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

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

Blessings, A.R.E. Member Services Team

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

This Circulating File consists of the Edgar Cayce psychic readings on head injuries and their after effects. 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](http://www.baar.com) or call 800-269-2502.

## Head Injuries and After Effects

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2. Brain: Lesions
3. Cerebral Palsy
4. Children: Abnormal: Birth Injuries, Vol. 3 & 4
5. Stroke
6. Paralysis

E. Hyperbaric Oxygen Therapy article:

Rebuilding the Brain by Julian Whitaker, MD

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

## Introduction to the Cayce Readings on Health and Healing

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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Virginia Beach VA 23451 Or e-mail: [CirculatingFiles@edgarcayce.org](mailto:CirculatingFiles@edgarcayce.org)

To obtain health items mentioned in the readings, contact our official worldwide distributor, Baar Products at 800-269-2502 or [Baar.com](http://Baar.com).

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

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

Blessings,

A.R.E. Member Services Team



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**BACKGROUND OF READING 106-2 F 48**

B1. 11/17/24 Wire from son [900]: "Mother heart trouble recently also headaches since accident [approximately two weeks ago] - please take physical immediately or as soon as possible."

B2. 11/17/24 Letter from [900]: "I wired you tonight about Mother. She asked me to write you, as for two weeks she seems to have palpitating heart attacks. Ever since the auto accident she seems subject to severe headaches about once a week. Am very anxious to hear from you regarding this. Am worried..."

**TEXT OF READING 106-2 F 48**

This psychic reading given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, this 18th day of November, 1924, in accordance with request made by her son, Mr. [900].

1. GC: You will give in detail the physical condition of this body at the present time, telling the cause of the headaches and the trouble with the heart, and what to do for same at this time, giving suggestions for the cure and relief for this body.
2. EC: Now we find there are changes in the conditions in the body since we had it here. There are disturbances in centers in the cerebrospinal system, both in the sympathetic and the cerebrospinal proper. Especially do we find these in the lower dorsal and upper lumbar, and in the lower cervical regions. These, in their present condition in structural forces, produce pressure on nerve plexus that sympathetically affect the heart's action and produce the distress in brain centers, or headaches.

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3. These may become conditions that would bring many distresses to body, but may be corrected in a manner that will relieve strain on system, and SHOULD be done, osteopathically, and this we would find would equalize the circulation and give the relief necessary to bring the equilibrium in the body.
4. This in the lumbar and 12th dorsal brings the strain on the sympathetic system, which reacts with the cardiac plexus and sympathetic nerves, bringing distress in the vasomotor nerves. This in the 4th and 5th cervical plexus brings the distress to the sympathetic and adds to those conditions and brings the pains in central portion of head; the eyes and to the base of brain, for it shifts; internal headache, as it were, passing through the medulla oblongata.
5. Strain produced in times back by the sudden change, or twisting of body, throwing the body out of equilibrium by impingements produced in the system. Correct before the system, in attempting to adjust, forms lesions and brings distress to functioning of the organs in the system.
6. Do that, for we will find, as given, many days will be for this body.
7. We are through for the present.

### **REPORTS OF READING 106-2 F 48**

- R1. 11/21/24 Letter from son [900]: "...I don't agree with you that mother's was a poor reading. Believe it was specific and right to the point. It stated she had many days, so only change from last reading was slight damage caused by the accident and it was clear and concise as to the nature of this damage. Thank you very much..."
- R2. 12/10/24 Letter from son [900]: "...Mother has been and still does get heart fluttering attacks that scare us silly..."

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### VERTIGO

### BACKGROUND OF READING 189-1 F 35

B2. 4/4/30 Her employer, Mr. [257], wired: "Mrs. [189] in severe accident last night. Doctors very uneasy. Head and body severely bruised. Wish you would check condition this p.m. and phone me what to do, see if internal injuries head or body. At home ..., N.Y." [Malar [or Mala] (cheek & cheek bone) fracture.]

B3. 4/4/30 GD wired Mr. [257] that EC was unable to work and his father was very ill. Mr. [257] wired: "Very sorry. Anything I can do telephone me at once if necessary."

B4. 4/5/30 Mr. [257] wired: "Mrs. [189] complains about severe pains in head. If you can possibly give rdg. Monday, please do so. Hope father much improved."

B5. 4/14/30 Mr. [257] wired: "Mrs. [189]'s mother phoned that Mrs. [189] very dizzy, very weak, doctor unable to know what to do as no medicine seems to reach condition. She requested I wire you for rdg. She is in bed, her home ..., N.Y. Please acknowledge."

### TEXT OF READING 189-1 F 35

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Virginia, this 15th day of April, 1930, in accordance with request made by self - Mrs. [189].

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1. EC: Yes, we have the body here. Now, we find there are specific conditions as disturb the equilibrium of the body. These have been produced by sudden shock to the nervous system, and especially to the glands and the balance as is at the base of the brain. Hence the dizziness and inability of the body to keep the normal equilibrium when it sits or stands erect, but not felt as much as when lying prone, and especially if turning to the side or lying on face. The condition, then, exists in the 1st and 2nd cervical, or in the axis of same. This is, then, the lack of the oil, or the fluid, necessary in the portion of system - and unless there is the RELEASE in the WHOLE of the cervical and upper dorsal, [osteopathically] that this may be CREATED sufficient in the system to supply this deficiency, must cause LATER distress in MANY ways.
2. We would give, then, that at the base of the brain - and in the upper cervical region - there be applied stupes of mullein; GREEN is preferable, but if not obtained use that as may be had in the dried. Apply as WARM as is comfortable to the body.
3. We would also take that of the Saffron tea, weak - that the nerve system may be AIDED in GAINING its equilibrium. The stupes should be applied at least twice each day.
4. There should be given the proper manipulation - not too deep, but to keep the normal equilibrium in the portion of system as has received the shock or jar to the whole system. This will be found in the WHOLE of the cerebro-spinal, and ESPECIALLY in lower lumbar - 12th, 11th dorsal - and the upper cervical. These should all receive the proper attention.
5. The diets should be principally those of the nerve and blood building.
6. Rest, especially in the sunshine and air, as much as possible. DO that, and we will find we will bring the normal forces for the body.
7. The manipulation should be given each DAY. The tea should be taken at least three to four times each day. The strength would be a pinch between three fingers in at least a PINT of water, allowed to steep as would ORDINARY tea leaves. Strain, and drink while warm or cool, as preferred by the body. DO that.
8. We are through for the present.

### **REPORTS OF READING 189-1 F 35**

R1. 4/25/30 She was admitted as a patient to the Cayce Hospital to be treated for vertigo, resulting from shock of auto accident on 4/3/30. Previous treatment had only been rest and bromides.

R2. 5/1/30 She obtained Ck. Physical Rdg. 189-2.

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**BACKGROUND OF READING 349-11 F 28**

B1. See 349-10 on 5/4/32 for a skin condition.

B2. 8/30/32 We heard that she had been in a serious accident [to head] on 8/23/32 and had been in the hospital.

B3. 9/8/32 Mr. [257], her employer, submitted questions: "Miss [349] is at home but has a nurse night and day and two doctors, so she must be in a very serious condition. [GD's note: We later learned that she had come down with grippe on 8/31/32 with 104 temperature and had stayed in bed three wks. with bronchial pneumonia and a touch of pleurisy.] Send me the rdg. so I can explain it to her mother [5449]."

**TEXT OF READING 349-11 F 28**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 12th day of September, 1932, in accordance with request made by Mr. [257].

1. EC: Yes, we have the body here, [349] - this we have had before. The conditions physical, as we find in the present, are very much changed from that we have had here before. Those conditions brought on through the shock to the whole nervous system are in that state where, unless there is kept the greater elimination and absorption, with the

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abilities of the eliminating system to throw off the excess drosses or accumulations that arise from the inflammation, these must be harmful to the body. If these are kept so that there is a superficial elimination to prevent the coagulation too quickly (which would cause adhesions to form where the muscular forces and even some structural forces have been strained), the proper results may be obtained. We do not find fractures in any of the structural portions, but bruises to the muscles and tendons - as well as to the whole nerve system - are apparent.

2. While conditions in the present are somewhat easier than they have been, there is the recurrence of the tendency for excitement to the whole sympathetic nerve system.

3. First, for the next two or three days, about twice each day, give the body as hot a bath as can be stood, wrapping the body thoroughly in hot blankets when it is taken from the bath, massaging along the whole cerebro-spinal system - especially at the base of brain, across the lumbar and in the brachial center - with cocoa butter.

4. We would give internally a compound prepared in this manner:

To 2 ounces of simple syrup, add:

Tincture of Valerian.....1 ounce,  
Elixir of Calisaya.....1 ounce,  
10% solution Bromide of Potassium.....60 minims,  
10% solution Iodide of Potassium.....5 minims,  
Tincture of Capsici.....1 minim.

5. Shake the solution together before the dose is given, which would be a teaspoonful in half a glass of water every three to four hours until quietness is brought about.

6. Every other day, for at least three to five days, there should be given a cathartic as of calomel, colocynth and rhubarb, [CRC tablets] that the eliminations may be kept at an extraordinary reaction in the whole hepatic circulation.

7. The diet should be rather those foods that are strengthening in the nerve and blood building. The liquid and fruit diet will be the more easily assimilated and react better for system while the recuperations are in order.

8. Do that. Ready for questions.

9. (Q) What should be the dosage of calomel, colocynth and rhubarb?

(A) These are already prepared in tablet form; they come in five grain tablets. [CRC tablets]

10. (Q) One tablet at a dose?

(A) One tablet at a dose, every other day until three or four doses have been taken.

11. (Q) What causes the cough?

(A) Sympathetic from pressure in the cerebro-spinal system, especially in the brachial area; hence, with the relaxation that will be created by the extraordinary amount of heat to the body with the application of the cocoa butter - for relaxation, and for healing of portions of the plexus that are irritated, the cough will be reduced.

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12. (Q) Are there serious injuries to the brain or head?

(A) These may become serious, but not if there are kept those conditions that will prevent the settling of inflammation in any of the bruised areas.

13. (Q) Is she being given the proper treatments from the doctors at the present time?

(A) Compare with this as given!

14. (Q) How long will it take her to regain her normal health?

(A) In five to ten days she should be able to be up and about. In another five to ten days near normal.

15. (Q) Any other advice as to her complete physical and mental condition?

(A) Let's do this, and one thing at a time!

16. We are through with this reading.

### **REPORTS OF READING 349-11 F 28**

R1. 9/26/32 She wrote us about having had the grippe, bronchial pneumonia, a touch of pleurisy, etc: "Got up a wk. ago and went down town for the first time, altho I feel like a rather slow-motion version of my former self.

"The rdg. helped a lot, altho I had passed thru the worst part at the time it was taken, and I did follow it very carefully. I do thank you for it.

"However, I don't profess to understand why both the accident and my illness occurred, both at this particular time when my health wasn't so good, and our finances never so low. Just as I thought I could follow my former rdgs. [see 349-8, 349-9, etc.] and that this might be the time for me to branch out anew. Maybe it was all for the best, but I wonder?"

R2. 10/28/32 See 349-12.

HEAD INJURIES CIRCULATING FILE

**INDEX OF READING 349-12 F 28**

**[edited]**

Air: Sun: Nervous Systems: Shock: After Effects	Par. 10
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Work: E.C.: Quotations & Similes: "Begin Where You Are"	Par. 20-A



**BACKGROUND OF READING 349-12 F 28**

B1. See 349-11 on 9/12/32 for after effects of accident, bronchial pneumonia, pleurisy, etc.

B2. 10/24/32 She submitted questions, saying: "I got up from bed and came down to work before I really should have. Altho I only worked half a day, I wasn't at all well for the 2 wks. I did this, and it finally resulted in my being sick again and having to stay in bed. This time it lodged in my throat, so I couldn't talk or eat. Added to it all, I've been so terribly tired and listless and disinterested in myself and everything."

**TEXT OF READING 349-12 F 28**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 28th day of October, 1932.

1. EC: Yes, we have the body here, [349] - this we have had before. Now, while conditions have been on the improve in some respects in the physical forces of the body, these are far from being satisfactory; and there have been in the mental mind of the body and those about it very good reasons for not carrying out all the suggestions that were given for correction. There has been the necessity for the body to remain under the attention and care of physician, for the meeting of the needs for the claims that were made for injury; the necessity for some portion of time to elapse that the greater may be the claim physically, materially, for such; making then for a very unsatisfactory and hard condition to deal with, because a house divided against itself, either mentally, physically, spiritually or any other, must be disrupted.

2. In meeting the needs, or the conditions that exist here - as we find, as outlined, there is a very badly shattered nervous system, or systems, with or at a period of overtaxation, which has left the body in many respects - as outlined - in that position of strain, from the nerve ganglia and muscular forces receiving such a shock; a tendon in an arm or limb, and then the attempt to use it; so that all portions of the system are STILL under stress and strain, for the corrections are GRADUALLY coming about - but, as outlined, there should be and should have BEEN specific conditions considered, that the resultant conditions in the end are more satisfactory than allowing the system to attempt to adjust itself under the strain and stresses without doing other than giving that which only aids or that makes for a dulling of the nerve tensions, as the system gradually adjusts itself by absorption and by rest, and eliminating when it can!

3. As given, the better applications NOW would be:

4. Rest as often as possible, and a period of WHOLE rest would be well, for a week or ten days, where it is dry and where plenty of sunshine may be had; not in a damp climate, or where there is the tendency for the pressure from the atmosphere to be hard upon the nerve systems' adjusting themselves to their equilibrium and their re-coordinating in a physical, developing condition for the body; following a line such as this:

## HEAD INJURIES CIRCULATING FILE

5. We would have EVERY DAY at least one bath with a good amount of Epsom salts in it, following this with a good rubdown along the whole cerebro-spinal system with an equal combination, as this: Heat an ounce of olive oil, adding an ounce of tincture of myrrh and an ounce of Russian white oil. Massage this into the cerebro-spinal system.

6. We would also take small doses rather regularly (that is, two to three times a day half a teaspoonful) of olive oil to clarify the system.

7. Be mindful that the diet is wholesome, yet not too much condiments (as high stimulating food) or too much sweets, or anything combining too much sweets.

8. The Epsom salts bath would be taken during the day. Put a pound of salts to about ten to twenty gallons of water; not too hot but rather a tepid bath, but remain in same so that absorption and reaction to the whole nerve system is received. Add a little hot water to keep this warm, but so that the body may rest in same from twenty to thirty minutes.

9. Following the rubdown with the solution given, as the body rests, apply the light ray - on days when there's not a great deal of sun.

10. Remain in the open as much as possible, and rest for ten days - a week to ten days. This will be better for this body, mentally, physically, and every way.

11. Ready for questions.

12. (Q) Why does the head still hurt the body, where it was injured in the accident?

(A) The attempts of the nerve and muscular systems to adjust themselves to those conditions, that may be called strains to the tendons, the muscular forces, and most of all the nerve and nervous systems.

13. (Q) Would the sea trip to Bermuda help me or would it be best for me to go to Virginia Beach?

(A) As given, that where it will be better for the body to be will be Virginia Beach; for the atmospheric pressure, the water trip, and the general conditions that would exist in Bermuda are not so well as would be where more quiet may be obtained, more sunshine, and a drier atmosphere, with the atmospheric pressure very much better for a recuperating body. None better, when we consider the recuperative forces in the air, in the sands, in the pressures that are created at Virginia Beach! That is why the pressures are often so much better, even than those of higher altitudes, for those that need adjustments for either lung or pulmonary, or head troubles; those that have antrum trouble, and the like; those that have those reactions from the activities from the high pressures in the muco-membranes, this atmosphere and pressure at Virginia Beach offers a better condition, because of the mean or regular pressure, and the dryness, even with the advantages of the sea atmosphere, owing to the currents of the ocean!

14. (Q) What can body do to overcome sleeplessness at night?

(A) Do these things that we have outlined, and she'll sleep! There needs to be such a reaction that there is the RELAXING of the body. Quit taking those bromides, or those things that tend to make stresses. Of course, this will have to be gradually gotten off of and we may give those that would be necessary, dependent upon the changes as might be made.

## HEAD INJURIES CIRCULATING FILE

15. (Q) How many hours' sleep does body need at the present time?

(A) Seven to nine hours.

16. (Q) Is body's weight normal?

(A) Not just yet.

19. (Q) What amount of money shall I put in my claim for against the insurance company?

(A) Depends upon what is to be considered, and how much of that necessary for the proper recuperations to the body is being taken care of by the insurance company. That which has been asked is sufficient, but come to the end with it - not have it continued or strung out so long.

20. (Q) Would my health improve if I were to go into some other kind of work and leave [Mr. [257]]? [See 349-9 on 2/2/32.]

(A) Not at the present time; there must be the better adjustments of self under the existent conditions. Begin where you are! Everyone should, in every condition with which they are faced, at any period of their experience! Trying to step over or to jump from one position to another, rather unfits individuals, and makes for those discontentments that come into their lives. Every individual should recognize and understand that Life from its every element or essence is a growth! Consider the period from conception to entrance into the world, the periods of development from babyhood to childhood, childhood to young manhood or young womanhood, young womanhood to the periods when passing through the regeneration, or the periods of genitation, and then those reactory forces or responses to that which has been builded! One then would understand that this is as a picturization of that in which every individual should meet all conditions as they arise in their lives. When there is a start to be made don't step over! Start where you are, that all may be perfectly understood! for it is line upon line, precept upon precept. We grow in grace, in knowledge, in understanding. We are through.

### **REPORTS OF READING 349-12 F 28**

R1. 12/6/32 "I did want awfully, and tried very hard indeed, to go down to the Beach for treatments, but I just simply couldn't get away from the office.

Therefore, I did the next best thing and took treatments at Reilly's Health Service [Harold J. Reilly, Ph.T]. I feel somewhat better except that my head bothers me, but I am going to have that xrayed tonight. After that, I hope things will soon be all right."

HEAD INJURIES CIRCULATING FILE

**INDEX OF READING 406-1 M 14**

**[edited]**

Astrology: Aries

Par. 4

Incarnations: Persia: Uhltd

Par. 23—26

Prophecy: Personal: Warning: Physical:  
Injuries: Accidents

Par. 4, 26, 41-A

**TEXT OF READING 406-1 M 14 (Student), 9/11/33**

4. Through Aries associations, there are the abilities of a high MENTAL development; yet there are rather those warnings for this entity regarding accidents to the head. Injuries of some nature may come in the experience of the entity, either during the next four months or early portion of '34. These warnings are from influences that come from Aries or head associations with Mars.

11. As to the appearances of the entity in the earth, and those that influence the entity in the present experience:

23. Before this we find the entity was in the Persian land, about that place now known as Shuster, where there was builded first the tented city; then the city of prayer as builded by Uhltd, the leader, and those that sojourned there, with those surrounding forces that made for giving to the peoples of the plains, and those that foregathered there from the four quarters of the earth, much that gave - and gives yet, to a people - an understanding of the relationships of individuals to their brethren, and of the relationships of individuals to the Creative Influences, in the experience of the entity.

24. The entity then was in the name Estibuen, and was what would be termed today the city manager, or mayor, when it came under an individual rule; or in the choosing of those that would supervise the going ins and coming outs of those that gathered there.

25. Through the greater part of the experience the entity gained, yet when evil days came upon many of those from the activities of those in the Grecian rule, the entity became - according to many - the one who, through negligence, allowed the city to be overrun by the marauders from Cypress and the isles in Crete.

26. In the present there are the abilities as to the judgements of law, the judgements as to relationships of individuals; yet the same ability, as in that experience, to foregather with, or to adapt self to, the attitudes, customs, lines and activities of individuals from and in many quarters, will be in the present experience of the entity, dependent upon the manner in which the application of self is made respecting same. It is from that experience that the warnings come respecting the head, or the foregathering of impulse that may make in the present, with the position of Uranus with Jupiter and Neptune, for an accident in

## HEAD INJURIES CIRCULATING FILE

the coming months - just before there is the change in Jupiter and Uranus as to their position. This doesn't necessarily mean the accident must happen! But be mindful of the activities where such conditions might be the experience of the entity.

41. (Q) In what way would it be possible for me to have a head accident, through someone else or through a fall?

(A) Through a fall, or through a car accident; walking on the road is the more apt.

HEAD INJURIES CIRCULATING FILE

**INDEX OF READING 416-5 M 29**

**[edited]**

Catarrh: Nasal: Spine: Subluxations	Par. 18-A
Electrotherapy: Sinusoidal: Spine: Subluxations	Par. 6, 8, 12-A
Eliminations: Poor: Spine: Subluxations	Par. 12-A, 13-A
Eyes: Glasses: Spine: Subluxations	Par. 11-A
Hair: Color Restorer	Par. 17-A
Head Noises: Injuries: Accidents: After Effects	Par. 3, 14-A
Heart: Spine: Subluxations	Par. 10-A
<b>INJURIES: ACCIDENTS: AFTER EFFECTS</b>	
Mind: Memory: Poor: Nervous Systems: Incoordination	Par. 16-A, 19-A
Osteopathy: Spine: Subluxations	Par. 6--8, 11-A
Prescriptions: Potato Peelings, Irish: Hair: Color Restorer	Par. 17-A
Psychosomatics: Eliminations: Incoordination	Par. 5
Speech: Impaired: Injuries: Accidents: After Effects	Par. 3, B2
<b>SPINE: SUBLUXATIONS</b>	

**BACKGROUND OF READING 416-5 M 29**

B1. See 416-4 on 7/12/34.

B2. 1/3/34 "On 10/21/34, about 7 PM, about half an hr. from my home in ..., N.C., I had a serious automobile accident in which the occupant of the car colliding with me was killed. A hog in the road was reported to have caused the accident. I lost all memory of leaving home or of the accident, awaking from an unconscious state the following evening in the hospital. I was injured in several places - face, head [brain concussion], knee and spine, but I have gradually improved since, having been able to go back to work the first wk. in Nov. I want a ck. up rdg. as there are several things I want to know about, in order that my condition may be corrected. I am going to go to Dr. M. L. Richardson, D.O., but it will be hard for me to get off from work unless he can treat me in the evenings."

**TEXT OF READING 416-5 M 29**

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

1. EC: Yes, we have the body here; this we have had before.
2. Now, as we find, there are many changes in the physical forces of the body in the present from that which we have had here before. Not all of these are for improvements. Rather has there been an upsetting of the system from violent influences from without, so that in many portions of the system there is the necessity for a coordinating throughout the cerebrospinal system - especially of the associations of the sympathetic and cerebrospinal systems in those specific centers where locomotion and the division of impulses are physically shown along the cerebrospinal system.
3. From the upper cervical area there is produced the tendency for dizziness, forgetfulness, irritations that cause singing and drumming in the ear, affectations to the speech [stuttering], and even to the vision at times. All of these effects are disturbing factors, not by impingements but rather engorgements in the 3rd, 5th and 2nd cervicals; especially where these make for their associations with the divisions to the vagus nerves.
4. In the brachial center, or the upper dorsal, we also find an impingement; specifically in the 2nd and 3rd dorsal. This should be coordinated specifically with the cerebrospinal and sympathetic junction in the area, with the specific relationships established in the 2nd and 3rd segment - with the brachial center, you see.
5. The lumbar area makes for a disturbance at times to the nervous system as related to the activities of the hepatic circulation, so that the activities of the kidneys, the relationships between the emotional forces in the body, the activities from the digestive system as related to these, become disturbed.
6. These need adjustment, with those stimulations that HAVE been given; not given during adjustments but after the adjustments have been made in these particular areas. Not so much the Sun Ray or the extreme light, but rather the higher vibrations such as found in the sinusoidal for a GENERAL treatment to the body - stimulating directly through the activities of the upper centers along the 2nd and 3rd dorsal to the sympathetic, and to the gastral centers for the digestive system, and those along the lumbar for the activative forces of the body.
7. These, as we find, would bring a much nearer normal condition for this body.
8. Take about five to eight of such treatments or adjustments along the cerebrospinal system, with three to five of such treatments from the sinusoidal. Then rest or leave off for a period of two weeks. Then have another round. And the body should be near normal.
9. Ready for questions.
10. (Q) What is causing pains to or near the heart?  
(A) This is indicated from the discoordination in the brachial center, or at the 2nd and 3rd dorsal plexus, you see; and the treatments we have outlined for same.

## HEAD INJURIES CIRCULATING FILE

11. (Q) What further treatments should I take for my eyes, and shall I still be able to discard glasses, and when?

(A) This will depend upon the RESPONSES of the system, and the ability of the one making adjustments to alleviate all those pressures that have hindered the circulatory system in its perfect activity with the organs, see? The body should not be concerned with this so much in the present as with having these adjustments and the balancing of the system. Then if the proper corrections have not been made in this direction, more specific directions may be given. These adjustments in the present should aid the eyes materially, however.

12. (Q) Please give treatment or suggestions for proper eliminations.

(A) The adjustments in the lumbar and the upper dorsal areas, with the use of the sinusoidal - which makes for the increased flow of the gastric juices and the activities of the lymph circulation. Should it become necessary, use only a vegetable compound to increase the flow at the time, you see.

14. (Q) Please give treatment for trouble with ears.

(A) Do these that have been indicated, in the cervical and upper dorsals, that are necessary for the proper adjustments - that there may be the proper circulation and the increase in the stimulation through the electrical treatments.

16. (Q) Kindly advise if my memory was in any way affected when I had concussion in automobile accident on Oct. 21st?

(A) This has been indicated, in that there should be made a more perfect coordination between the sympathetic and cerebrospinal system. There is the incoordination especially as to the balance in the upper cervical and to the vagus flow to the throat and head. All of this circulation has been disturbed. This should be corrected by those treatments suggested here.

17. (Q) What can I do, if anything, about my hair turning gray so prematurely?

(A) With those shocks to the nervous system there has been changed a great deal of the pigment, or the flow of the activities. If you would prevent the hair from turning gray, let at least two meals each day be taken of the peeling of Irish potatoes - it'll turn it to its normal color again! They may be cooked, yes.

18. (Q) Please give treatment for dripping in nose?

(A) This has been indicated in the cervical adjustments, and the stimulations through the electrical forces for the system.

19. (Q) Shall I ever remember any details concerning the automobile accident I was in on Oct. 21st?

(A) Not very well to remember! These may be brought through the better coordination being created between the sympathetic and cerebrospinal, so that there is the activity of all the coordinating forces of the nervous systems of the body with the mental body - and its activity brought to normalcy. Then it would be more in dream than in remembering.

Do these things as we have suggested here, consistently; and we will bring the better conditions and a near normal condition for this body.

20. We are through with this reading.

[The stuttering cleared up after a few osteopathic treatments. Other conditions improved greatly.]



**INDEX OF READING 438-2 M 40**

Hospitalization: Holy Name Hospital Par. B2

INJURIES: ACCIDENTS: AFTER EFFECTS  
: FRACTURES

KNEES: FRACTURES

Rest: Injuries: Accidents: After Effects Par. 3, 4

**BACKGROUND OF READING 438-2 M 40**

B1. 11/12/33 He obtained Life Rdg. 438-1.

B2. 5/20/35 Wife [718]'s wire: "Please have rdg. for [438] soon as possible covering injuries due to accident. Important to determine action necessary. He is at Holy Name Hospital, Teaneck, N.J. Send rdg. to me."

**TEXT OF READING 438-2 M 40**

This psychic reading given by Edgar Cayce, this 21st day of May, 1935, in accordance with request made by the wife.

1. EC: Yes, we have the body, [438].
2. As we find, with reference to those injuries in the shoulders, the head, and those conditions that are the more DISTRESSING in the upper portions of the body:
3. While we find there is no internal bleeding in the present, there are those injuries especially in the upper dorsal and cervical that will require special precautions and special attention to be given. That is, let the body rest, you see. Do not attempt to move it or to make for changes, that are UNNECESSARY, until there has been sufficient time for the system to adjust itself to the distressing forces that have occurred in the extremities and in those specific portions of the body itself.
4. Keep the body very quiet, then, for eight to ten days. Then we may find that there may be the applications in other directions that may aid in making for the prevention of the scar tissue or lesions in the spinal cords or spinal segments giving distress later.
5. Just keep those necessary precautions about the face, about the upper portion of the body, and the extremities - that, of course, need local attention; keeping the antiseptics nominally, and - as we find - these should come along alright.
6. Ready for questions.
7. (Q) Any specific antiseptics that would be suggested?  
(A) These are being used; just keep those precautions. Nothing better than the iodoform used in the present, with - of course - the local antiseptics when the dressings are made. We are through with this reading.

## HEAD INJURIES CIRCULATING FILE

(Let us hear in eight to ten days, or when he may be moved, so that we may give suggestions for recuperative and corrective treatments to prevent later disorders. GD.)

### **REPORTS OF READING 438-2 M 40**

R1. 5/23/35 Wife [718]'s letter: "Thank you for your quick response and your kind letter. The accident was not as serious as the rdg. must have led you to expect. A Tuxedo matron with a dog on her lap lost control of her car and hit a car in front of [438]'s, and then hit him. His knee crashed against the dashboard and fractured his kneecap. It is a painful injury and practically incapacitates him for the opening of Radio City which just about breaks his heart [See 438-1], or else he'll have to be in a wheel chair.

"The question at present is whether to operate on the knee and fix it up or to leave it to nature and naturopathy."

R2. 5/30/35 Friend Mr. [257] phoned other questions. See 438-3.

## HEAD INJURIES CIRCULATING FILE

### INDEX OF READING 438-3 M 40

Anesthesia: Gas	Par. 9-A
Diet: Knees: Fractures	Par. 6, 13-A
HEAD: NECK: INJURIES	
INJURIES: ACCIDENTS: AFTER EFFECTS	
KNEES: FRACTURES	
Osteopathy: Head: Neck: Injuries	Par. 10-A, 11-A
Physiotherapy: Massage: Salt & Vinegar, Apple: Knees: Fractures	Par. 4
SURGERY: KNEES	

### BACKGROUND OF READING 438-3 M 40

B1. See 438-2 on 5/21/35 for fractured kneecap.

### TEXT OF READING 438-3 M 40

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 30th day of May, 1935, in accordance with request made by the self - Dr. [438].

1. EC: Yes, we have the body, [438]; this we have had before.
2. In many ways the body finds itself better; in others the anxiety, the changes and the activities are making for disturbing conditions with the body.
3. While those conditions in the neck and shoulders show some improvements, these - as we find - should have more consideration than has been given; else we should find disturbing conditions later.
4. We would begin with the corrections in the limb and the knee, and - as we find - these will respond. There must be those precautions that sufficient time is given for the healing; and when this is accomplished (but not too soon) use a massage - massage very thoroughly; keeping the salt and the vinegar on same, not only as a poultice but as a rub. When this has healed, then gradually - when the poultice and rubs are used - the body may work the knee again.
5. Ready for questions.
6. Be very mindful of the diet, that there are not too much of the calciums but sufficient that there is the general supply for the necessary resuscitations of those forces; not sufficient to make for a hardening of the kneecap joint, however.

## HEAD INJURIES CIRCULATING FILE

7. (Q) Three splinters of bone have separated from the kneecap. Is it advisable to have that pulled together with kangaroo gut, as scheduled for tomorrow morning?

(A) Would be well that this be adjusted in its correct manner, being mindful of those other suggestions for the shoulder - or between the shoulder and the neck.

8. (Q) Is the body ready for the operation?

(A) Ready - and past ready.

9. (Q) Is his physical condition satisfactory to take gas?

(A) As we find, this would be better to take; that is, the gas.

10. (Q) There doesn't seem to be any sign of pain in the head and neck as the last reading gave. Have these disappeared, or is there scar tissue there? If so, how should it be treated?

(A) Be mindful of these conditions, as has been suggested; else we may expect some disturbance later on.

11. (Q) How should this condition be treated?

(A) Should have a good osteopath to adjust 'em!

12. (Q) Is it advisable or possible for the body to go to the opening of his new place in Radio City on Monday?

(A) This, to be sure, will be dependent upon the response from the adjustments as necessary in the correcting of the limb or kneecap, and in the activities as would be by the body at such times. Not ADVISABLE, yet it's possible.

13. (Q) Of what should he be careful?

(A) As indicated, in the diets, in the use of the limb and in those activities necessary to prevent disturbances later.

14. (Q) Any other advice for the body?

(A) Do that.

15. We are through for the present.

### REPORTS OF READING 438-3 M 40

R1. 7/25/35 Wife [718]'s letter: "Just a few lines to thank you for the rdg. for [438]. He is slowly coming back to normal. He had a badly fractured kneecap and torn ligaments. The doctor made a living graft from his own muscles and he is now getting electricity, massage and movements, and has already a 60% movement in the leg."

R2. 9/14/35 "I don't get around very much yet as I developed a little water on the knee."

R3. 10/26/35 He was present for Ck. Physical 438-4.

HEAD INJURIES CIRCULATING FILE

**INDEX OF READING 438-4 M 40**

**[edited]**

Assimilations: Eliminations: Injuries:  
After Effects

Par. 10-A

Attitudes & Emotions: Constructiveness

Par. 17-A

HEAD: NECK: INJURIES: AFTER EFFECTS

KNEES: FRACTURES: AFTER EFFECTS

Osteopathy: Head: Neck: Injuries: After Effects

Par. 3, 7-A, 9-A

Prophecy: Prognosis: Knees: Fractures:  
After Effects

Par. 7-A, 8-A, 12-A

**BACKGROUND OF READING 438-4 M 40**

B1. See 438-3 on 5/30/35 for fractured kneecap.

**TEXT OF READING 438-4 M 40**

This psychic reading given by Edgar Cayce, this 26th day of October, 1935, in accordance with request made by the self - Dr. [438].

1. EC: Yes, we have the body here, [438]; this we have had before.
2. As we find, the specific conditions - as the result of those activities in the portions of the body where there has been the tendency for slow recuperation from necessary outward activities - are progressing very, very good.
3. However, WE find the necessity for an adjustment in the dorsal area (and we would insist upon same); which would alleviate those tendencies for the slowing of the circulation THROUGH injured portions, thus preventing a tendency for accumulations of the lymph flow ABOUT injured parts.
4. The rest we would keep very much in the way and manner as IS being cared for; only the proper rebuilding, with the keeping of the proper eliminations and the normal assimilations, adding - of course - those necessary elements in the system through influences taken for replenishing that necessary for the rebuilding of structural or muscular forces and tendon activities. And these are increased especially through the diets, with which the body is well acquainted.
5. These we would do.
6. Ready for questions.
7. (Q) How long will it be before I will have full use of the leg?  
(A) THIS, to be sure, depends upon the responses the body makes in body-building, and in creating the influences necessary.

But as we find, as indicated, and especially if the dorsal corrections are made that will allow the full circulation to and from the torso portion of the body, these will gradually increase the faster - and more and more will there be the use of the limb.

## HEAD INJURIES CIRCULATING FILE

This should be in sixty to ninety days near where it can be more active, and the less necessity of using those aids. Yet precautions should even then be taken. Do not overdo or strain; for the body or the limb is in that condition where all that has been accomplished might be undone by a stumble or by an accident that would cause the flow of the whole influence into that particular portion - or injured portion - of body.

8. (Q) Will there be any permanent impairment of the leg?

(A) There should be little or none.

9. (Q) Should the dorsal corrections be osteopathic or chiropractic?

(A) Either; just so the vertebrae are moved sufficient that those TENDENCIES that are indicated do not continue to exist.

10. (Q) What type of treatment would be suggested from now on?

(A) We would not alter much from that which has been indicated, or the manner in which it is being cared for.

The principal thing, of course, is that the body-elements are kept in nominal balance; that the eliminations and assimilations be kept normally reacting, and then sufficient of the massage that the portions that are afflicted - or injured - receive the proper balance. Don't OVERDO it, but keep a normal BALANCE; this is the more preferable way for the applications.

11. (Q) Is there any possibility of the fibrous union becoming ossous?

(A) This will not occur if the body-elements are kept balanced.

12. (Q) In what period of time would this be accomplished?

(A) In that as we have indicated there SHOULD be the ability for the better use of same.

17. (Q) Any other advice that may be given at this time?

(A) In its mental attitude - which forms, as it were, the background for not only the activities of the entity in its assistance or aid to others through the institution, but through the relations of the attitude of the body-mind, [438], to the conditions that have brought about these:

DO NOT allow these, that appear as hindrances, to become stumblingblocks, ever. Rather know that all hindrances may be turned - by constructive THINKING, constructive conversation even to others - into HELPFUL experiences; though they may appear from the surface as to have been greatly detrimental.

Then keep constructive in thought, in conversation, in activity with those about the body and those with whom the body associates.

18. We are through with this reading.

### REPORTS OF READING 438-4 M 40

R1. 12/12/35 "A wk. ago last Sat. my knee started to bother me again. It puffed up quite a bit. Several days later I came to N.Y. and an X-ray showed the lower fragment had separated 1/2 inch and otherwise pulled loose. I have been in bed now for about 12 days and the leg feels better. But I'll have to be operated again. This they expect to do on Tues. or Wed. of next wk. Would you have time to give me a rdg. in the next few days? Why did the fracture open again? What are

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chances now for complete recovery of use of leg? What type of operation is best? What advice for post-operative treatments?"

R2. 12/16/35 EC's letter on returning from Detroit: "Your letter was here waiting. I'm certainly sorry to know you are having trouble again with that knee... I feel sure you must have had the operation before this. I'm sorry we did not receive the letter in time to attempt the information for you through the rdg... I still feel that the setback could have been avoided if you had let Dobbins [Frank P. Dobbins, D.O.] make those corrections as the reading suggested... Know that if at any time we can possibly be of service, we are only too glad to do so. A wire would have reached us, or been forwarded..."

R3. 1/6/36 "I was operated on the 17th of Dec. Under ether about 1-1/2 hrs. but came out o.k. Getting used to it. But of course I'll be on my back for some time and will have to take a yr. or two of the restful life - and I am sure sick of restful living. I left the hospital yesterday and I am staying at ... Any time in the next wk. or two that you can give me a ck. rdg. I would like to arrange for same."

R4. 1/11/36 He submitted questions.

R5. 1/15/36 See 438-5.

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Doctors Suggested: Dobbins, Frank P.: D.O. Par. 8, 9

KNEES: FRACTURES

Osteopathy: Head: Neck: Injuries Par. 8, 9

Physiotherapy: Massage: Myrrh: Knees: Fractures Par. 4--6

: Oils, Olive: Par. 4--6

: Salt & Vinegar, Apple: Par. 4--6

**BACKGROUND OF READING 438-5 M 40**

B1. See 438-4 on 10/26/35 for fractured kneecap.

B2. 12/12/35 He wrote of pending surgery for second time to replace lower fragment which had again separated.

B3. 1/11/36 He submitted questions:

"Is there any chance of refracture of my leg? What special advice to keep from having a refracture? Will I regain full use of leg? When? What treatments are suggested? What effect will the refracture have on the money settlement of my case? Will it go to trial? When do you expect a trial or settlement to be made?"

**TEXT OF READING 438-5 M 40**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 15th day of January, 1936, in accordance with request made by the self - Dr. [438].

2. As we find, conditions are progressing rather satisfactorily.
3. To prevent the recurrence in the muscular forces about the knee and the limb of the stiffening, so as to pull the ligaments loose again, we would massage the whole of the limb each day, as follows:
4. One day we would use equal parts of Olive Oil and Tincture of Myrrh for the massaging.
5. The next day we would use the Salt (plain sodium chloride; not that carrying other properties, but this well powdered) and PURE Apple Vinegar.
6. Use one one day, the other the next. Continue in this manner, and we find that these ingredients will supply calcium, acids and oils that will prevent accumulations of water - or prevent the tendons becoming so taut as not to allow movement in the knee and the kneecap.
7. Hence these would bring the more satisfactory conditions to the body.
8. And STILL we would have, OSTEOPATHICALLY, that adjustment made in the cerebrospinal system as we have indicated (upper dorsal and cervical area). For unless it is, there will CONTINUE to be trouble!
9. Have it done the Dobbins' way! We are through with this reading.



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**REPORTS OF READING 438-5 M 40**

R1. 1/30/36 "Rec'd your letter, also your Rdg. Thank you very much. Am following the massage as per rdg. Can't get any osteopathic treatment as yet as I am still abed. But as soon as I can get around I shall go to the doctor's office."

R2. 2/9/36 Friend Mr. [257]'s letter: "[438] called today, and I've arranged with Dobbins for him to be treated."

R3. 2/11/36 EC's letter to Mr. [257]: "Glad you saw [438] - am sure he needs Dobbins - don't believe he knows, really, what an osteopath can do that the general massages don't do."

R4. 2/16/36 Dr. Frank P. Dobbins' letter: "Am now treating a Mr. [438] will send in report."

R5. 3/21/36 Dr. [438]'s letter from Florida: "Getting plenty of ultra-violet, sand and salt water. Feeling much better. Expect to return to N.Y. about April 3rd."

R6. 8/12/36 "My leg is just about getting in shape and I'm running around like a chicken with its head off... I have been trying to write this letter for several weeks, but having met Mr. [257] this evening, in for a treatment [physiotherapy tr.], he has persuaded me to finish it."

R7. 9/19/36 See his Business Rdg., 438-6, giving further advice on health.

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[edited]

Business Advice: Insurance  
: Real Estate

Par. 14-A, 15-A  
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INJURIES: ACCIDENTS: AFTER EFFECTS

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Physiotherapy: Massage: Myrrh: Injuries:  
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Par. 3, 4, 11-A--13-A

Psychosomatics: Healing

Par. 7, 8, 17-A, 18-A

### BACKGROUND OF READING 478-2 M 44

B1. He obtained Life Reading, 478-1, on 1/5/34.

B2. 5/17/34 He phoned EC saying he was going to the hospital again for a few days, and wished a reading in a few days to make sure all was being done properly. [A few weeks ago he had been in an automobile accident and had suffered severe injuries to head and right arm; was on critical list for days, unconscious.]

B3. 5/20/34 A.R.E. members visited Mr. [478] in the hospital, found him all bandaged up, said he seemed considerably worried over his spine being punctured, which he had objected to the doctors doing.

### TEXT OF READING 478-2 M 44

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 21st day of May, 1934.

1. EC: Yes, we have the body, the enquiring mind, [478].
2. In the physical forces, these we find have been under a great deal of stress and disturbance, but coagulation is taking place in a very nominal manner. There are being applied those things that are well under the existent conditions.
3. Yet, we find much relief might be had through the massage of tendons in the right shoulder and in the upper dorsal and cervical area, and by some alignments in the dorsal and cervical area; for this would relieve a great deal the conditions for the head and the tendency for the direction of the impulses in the sensory system; also alignments in the lumbar and lower sacral area.
4. Even a rub combined of olive oil, tincture of myrrh, equal parts, would in itself be helpful to those portions of the system; only massaging sufficient that the body will absorb.

## HEAD INJURIES CIRCULATING FILE

5. These will make for quicker reactions in the system.
6. The rest, as we find, are very good.
7. To be sure, the mental attitudes of the body as to itself, as to those influences outside of itself, as to those things that are in the mental associations of others having to do with the reactions in the mental attributes of this body, all have their part.
8. But first let the body keep those attitudes that there is purpose in that which is being brought into the experience of the body in the present, and if there will be kept the directing of the mental influences to the spiritual forces that may manifest, the greater opportunities may come in the experience of the entity for the aid in these directions that it may give not only for self but for others.
9. Ready for questions.
10. (Q) Are the spinal punctures which have been made harmful to the body?  
(A) Let these speak rather for themselves. They do not relieve the pressures.
11. (Q) Is there anything that is not being done that should be done to relieve the physical condition?  
(A) As we have given, the massage now will be aidful, and the adjustments later for those particular centers in the dorsal and cervical area as related to the tendons in shoulder, arm and lower limbs.
12. (Q) Are there any serious conditions that have resulted from the accident? If so, what should be done for them?  
(A) As indicated, that application being made is very good under the conditions. The addition of the massage with equal parts oil and myrrh in the present, as we find, will be helpful to this particular portion; and adjustments later. As for any undue conditions, no.
13. (Q) How often should the olive oil and myrrh rub be applied?  
(A) About once a day, preferably in the afternoon or evening.
17. (Q) Is there any other advice or counsel that would be of help to this body at this time?  
(A) Keep, as indicated, in those lines of the attitudes mentally, and we will find the better conditions in the physical and mental and the spiritual forces of the body responding.
18. (Q) Is there a thought for you to give this body to hold?  
(A) "Let that mind be in me that will create the right environ for my body, for my mind, and for the purposes and aims that I may be preserved for a service to others," giving praise, thanksgiving and glory unto Him in whom there is life, light and hope. We are through with this reading.

### **REPORTS OF READING 478-2 M 44**

R1. 5/29/34 He was returned home from the hospital and had his first osteopathic treatment, after which he slept all night for the first time since the accident. In a few days he was up and soon was able to go to Dr. M. L. Richardson's office for treatment.

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### INDEX OF READING 724-1 F 20

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#### BRAIN: LESIONS

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#### INJURIES: BRAIN: AFTER EFFECTS

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### BACKGROUND OF READING 724-1 F 20

None.

### TEXT OF READING 724-1 F 20

This psychic reading given by Edgar Cayce at the Hirn home, 6844 Nansen St., Forest Hills, L.I., N.Y., this 9th day of November, 1934, in accordance with request made by Mr. Louis French.

1. EC: Yes, we have the body here, [724], and those conditions that surround the physical forces of this body.
2. Now, as we find, there are conditions that disturb the physical body, which may be aided - and help and resuscitating forces be brought to this body; though we find conditions rather what may ordinarily be termed hopeless.
3. As we find, these are the conditions:
4. In giving that which may be helpful for this body, something of the causes as well as the effects that are at present existent may make for helpfulness in the experience of those that may minister to the physical welfare of the body.
5. First, then, we find an injury in times past to the head, that has not made - in itself - for a pressure upon the brain itself, but a condition in the axis of the neck that has brought on the paralysis and the gradual affecting of the brain centers, until there is a wasting - or those reactions to the brain's reflected forces such as to produce what is termed by some a wasting, or the brain's non-activity.

## HEAD INJURIES CIRCULATING FILE

6. These were those things that brought about that which exists as the surroundings in the present.
7. As to the BLOOD SUPPLY, we have an internal circulation that is very good, considering what have been and are the suppressed conditions when it comes to those activities that have made - and do make - for the impulses for the activities either of the muscular forces or the locomotory forces, either from the brachial or from the centers in the lower portions of the body.
8. The superficial circulation is very low.
9. These conditions, of course, have been as a gradual growth; for the body attempts to adjust itself to meet the conditions that are found to exist in the physical forces of the body; thus we have gradually builded in the body a LESION - in not only the upper centers in the cervical area but to the axis and to the base of the brain itself - that which has hindered a proper circulation through that portion of the body. Then the wasting away.
10. The NERVE CENTERS in some portions show little or no response, yet the sympathetic centers not being involved there is brought to other portions of the body a reflex that is not normal, but is rather of a superficial activity.
11. These, then, are the hindrances as we find them for the bettering of the physical conditions of this body, [724] we are speaking of:
12. Now, in meeting conditions, or in bringing for this body the greater experience in the earth, it will require - as may be seen from the conditions and from the ministrations that have been given for the body - consistency, persistency, and prayerful experience; not only of the body itself but of those that would minister to the needs of the physical forces.
13. Where the centers of the nerve system have been destroyed by their lack of association or connection, by the shock sustained (by its diving in water or in some forces that made for an effect upon the body), so that these have been blocked and are lacking in the coordination of the centers themselves, there may be applied the influences from without that - with consistent and persistent activity - will bring not only the replenishing but the building to a condition, at least, wherein only a portion of the paresis or paralysis may remain; and the body not only in its mental self may find gradual recuperations but take much of that which may aid in its caring for itself.
14. Prepare, then, the low form of the electrical vibrations that come through the wet cell appliance in the static forces; for these are nearer akin to that electrical vibration that may be set in the body. Then, attune these to the body through first the Chloride of Gold, in the proportion of one grain to one ounce of distilled water; and then the Nitrate of Silver - that will supply those other elements within the system if they are carried in the proper proportions, which would be one grain soluble in three ounces of the alcohol.
15. These properties would be given alternately to the body through these electrical vibrations, one given one day and one the next, each day for a period of thirty days; then a rest period when there would be the recharging of the battery formations, and then begin again.

## HEAD INJURIES CIRCULATING FILE

16. In the applications of the battery, of course, the small copper plate would be the positive, and the larger nickel plate passing through the solution would be the negative - with the coil into the solution, one day the Gold and the next day the Nitrate of Silver; attached to the body for twenty minutes each day.

17. Make the application of the first or smaller copper anode to the 9th dorsal plexus when using the Gold solution, and the anode through which the solution is to pass - the nickel anode - to the UMBILICII center. When making the application of the Silver on the next day, the small copper anode would be attached in the extremity - or to the lower limbs, while the nickel anode carrying the solution would be attached to the base of the brain. For, indeed has the psalmist been correct in "The cord of silver is not broken, and His cup runneth over to those who put their trust in the Lord."

18. Each evening as the body is prepared for rest, we would use a gentle massage carrying properties in same that will rest the body much from its periods of constantly being unable to use its own forces. Such a compound for massaging would be prepared in this manner:

19. To 1/2 gallon of Gasoline as the carrier (using the normal gasoline, not that which has been tainted with any coloring matter), add:

Camphor Gum.....1 dram, Russian White Oil.....4 ounces,  
Oil of Wintergreen.....2 ounces, Oil of Pine Needles.....2 ounces,  
Oil of Cedar Wood.....2 ounces, Oil of Sassafras.....1 dram.

20. These in solution would bend to separate; but shake well each evening when ready to use; pour out a portion into a shallow container and massage along the whole of the cerebrospinal system, especially in the area about the 1st and 2nd cervical, the 2nd and 3rd dorsal, the 4th lumbar, and along both of the lower limbs - as well as the upper. Massage in a ROTARY motion. Not as to cause too much irritation, but with that prayerful application, knowing that the ministrations of those manifestations in the earth - as given through the All-Wise Creative Forces - may bring to this body a constructive influence.

21. Do these things for this body, and we will bring to the body a much nearer normal and activative force for the physical body.

22. Ready for questions.

23. (Q) Would you recommend any special diet for the body?

(A) That which keeps the normal balance towards blood and nerve building; for the nerves must make their contacts through the creating of the influences that are within the tendons of themselves, that will be increased by the application of those solutions that awaken the superficial circulation; and we will find these will bring help.

When sixty days have passed with following these, we would give further instructions. We are through for the present.

(See letter [which was enclosed] to The Reilly Service with specifications for battery. The ingredients for the massage may be obtained separately and then put together; I think Reilly would do this for you also. Nerve and blood building diet, I think, would consist chiefly of fresh vegetables, fruits and nuts; liver, tripe, pigs' feet, etc. GD.)

## HEAD INJURIES CIRCULATING FILE

### INDEX OF READING 851-3 F 73

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### BACKGROUND OF READING 851-3 F 73

9/21/36 "I would like to get another reading for myself as soon as possible, as I am not well, and along with my other troubles am suffering so much with my head."

### TEXT OF READING 851-3 F 73

This psychic reading given by Edgar Cayce, this 25th day of September, 1936, in accordance with request made by the self, through her daughter, Mrs. [678].

1. EC: Conditions are not so good. These are near to the separations, for conditions are developing - and senility for the activity of organs is indicated.
2. The relief as we find for the intense suffering would be with a hypnotic, under the direction of a physician; following same with a general elimination produced by the use of the colon irrigation and the general massage.
3. These as we find would offer the greater relief, making the body the easier, and making the general conditions about the body the better.
4. These we would do.
5. (Q) Is there any immediate danger?  
(A) These are GRADUALLY growing the weaker, as we find.
6. (Q) What causes pains in my head, and what should be done for it?  
(A) The pressure upon the general nervous system, and as we find - as indicated - a hypnotic would be preferable to a narcotic, and would ease the body the better and make for the less of congestions that may be aided by the general massage (osteopathically given as we find would be the preferable).

## HEAD INJURIES CIRCULATING FILE

7. (Q) What causes pains in my knee and leg and what should be done for it?  
(A) These as we find arise from the settlings of poisons, or poor eliminations. Hence the necessity for the colon irrigations to remove fecal forces and throw off, as it were, the greater amount of poisons for the body.
8. (Q) What causes the nervous condition, and what causes me to worry as I do?  
(A) It's the general breaking up of the coordinations throughout the body-forces.  
Hence the natural ANXIETY of the body, physically, as related to the mental and spiritual forces of same. The natural anxiety that arises is a portion of the whole condition.  
If changes are set up - but should there be?
9. (Q) Is there any danger in moving the body from the apartment?  
(A) No DANGER; it will be eventually moved.
10. (Q) Did the fall I had, out of a swing, when a child, hurting my head, cause an injury, causing a nervous condition all these years?  
(A) This, of course, is - Remember that Life as a whole is as one. If no time or no space - and these are elemental facts - then the EFFECT of same is being re-enacted as it were into the body at present, but it is the general debilitation that is setting in. This may be a few weeks; it may be a few months; but these are beginning.
11. (Q) Please give specific diet.  
(A) Whatever the body desires, provided it is of easy assimilation. That as is the most strengthening would be better for the body.  
Keep to the alkalines, to be sure, but whatever the body desires, prepare it in that way and manner as it desires.
12. (Q) I have adhesions in my left side and could that condition be cured?  
(A) These may be aided by the massages, provided they are not attempted to be broken up too suddenly.  
But these will all become a part of the general condition.
13. (Q) Could whole wheat bread or raw vegetables be eaten on account of this condition?  
(A) Partially; not too much at a time but partially.  
Do these as we find for the greater relief. Of course, after the massage, a help will be a little electric vibration or an ionizing as it were of the vital forces to strengthen the body. These may be had through low electrical vibrations, as from the very LOW electrical vibration - or of the violet ray, but not too much of same. These preferably not as sparklers, not as the bulb appliance but as equalized for the body through holding the rod applicator - as electricity for the body, but very small quantities of it, and not too long - but these will help.
14. We are through for the present.

### **REPORTS OF READING 851-3 F 73 [edited]**

R1. 11/8/36 Daughter [264]'s ltr.: "Mother is following her rdg., and it is amazing how she really is improving."



## HEAD INJURIES CIRCULATING FILE

R3. 9/13/37 Letter from Mrs. [264] to EC: "...Mother [851] is as well as usual. She often mentions the fact of how she took a new lease on life when she found through her reading that in her condition at that time she was slipping out. She goes down town every day, and to market, prepares hers and [678]'s meals, cleans the apt., and has prepared many meals for me this summer. She goes to see real estate men often and is trying to lease a place to run as an 'Old People's Home'. I never saw such courage. She really is interested in what she is doing, too. She asked to be remembered to you..."

R7. 1/31/41 Letter from Mrs. [264] to EC: "...Mother [851] is some better, but is going to get that reading yet. Frankly, I believe Mother wanted to get better before getting the reading for fear it might say there was nothing that would be done, as after I helped her with the questions she said (but she laughed) 'I reckon the reading will say that I am so old I am just falling apart is the reason I have all of those ailments.' However, Mother's courage is indomitable, and she will improve on the reading..."

R11. 12/9/41 See 851-4 (not included here).

### **Excerpts from Reports of Reading 851-4:**

R5. 1/27/44 Letter from Mrs. [264] to EC: "...Mother [851] has been in with a cold for over four weeks. Have been nursing her and helping fix her meals.... Nursing Mother would not have hurt me - it was so much less than what I had been doing for months (I was in [N.C.] exactly 7 months. Isn't that interesting?) but Mother's attitude is negative - out of harmony with the world, and everybody and everything in it. Poor dear, there is so little coordination in her body or organs - it is a struggle for her to live. She [851] is eighty-one and is mad about that. I tried reasoning with her, but she fought me down, so now I just pray and try to 'see her as God sees her'. She has improved on that, too..."

R7. 7/53 Report by Mrs. [264]: "Mother died 8/31/52 [at age 90] with gall bladder trouble. She was perfectly active and well until the night before. She attributed her active life and good health to following Edgar Cayce's readings."

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**BACKGROUND OF READING 1138-1 M ADULT**

B1. 5/23/36 Friend Mrs. [623]'s letter: "He fell down an elevator shaft onto his face some years ago. He broke his nose and other bones of his face and was not expected to live. Since then he has developed some kind of spell, beginning with his left eye - it goes shut - he loses control of his face, his throat, his hearing, his seeing, his arms and legs and his mind to some extent. He gets very weak but has no pain at all. When they give him up to die he gets better, almost well, until another time.

"His eyes are both closed most of the time now, so it is in its beginning stage. He has been to Mayo's and lots of places. A year ago his wife received a letter from Mayo's asking if he was still living, that it was an odd case and they wanted to keep track of it. We do so much want to help him."

**TEXT OF READING 1138-1 M ADULT**

This psychic reading given by Edgar Cayce, this 6th day of April, 1936.

2. Now, as we find, while there may be aid or help brought to this body, unless there is a great deal of patience and persistence we find that the applications will mean only some relief, some ease for the physical and mental reactions through the body.

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3. This is a condition where there was the breaking up of the tendons, the muscular forces, the shattering of nerve centers and plexus along the cervical and dorsal area, as well as those injuries to the head. And we find that if these had been cared for properly, conditions might have been better.
4. However, we must take conditions not as we would like them but as we find them.
5. So, to meet those conditions that we find may be aided in the present:
6. As indicated, while we find there is the ability for locomotion and activity of the body at times in the present, this is very much impaired by the inability for making for coordinations, or in the body doing that it purposes in its mind to do.
7. For where injuries along the cervical and dorsal region have made for ligaments and tendons to become switched somewhat in their connections, and where impulses in ganglia along the cerebrospinal system have been so jammed or in others so spread over an area, these impulses that were as voluntary become INVOLUNTARY, and the involuntary become voluntary. This is indicated by the manner in which at cycles of change there is an alteration in the vision and the contractions to the muscles of the face and the head. And at such times there are those impending fears that arise in the mental reactions for the body, and the whole of the locomotion - especially to the arms, and at times to the limbs - becomes distracted through these periods of reaction. Then these will apparently clear themselves by those fillings or buildings up that have become as feelers from the nerve centers, springing or spreading out into the system. And more and more after each of these experiences or periods there has been and there becomes less ability of the body in its NOMINAL reaction to carry on. Very little at a time, yet - as has been shown in the experiences of the body - there has been a gradual growth.
8. So, in making the applications of those things that may be helpful for the body, these in their beginnings must of necessity be very slow; possibly for the first six months, nine months; yet retarding those tendencies of the contraction, breaking off - as it were - those tendencies for the tendons and muscular forces and ligaments to become impaired, bringing them back more to activity, bringing periods when - while there may be severeness for a few days, yet - if these are adhered to and carried forward - we might save the eyesight in its entirety; that is, to see as HAS been and IS a reaction in the ORDINARY sense, or during those periods of the better reaction.
9. And gradually we may make for a better ability for locomotion, the use of self, care of self; and a better mental outlook may be increased, as we find.
10. Then, in the present, we would first begin with these. Then, after a period when we have found there is a better use of the upper portion of the body, and there are periods when there is clearer reaction through the mental coordination with the impulses of the physical and mental or imaginative system, or the sympathetic and cerebrospinal systems are better in coordination (which should require some sixty to ninety to a hundred and twenty days), we would change somewhat the applications for the body.
11. First we would make a compound to be used for massaging, in this manner:

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12. To 6 ounces of Russian White Oil, or Usoline, or Nujol, as the oil base, add - in the order named:

Oil of Wintergreen.....1 ounce, Oil of Cedar Wood.....1 ounce,  
Oil of Pine Needles.....1/4 ounce, Kerosene or Coal Oil.....1 ounce,  
Compound Tincture of Benzoin...1 ounce, Oil of Sassafras.....1/2 ounce.

To be sure, these will tend to separate, but before using shake together and pour a small quantity in an open container - just what will be absorbed by the body. Massage this into the base of the spine (that is, the base of the head), at the edge of the head, but AWAY FROM the head towards the central portion of the back. In the neck, the shoulders, extending all the way down to the end of the spine, but the greater portion around the base of the head, through the cervical area - or from there down to arms and across shoulders. Do this each day. Massage gently in a rotary motion, but gradually get a little deeper as the soreness or the tenderness comes and goes.

13. We would also use the Radio-Active Appliance as an EQUALIZER for the extremities of the body in the impulse and in the circulation. This would be attached to the body preferably as the body rests in the day, in the afternoon, or just before retiring, or both - a period of an hour to an hour and a half. Keep the anodes very clean. Make the applications to the body AFTER the change in the temperature, or fifteen to twenty minutes after the Appliance has been put in the ice solution, see? Sprinkle a little salt in the solution. But do not allow same to come over the top of Appliance, the water or the ice OR the salt.

14. Do this for the period as indicated - ninety or a hundred and twenty days.

15. And then we will change these vibrations through those effective conditions which will have taken place. For, as we find, we may add a greater stimulation to retain the vision and to make for better coordination.

16. In the matter of the diet and activity, these we would keep just so we have the regular eliminations; not too much of meats but rather a vegetable diet that makes for the whole physical and mental activity being coordinative - or an alkalin diet. We will change these things in ninety to a hundred and twenty days.

17. We are through for the present.

### **REPORTS OF READING 1138-1 M ADULT**

R1. 5/20/36 Wife's letter: "We have faithfully followed all the instructions given us at that time. Mr. [1138] has shown no improvement up to date, in fact he seems to be growing more helpless each day.... Would you suggest a check reading - perhaps there are additional instructions you would like to give us."

R2. 5/22/36 EC's letter: "Although as indicated the suggestions in the first reading have not as yet been followed for ninety to a hundred and twenty days, we will be glad to check up on Mr. [1138]'s condition through another reading and see if everything is being done properly - or, as you say, if anything may be added at this time."

R3. 5/29/36 See 1138-2.

**INDEX OF READING 1138-2 M ADULT**

Appliances: Radio-Active: Injuries: Accidents:  
After Effects Par. 4

INJURIES: ACCIDENTS: AFTER EFFECTS

LOCOMOTION: IMPAIRED

Osteopathy: Injuries: Accidents: After Effects Par. 7-A

**TEXT OF READING 1138-2 M ADULT**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 29th day of May, 1936.

1. EC: Yes, we have the body here; this we have had before.
2. In some respects those applications that have been made are to some - and to the body at times - rather discouraging.
3. The conditions that have been described are of such a nature that these come under certain cycles of the body-functioning as indicated through periods, when there is the attempt of the body to rebuild or reconstruct or replenish used energies or forces.
4. As for the mental coordination, the vision, the head forces and influences, and the applications - these have at times apparently made the indications rather worse. But if there is the CORRECT massage, the CORRECT alleviating of the pressures in the upper dorsal and throughout the cervical area, using those properties as indicated and adding with same the vibrations from the Radio-Active forces that equalize and quiet the body, these should soon make for DEFINITE changes that will be most beneficial.
5. As we find, these offer the greater opportunity for the responses through the body for HELPFULNESS to the body of [1138].
6. Ready for questions.
7. (Q) Are all treatments being followed correctly?  
(A) Rather would we have the adjustments made in every instance as MUCH as possible by one more in keeping with the RELIEVING of these tensions, rather than - now - JUST another rub. Let there be, then, more of the TRAINED hands.  
These then have NOT been ALL properly given.
8. (Q) Should anything further be added?  
(A) Only those as indicated.
9. We are through with this reading.

**REPORTS OF READING 1138-2 M ADULT**

None.

**INDEX OF READING 1491-1 M 75**

BLINDNESS: TENDENCIES

CATARACTS

Electrotherapy: Erlanger: Cataracts Par. 10, 11, 13, 14, 18-A

Hemorrhage: Cerebral: Tendencies Par. 5, 19-A

Injuries: Accidents: After Effects Par. 5, 19-A

Osteopathy: Cataracts Par. 8, 9, 11, 13, 14, 16-A, 18-A

Prophecy: Prognosis: Blindness: Tendencies Par. 12

Work: E.C.: Readings: Physical: Not Followed Par. Reports

**BACKGROUND OF READING 1491-1 M 75**

B1. 11/24/37 Letter from [1151] to GD: "...As near as I am able to understand from the oculists who have examined my eyes, is that in each eye there has scar tissue formed, the result of a healing of slight hemorrhages of the small blood vessels in the retinas. The first of these hemorrhages occurred in August 1936 at a time when I was feeling especially well in every way and playing my usual game of golf almost every day after the bank closed and the questions that I would like to have answered are:

1. What was the cause of this hemorrhage? I was performing no unusual exertion nor did I have any accident of any kind whatever at that time. The hemorrhage in my right eye came about a week after I had a severe blow on the forehead occasioned by a taxi cab accident in which I was thrown to the floor of the vehicle and I was unconscious for probably a full minute. This accident occurred in March 1937.

2. Is there any likelihood that nature, in the course of time, will absorb these scars, thereby giving my retinas a full reflecting surface?

3. Is there any surgical operation that has a more than 50% chance of being successful in improving my eyesight?

4. Is there any treatment other than a surgical operation which might improve my eyesight? In any ordinary light such as broad daylight or ordinary artificial light I am unable to see to read because these scars are right in the center of the retina of each of my eyes; but with the sun shining directly upon a newspaper or with a very strong artificial light approximately equal to direct sunlight, I can see to read ordinary news print.

5. Does not the fact that I am able to see with this very powerful light seem to be an indication that the center of the retina is not entirely dead and that I see directly through the scar? I was born in 1863 and therefore I am in my 75th year.

## HEAD INJURIES CIRCULATING FILE

Does my age, taken in connection with the fact that I am in every other way physically well, militate against my eyesight ever becoming better than it is now?... " [1491], President

### **TEXT OF READING 1491-1 M 75 (Banker)**

This Psychic Reading given by Edgar Cayce, this 3rd day of December, 1937.

2. As we find, there are specific conditions that disturb the body, as well as some of a more general nature.
3. These as we find may in both instances be aided to produce or bring about the more normal reactions.
4. We find that these have to do, in the general, with disturbing conditions produced by the poor eliminations.
5. This is a part then of the more specific condition as produced by an injury in such a nature or manner as to cause the seepage, or thinned walls of the circulation, to produce a flooding, or plethora, or hemorrhage IN the body; as effected more specifically from the very nature of the accident or injury to the head and to the neck.
6. These then may also as we find, from the effects produced, be aided in bringing about a much nearer normal condition, and restoring in a greater part the visibility of the body as related to the condition in the eyes general.
7. Then, as we find, these would be the considerations or applications:
8. First we would give that there be made, but not in too severe a manner, the GENTLE adjustments and manipulations Osteopathically administered.
9. These should be combined, however, with the local application for the eyes themselves; or the manipulations Osteopathically should be about twice a week, for periods of four to five weeks, then they may be left off.
10. While the administrations of the electrotherapy of the nature as may be applied by the instruments and applications by one such as Erlanger, where there is the stimulation to the circulation by the application of the low electrical forces direct to the optic forces themselves, may disintegrate; and by the stimulations produce absorption of the inflammations as would be reduced, and by the EFFECT of the scar tissue produced by the coagulation upon the retinae and the optic forces themselves.
11. We do not find that the optic nerve has in any manner made for a hardening or atrophying, or for such as to not be materially aided by the stimulation gently given, Osteopathically, and reinforced or aided by the use of the low electrical vibrations as would be applied directly to the eyeball or retinae itself.
12. This would dissolve and distribute so the system would eliminate, and thus we may increase the visibility to at least eighty percent, or gain an eighty percent visibility for the optic forces themselves.
13. Now the administrations of the electrical forces, as well as the manipulations and adjustments of the upper dorsal and through the cervical area, stimulating all through the vagus centers and those to the throat and to the activities of the head, and all portions of same, would - in the GENERAL conditions - make for a much better reaction to the body.

## HEAD INJURIES CIRCULATING FILE

14. True, owing to the age (or the consciousness), these will be a little bit slow. Hence we would find, at least three times a week the electrical applications would be made, and twice a week the Osteopathic adjustments - gently given; these for five to six weeks, a rest period of some two to three weeks, and then a little less often perhaps of either of these, would bring the better conditions for this body.

15. Ready for questions.

16. (Q) Any specific directions as to the osteopathic treatments?

(A) As given, those more particularly in the upper dorsal and through the cervical, following the vagus center's activity throughout to the face and head.

These then would reduce the condition by creating better drainages, or the stimulation of the manipulations should be for drainage or absorption of the excess tissue involved - which is to be dissolved, absorbed and eliminated through the regular channels.

17. (Q) Any particular diet?

(A) A regular or general diet is very good for this body.

18. (Q) When there is a rest period from the osteopathic treatments, should there be a rest period from the electrical treatments also?

(A) These would be left off after one more week of these, then may be left off just as would be the osteopathic treatments - for two to three weeks, or according to the response of the body.

19. (Q) What was the cause of this hemorrhage? I was performing no unusual exertion nor did I have any -

(A) (Interrupting) This has been indicated. It was from a general weakening of the condition of the body, but brought about by the injury to the head and neck.

Do these, as has been indicated for this body; and we will find the better conditions. We are through for the present.

### **REPORTS OF READING 1491-1 M 75**

12/8/37 Letter from [1151] to GD: "...The enclosed letter from Mr. [1491] [See 12/7/37 ltr. below], unfortunately, is the reaction I have received to his reading of last week...."

12/7/37 [1491]'s letter to [1151]:

Dear [1151]:

I have listened with great interest to the reading of the suggestions which accompanied your letter of December 4th and please accept my thanks for your interest in the matter.

The facts, however, are as follows:

So far as my personal physical health and fitness are concerned, I am at least better off than 75% of the people who have reached my age and therefore that part of the suggested treatment which relates to the betterment of my physical condition does not particularly interest me.

During the past four months I have had my eyes examined by and have consulted with four of the best oculists in the State of New York, every one of whom agreed with all the others in the diagnosis of my trouble. Each one of them discussed the subject of electrical treatment and each and every one of them agreed that any treatment of this kind which was powerful enough to in any way alter scar tissue (which is concededly the toughest part of any muscle or membrane of which it is a part) would be far more apt to cause additional hemorrhage of the surrounding membrane.

Therefore, while the idea held out that I might regain 80% of the use of my eyes sound almost too good to be true, the possibility of having my sight further impaired than it already is, far outweighs, in my mind, the thought of attempting such treatment....

Cordially yours, [1491]



**INDEX OF READING 1855-1 F 52**

ASSIMILATIONS: ELIMINATIONS: INCOORDINATION

Diet: Assimilations: Eliminations:  
Incoordination Par. 16, 17

Doctors Suggested: Backman, Louis H.: PhT. Par. 12

Electrotherapy: Diathermy: Spine: Subluxations Par. 14, 15

GLANDS: INCOORDINATION

HEADACHE: SPINE: SUBLUXATIONS

Injuries: Head: Spine: After Effects Par. 9, 20-A

Neuropathy: Spine: Subluxations Par. 12, 14

Physiotherapy: Packs: Cold: Spine: Subluxations Par. 12, 14  
: Hot: Par. 12, 14

SPINE: SUBLUXATIONS

Teeth: Spine: Subluxations Par. 12, 20-A

Vertigo: Assimilations: Eliminations: Incoordination Par. 7

**BACKGROUND OF READING 1855-1 F 52**

B1. 3/24/39 [1855]'s letter to EC:

Dear Mr. Cayce -

Thank you for your note of March 20.... I have made a list of five questions, according to your suggestion, to be asked regarding my condition.

1 - What is the cause of the pain in the bones in my head - all over my head?

2 - What is the cause of the spasmodic headaches that seem to be all over my whole head?

3 - What is the reason the glands in my neck on the left side ache so? They ache like a toothache. (Presumably, the swollen gland is from a dental infection of many years standing.) I would like you to look for any foreign matter around the area of the left hand side of the jaw.

4 - About five years ago, I suffered a very bad blow to the head. Could this have caused a slight concussion from which, at times, I still suffer headaches that may or may not be related to the conditions asked about in the above questions?

5 - I would appreciate a general check-up of the entire body for cause of general exhaustion and weakness all over the body. With many thanks for your kindness and help, Sincerely, [1855]

**TEXT OF READING 1855-1 F 52**

This Psychic Reading given by Edgar Cayce, this 31st day of March, 1939.

3. Now as we find, there is a complication of disturbances preventing the better normal functioning of this body.
4. These have to do with the glandular system as well as the nervous systems of the body.
5. Then, these are conditions as we find them with this body, [1855]:
6. In the blood supply there are the indications that there is inflammation through areas along the cerebrospinal system where, as we find, there are subluxations that tend to cause this to be a source of disturbance, - especially with the pains in the head, the neck, - and is a contributory cause to the complication through the glandular forces.
7. Those in the nervous system, however, cause the greater disturbance with the glands in the neck, while the glandular disturbance within the system as related to the eliminations of every nature, as well as the activity of the assimilating forces, are in the greater manner responsible for the weakness and those indications at times of a dizzy mental disturbance and distress.
8. In the functioning of the organs as related to the nervous disturbance, - we find:
9. There have been injuries (external) in times back such as to cause subluxations to portions of the structural body, or a jamming of segments along the cerebrospinal system, - especially in the neck, or the full length of the cervical system, as well as in the upper portion of the dorsal area.
10. This, with the system attempting to function impulsively through those activities, has caused a great anxiety to the nervous system throughout the whole of the vegetative nerve centers.
11. However, the lacteal duct and the liver area of the glandular force cause the lack, or the inactivity of the digestive forces and the slowing of the flow of gastric forces through digestive area; thus slowing up all of the active forces in the glandular system.
12. As we find, in making corrections here, - we would apply the hot and cold water to those areas especially in the cervical and upper dorsal area; followed by a gentle neuropathic massage. These would make for the greater improvement in the releasing of the impulses through the activity of the nervous system, and thus reducing those violent headaches as well as the fullness in the throat and the glandular activity in same; and enable the body to care for the conditions as related to gums or mouth or teeth. These would be given by such an one as Backman, - these corrections along the cerebrospinal system. In the beginning these would be necessary almost every day, you see.
13. Then, as for the activities of the general system:
14. AFTER the hot and cold water applications AND massage are given, AFTER the corrections are made, not before, - THEN we would begin with the very low form of the electrical vibration as may be had through the Diathermy. This would be the more beneficial, but not until there has been full correction made along the cerebrospinal system. This would supply, in a very low form, sufficient heat

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activity and impulse along the cerebrospinal nerves to make for the removal of those tensions which have existed by the changing or changed conditions when the hot and cold water applications and massage have been made.

15. The Diathermy treatments should be given, of course, under the direction of one who makes a specialty of such treatments, but they should ONLY be given of the very lowest form - for this body. The applications should be made to the gall duct plexus as well as the brachial center or plexus.

16. In the matter of the diet throughout, - we find that the foods should be rather those that are well balanced in blood, body and nerve building. Use plenty of fresh, green, raw vegetables with the diet at all times.

17. Refrain from too great quantity of fried foods, or things that would create too much of an inclination for the producing of gas through the digestive forces, or the combinations of starches WITH greases.

18. Do these and, as we find, we may bring the better influences and forces for this body of [1855].

19. Ready for questions.

20. (Q) Is there a dental infection causing the glands in my neck to swell so?

(A) Rather as we find, as indicated, it is a complication of old disturbances from injuries to head and neck and shoulders.

Do these things as we have indicated, if we would bring the better influences and forces for this body. We are through for the present.

### **REPORTS OF READING 1855-1 F 52**

R2. 5/8/39 [1855]'s letter to EC:

My dear Mr. Cayce:

. . . Your diagnosis was marvelously correct, and I am following your suggestions for treatment as near as I possibly can; and I am glad to say that I am feeling much better. Now I wasn't to give you my impressions at the time of the sitting. Our appointment was from 3.30 P.M. to 4.30 P.M. Now I note on your report that you started at 3.45 P.M. This is very interesting for I sat down in my room at 3.15 P.M. and read "The Aquarian Gospel" to try and get myself in a passive state. Nothing in particular happened, until I suddenly became thoroughly relaxed and I heard the ether waves opening up, just as one hears them on the radio when tuning for a foreign broadcast. I looked at the clock and it was exactly 3.45 P.M., the time YOU were starting the reading. I was conscious then only of SPACE, harmony and peace. Then I saw an enormous varied colored spiral through which came your voice speaking to someone I could not SEE but could feel. You were asking about my condition. Then I seemed to be in an enormous Hall somewhere out in space (I was NOT asleep) and I could not only FEEL but SEE visibly invisible figures of men moving silently around. Some were in white robes, some were in sand color. During all this I could also hear the soft hum of the ether waves. At 4. P.M. I was wide awake on the material plane but I remained sitting until 4.30 P.M., the allotted time. I hope this does not bore you, but I thought you might be interested. It was a great pleasure to meet you in person and also to hear your very interesting talk at the McAlpin Hotel.

Once more thanking you for your kindness and with very best wishes I am Very Sincerely Yours [1855]

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**INDEX OF READING 1916-5 F 20**

**[edited]**

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: Mercury	Par. 4
: Saturn	Par. 5
Bible: Characters: Zerubbabel	Par. 15
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Incarnations: Bible: Old Testament	Par. 15
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Injuries: Head: After Effects	Par. Reports
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Karma: Physical: Epilepsy	Par. 14, 19
Soul Development: Service	Par. 14
: Spirituality	Par. 15
Soul Retrogression: Neglect	Par. 15
: Self-Gratification	Par. 14

**BACKGROUND OF READING 1916-5 F 20**

B1. She obtained previously four Physical Readings, mainly for an epileptic condition since early childhood.

**TEXT OF READING 1916-5 F 20 (Protestant)**

This psychic reading given by Edgar Cayce, this 19th day of January, 1931.

4. One that is under the Mercurian influence of exceptional mental abilities, in cunning, in wit, in cynicism, and these may be made a portion of, for the development of, or for the building of that which may make for hardships or developments in the entity's present experience.
5. Under the influences that will be seen in Saturn, making for that regeneration of self in the present experience, this dealing much with the physical forces of the body - both as pertaining to the physical body and to those influences in the views that are taken by the body or entity as respecting the varied associations with individuals, with things, conditions and surroundings; yet one wavered through Jupiter's influence, that making for benevolence in the experience of the entity that may be as the saving grace, when considered from astrological or innate influences, giving those forces wherein - with the application of will, tempered with that built within the soul force itself - there may be brought those influences that may make for a development through this present experience.

7. In the various spheres of experiences, these we find as innate OR manifested - dependent upon the application the entity may make of self through will's influence as to these conditions in the experience of the entity.

8. One that finds self in that position of making friendships easily.

13. In the appearances, and the effects these have had upon the present experience - or do have, or will have:

14. In the one before this we find during that period of the history in the land now known as the French. The entity was then among the household of Louis the 15th, when those were as mad periods in the entity's sojourn, as well as in the development of the continuity of energies rendered in service for others, or for the aggrandizing of selfish interests in the entity and in the affairs of the period in that land. In the name Elois, and as a companion - or as a companion for those companions (for there were both) to the king, the entity lost and gained, and lost, through the experience; for the entity was given much to the gratifying of the desires of the flesh, and of the position of ease irrespective of how it was accomplished, which has brought that harmful condition that is apparent in the entity's present experience. There was the love of the positions that wrought rather the easier way, or ease for self and self's surroundings, rather than being able to meet the vicissitudes and the troubles. In the service rendered under stress and strain, the entity gained; losing most in this experience - and the conditions are manifested in the entity in the present.

18. In the abilities of the entity in the present, and that to which it may attain:

19. As is seen, much is to be overcome - much has been required of the entity; much IS suffered by the entity from many spheres, many phases, in the present. In seeking first the counsel of that from within, that may be gained most by relying upon the soul's cry for an opportunity to manifest itself, listening and harkening to that which may be builded through the spiritual forces of self that will lift up, will enable the entity to make that close association with that promise in Him; for he, or she, that will put their trust in Him - laying the burdens of the body-mind, the burdens of the soul upon Him, will find they are not climbing up some other way. Kick not against the pricks that would make of life a burden in many ways, but rather know that wholly trusting, wholly faith, wholly understanding may come in Him. We are through for the present.

#### **REPORTS OF READING 1916-5 F 20**

**[edited]**

7/27/60 Letter to [1916] from Walter N. Pahnke, M.D.: "I need your help in carrying out a research project in which I am engaged. I am examining the Edgar Cayce records in an attempt to determine common patterns in the forms of treatments recorded in certain diseases. I am trying to discover the practical value of these treatments in the cases for which the readings were given.

"One of the diseases I am studying is epilepsy. I would appreciate a brief follow-up report from you on the results you got from your own personal reading. I would like to know (1) if you thought the description in your reading fitted your case, (2) for how long and (3) to what extent you followed the treatment and (4) what results were obtained. Please be frank. If you thought the reading was inaccurate or if after an honest and careful trial you noted no improvement I

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would like to know this just as much as if you had a complete cure. Most important of all, are you still suffering from convulsions in any form? Also, what has been the exact medical diagnosis of your condition by doctors?

"You may be certain that your answer and your original reading and correspondence will be kept strictly confidential in my analysis of the material."  
Sincerely yours, Walter N. Pahnke, M.D.

7/31/60 Letter to Dr. Pahnke from [1916]:

"I was delighted to know of your research on epilepsy.

"To try and answer your questions. At 17 yrs. of age when my first reading was taken, I was so very immature in my thinking along such lines that I did not give to them the significance I would give them now. I had studied nothing along the lines, and though a high school graduate, I found myself in very deep water with the discussions going on around me with Hugh Lynn a phy. major from W & L and Tom Sugrue, a recent graduate. So - I must say in defense of the treatment that I did not apply my mind to same as much as should have been. The months I stayed at Va. Beach (at hospital) did wonders for me. Though my seizures were not stopped entirely, they were indeed lessened. I was well enough to go to Europe by 1930. As to the reading fitting my case, you must know that in those days a Dr. would seldom 'go out on a limb' by saying the treatments should help. So I cannot say as to their accurate description of my case. The osteopath, [Harry Semones, D.O.] to whom I went, (after being at the Cayce Hospital, Va. Beach & being treated by Dr. House) did follow instructions, I feel. I was under treatment there for 6 months or so at his clinic for 3 mo. and then back and forth from ... (my home) to ... (110 miles). The seizures were lessened by these treatments but were not completely cured. My physical condition must have been wonderful as I led a very active life through that period. I drove my car. I went everywhere a normal teenager wants to go. I was not permitted to do heavy sports or tire myself out in any heavy work. I did not drive at night - most of my seizures were at night when the body was quiescent.

"When I was 26 [23? - GD's note: If she was 26, it was Nov. 1936, 3 years after her father's death.] - I was on a porch in Florida - talking to my mother one night [Nov. 1933 or Nov. 1936? See 9/28/33 letter] - and had a seizure - a very long one, according to my mother, when I came to, sufficiently, I was in bed. We didn't discuss it next day. She asked if I remembered the seizure and I had not - it was my last.

"I am now 50 - none since that time.

"The most interesting note I can make on the suddenness of a disease which had lasted from age 4 to 26 is, my father, [4193], whom I adored and admired more than anyone - had died suddenly in October before this cessation in Nov. According to my Life reading taken in 1931 I was a companion to the King (Louis 15) & was given to gratifying the desires of the flesh & according to research by Gina Cerminara, epilepsy is the karma for adultery. Was my father [4193] who suffered, as much or more than I, through my illness - in some way a part of my illness and at his death, the karma finished?

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"I am very thankful to report that I WAS cured - by prayer, faith - or the Cayce readings. I can only say, all played a part and I shall always be grateful for being a part for a time of the Association for Research & Enlightenment.

"My best to Hugh Lynn & others that I might know there and very best wishes in your extremely exciting work.

"I gave a lecture on Mr. Cayce at my Book Club a few months ago & it was most enthusiastically received."

Sincerely, [1916]

8/4/60 Letter to [1916] from Dr. Pahnke: "We were very happy to receive your prompt and gracious answer to our letter of inquiry, and glad to know that you are rid of the disease completely. There is one important point, however, that you forgot to mention, and without which the results in your case lack usefulness for the research project going on. That is, what type of medication and treatment were you undergoing after the Cayce treatment had been given? In other words, were you under treatment for epilepsy by a regular physician during and after you had been using Cayce's treatment? If you were not, the case might be attributed to be cured by the reading, but if you did have other treatment as well, we can draw no conclusions. I would be very grateful for this additional bit of information.

"Your greetings have been forwarded to Hugh Lynn and to the Association in general. Again thank you for your very nice letter."

Sincerely, Walter N. Pahnke, M.D.

8/6/60 Letter to Dr. Pahnke from [1916]: "I did not answer your question as to whether the reading helped cure or not, for medically, I do not know. I do know that I had a brain operation at 4 1/2 yrs. of age - treatment by all sorts of famous M.D.'s later in life - lived for a long while on Luminal or Miles Nervine.

"After taking the osteopathic treatments as outlined in the reading, I will say the convulsions were less frequent - but not cured. I took no further treatment, however, for the next 5 years, when the convulsions ceased. I leave the answer to your medical mind.

"I have had no further treatment of any sort since 1933, when convulsions ceased. I have been in WONDERFUL health. The arm that the convulsions drew is beginning to act as tho' it is not being coordinated to the brain impulses. Duke Clinic has taken electroencephalographs and found no brain damage. No treatment for it, except more rest than most people as healthy as I, would need.

"I would be glad to give you more direct answers if I could, but medicos generally draw their own conclusions ANYWAY - For many years I PAID them to give me answers, but got no direct ones. Hope you as a youthful doctor (my guess, of course) will believe that MOST people CAN accept the truth. Uncertainty and fear of the uncharted, and unknown, are filling our mental wards, as well as our hospitals.

Very truly yours, [1916]

## HEAD INJURIES CIRCULATING FILE

8/60 Dr. Pahnke's notes on this case, in his breakdown of 96 cases of epilepsy from the Edgar Cayce records:

"The case was classified in group 1 with a probable diagnosis of grand mal epilepsy. The patient received treatment at the Cayce Hospital and while there several convulsions were noted on the record. Follow-up report in 1960 from the patient indicated that she had no more convulsions after 1934. Treatment was apparently followed. This case could be considered an apparent cure."

1/25/72 Husband's reply to General Questionnaire and Personal Questionnaire sent to Mrs. [1916] by Rosi Hood for Dr. Chas. Thos. Cayce:

"Mrs. [1916] has been in poor health for several years and has been in a nursing home for nearly two years. I (her husband) have heard her speak many times of her contacts with Mr. Cayce and I have read the readings. I can answer fairly well the questions, based on living with her for over thirty years.

"According to what she told me, her contacts with Mr. Cayce were more for physical help than anything else. As a child she had a skull fracture which was operated on at Johns Hopkins Hospital, but, as she grew older, she had attacks of what were probably 'grand mal' epilepsy. It was for this condition that, hopefully, Mr. Cayce could advise about.

"As far as I know, the attacks of epilepsy tapered off in her late twenties and in the more than thirty years of our marriage, she had none. However, the childhood head injury was a growing influence on her health and, even though I took her to Duke University Hospital several times, there was apparently nothing that could be done to arrest the gradual physical (and some mental) deterioration. She is now about eighty percent paralyzed, unable to write and has very great difficulty in talking.

"I'm sorry that we cannot be of any great assistance. I have checked a few items which I am fairly sure about, but she is in no condition to reply to the various ones, which only she could answer."

5/30/73 GD's note: Mrs. [1916]'s cousin today told me that [1916] died about a year ago. "She had a lot of things to cope with during this lifetime."



## HEAD INJURIES CIRCULATING FILE

### INDEX OF READING 2024-1 F 5

#### CHILDREN: ABNORMAL

Doctors: Fincher, Edgar F., Jr.: M.D.	Par. B1
Doctors Suggested: Jones, Frank: D.O.	Par. 11, Reports

#### HEMORRHAGE: CEREBRAL

#### INJURIES: BIRTH: AFTER EFFECTS

#### NERVOUS SYSTEMS: INCOORDINATION

Nursing Attendants: Children: Abnormal	Par. 16-A
Osteopathy: Children: Abnormal	Par. 11--13
Prophecy: Prognosis: Children: Abnormal	Par. 14, 16-A
Speech: Impaired: Children: Abnormal	Par. 9
Surgery: Brain	Par. 5, 16-A

### BACKGROUND OF READING 2024-1 F 5

B1. 10/4/39 Mother's letter: ..., Ga.  
Mr. Edgar Cayce Virginia Beach, Va.  
Dear Mr. Cayce: -

. . . Mr. Cayce, as I told you in my first letter, my little girl had a cerebral hemorrhage at birth [Born 6/28/34, 8: 00 P.M.], caused from a head injury. When she was about four months of age she began having convulsive seizures at intervals throughout the day, and even at night in her sleep. During these seizures her hands and feet drew terribly, and her head always jerked forward; her eyes rolled back, and there was a choking noise in her throat.

We carried her to Dr. Edgar F. Fincher, Jr. of Atlanta, Ga., who is a brain surgeon. He operated on one side of her head, when she was six months old, and in four weeks he operated on the other side. He called the operation a decompression, for the purpose of giving the brain pressure and brain release, as the fontanel of her head had closed at that time. Dr. Fincher said that her brain was normal in formation, etc., and that he believed she had a chance to recover, and be a normal person. The seizures left her last March two years ago; she has not had one since, and learned to walk one year ago last March, approximately one year from the time the seizures left her.

Her walking is practically normal today, but she will not try to talk very much, although she can say a few words, and put a few together. Her physical health is good; we are more interested in her mental development.

## HEAD INJURIES CIRCULATING FILE

Mr. Cayce, I do not know whether this brief history will be of any use to you, but I thought perhaps you would like to know something of the nature of her case.... Thanking you, I am Sincerely (Mrs.) [...]

### **TEXT OF READING 2024-1 F 5**

This Psychic Reading given by Edgar Cayce, this 13th day of October, 1939, in accordance with request made by the mother, Mrs. [...].

3. Now as we find, while there are impediments in the action of the sensory forces, there are no impediments in the normal brain development now.
4. That there HAS been an impediment is evidenced in the manner of the slow developments which have occurred in the body.
5. But the operative forces have been MOST excellent. There is little in the brain cavity that is impeding at all; less of the scar tissue than would ordinarily be found.
6. There are, then, those conditions from which the disturbing forces arise, - along the cerebrospinal system, through the conjunction with the sympathetic or the vegetative nerve system; so that the brain impulse is deflected.
7. Hence the sensory reactions are impeded. These are indicated in the 1st, 2nd and 3rd, and a portion of the 4th dorsal center, and in the whole of the cervical area; especially in those areas about the brachial center, or the vagus center also.
8. It is the lack, then, as the development of the IMPULSES between the sympathetic and cerebrospinal system in these areas indicated.
9. Hence the manner in which there is the activity of the nerves to the hand, or hands, at times. This impedes then the impulses to the vocal cords, as well as the proper reaction to the rest of the nerve system; that is, to the sensory system, - as to the optics, to the voice, even the vision and the hearing.
10. We find that great good has come from the massage.
11. Now - under the direction of one such as Frank Jones, Macon, Georgia - we would make GENTLE corrections in those centers, specific, as indicated. These should be made very gently; not attempting to move the segments in the first eight to ten treatments, more than to stimulate the impulse of coordination with those areas that connect WITH the cerebrospinal nerve cord in the centers indicated - and these gradually.
12. These we would make twice each week at first, or every third day, for at least six weeks; then have a rest period from same for a month; and then another period of treatments for some five to six weeks.
13. Then we should have a rest for at least three to six months; and then another such course of treatments.
14. And, doing these, we will find this body will respond and be near to normal in all of its sensory reactions, its brain developments, - and be normal.
15. Ready for questions.

16. (Q) Would it be advisable for her great-aunt, Mrs. [...] [[1754]'s mother] to be with her while taking these treatments, or would a nurse be better?

(A) Such an one with whom the body is most familiar, and that would be more sincere than just a hired one, would be much preferable; especially from the standpoint of the child's reaction. For there will be many days when there must be the care that is needed, because of such changes as will come about.

Do these, though, and we will bring normal forces for this body; for this has been a most excellent operative condition.

17. We are through for the present.

### **REPORTS OF READING 2024-1 F 5**

R1. 10/16/39 [...]s letter to EC: ..., Ga.

Mr. Edgar Cayce Virginia Beach, Va.

Dear Mr. Cayce: -

I received the report on the Reading last night, and it made me so happy to hear that the diagnosis is so much in [2024]'s favor.

Mr. Cayce, do you particularly want me to take her to Dr. Frank Jones of Macon, or do you know of some doctor in Savannah who would be just as good? It would be so much more convenient for us and easier for [2024] to take her to Savannah, as it is only around seventy miles, and it is about one hundred and forty miles to Macon. If you think it best to take her to Macon we will, as we want to follow your instructions to the letter.

As soon as we hear from you on this matter we are going to take her wherever you say. Thank you for all you have done for us.

Sincerely yours, [...]

R2. 10/20/39 EC's letter to Mrs. [...]: Mrs. [...] ..., Ga.

Dear Mrs. [...]

Have yours of the 16th, thank you. Certainly hope you soon see the improvement as suggested for [2024], and feel from the experience of others that you will - through the years there has been a greater and quicker response from the suggestions for children. As if in answer to my Prayer - which to me brought about the connection making the work possible.

As for taking the Little girl to Dr. Jones, if you can find an Osteopath in Savannah that will follow the suggestions implicitly, am sure it would be alright. Should the one there wish to have reference, can give them many - Dr. Hildreth of Macon, Mo., Dr. Thompson of Detroit, Dr. Dobbins of N.Y., Dr. Richardson or Hudgins of Norfolk, Dr. Percy Woodall of Birmingham, Ala. and many others, so might be well to consult someone there. But be sure to insist that they give the treatments as suggested in the information, for when we check up it will tell whether they did or not.

Know we feel a personal interest, and hope you will let us know how she gets along.

With all good wishes

Sincerely [signed] Edgar Cayce

**INDEX OF READING 2046-1 M ADULT**

**[edited]**

BRAIN: CONCUSSION

INJURIES: ACCIDENTS: AFTER EFFECTS

Osteopathy: Brain: Concussion

Par. 6

Physiotherapy: Heat: Brain: Concussion

Par. 6

**BACKGROUND OF READING 2046-1 M ADULT**

B1. Traumatosis (concussion of brain due to auto accident, injury to head)

1. Is there a cerebral clot? 2. Tumor of brain? 3. Concussion of brain? 4. Just what is the condition?

B2. 11/24/39 Wife's friend, Mrs. [1602]'s letter:

Dear Mr. Cayce,

. . . The situation has been an odd one to handle and, personally, I am delighted that the reading was not attempted without his knowledge and consent. It is true, he is a little balmy but mostly from pain - not drugs - so it is possible for him to make his own decisions. But poor [1833] [his wife] has really had a time with him, - until today, principally, as I figure it, because the 'old conscious mind' hates to give up its prestige! Funny, the situations that come to us when "They" want to wake us up! All during these last few days, since I heard about [2046]'s condition, I have gotten a strong impression of the likeness of his mental and spiritual state with that of Jacob before he was stricken and had his wrestle with the forces. Let's hope he, too, may have a revelation and that it will be important to all concerned, as well as to himself!

Sorry if I seemed like a pest but had to, more or less, do what [1833] asked me to. [When she wanted me to phone you] She wanted the reading so badly but couldn't quite see the situation from your point - until today. Now she is SO happy because of his willingness and the smile he gave her that accompanied his assent!.... So now we are all hopeful. I will try to be with you this afternoon - not that I'm needed, but feel I want to be 'in on the case'!...

**TEXT OF READING 2046-1 M ADULT (M.D. [Neurologist])**

This Psychic Reading given by Edgar Cayce, this 24th day of November, 1939, in accordance with phone request by the wife - Mrs. [1833].

3. As we find, the disturbances are located in the first and second cervical. This is the cause of not only the pressure upon that particular portion of the brain areas, but of that which also causes the fever.

4. This is not a true concussion, yet the concussion exists in those areas that lie between the lower portion of the cerebrospinal system (or nerve centers) and the lower brain itself, or through the medulla oblongata.

## HEAD INJURIES CIRCULATING FILE

5. It is also indicated that there has been an irritation, or a shock, to the lower end of the spine. This produces at periods the feeling of numbness in the extremities.
6. Remove these pressures by the use of heat, and mechanical adjustments (osteopathically). We are through for the present.

### **REPORTS OF READING 2046-1 M ADULT [edited]**

11/27/39 Mrs. [1602]'s letter to EC: "Just a short snappy one at this moment, to report on 'our' patient. After much wriggling around (on the Drs. part) [1833] [his wife] succeeded in getting the main Doctor on the case to permit her to have an osteopath's 'opinion' but it was given with the injunction that nothing would be done without the consent and approval of the "Boys". We gave the story and all the involvement to Dr. Dobbins, who could not possibly have been more cooperative and understanding (For it is not a pleasant situation for anyone 'outside' the holy fraternity to be in). He went with [1833] to see [2046] at 8 this morning (before the doctors were up). Then, consulted with the profession. The result all agree - the condition is as the reading indicates but no adjustments can be made until the concussion stops cussing, as they fear to precipitate a hemorrhage in the brain area. Until (as the result of the reading), [1833] was able to suggest the spinal injury as a possibility - they have all been treating him - first for meningitis and then (when that didn't prove itself) - a stroke. From here on we can only hope the reading can be followed. Anyway, [2046] and Dobbins got on swell - no objections. [2046] O.K.'s the reading and is apparently delighted with the information..."

12/4/39 (Monday) Dr. Dobbins letter to HLC:

Dr. Frank P. Dobbins 551 Fifth Avenue New York Phone Vanderbilt 3-9806-7

Dear Hugh Lynn:

In response to an urgent message from Mrs. [1833] I visited her husband [2046] at the Neurological Hospital last Monday morning. As you may realize I already have two strikes on me when I go to see him under the conditions that exist in such an institution.

From what I can find out from the symptoms he has, the man has a hemorrhage in the interior of the brain that is producing pressure on vital structures. He had characteristic meningeal symptoms: Projective vomiting, very severe basal headache, paralysis of one lower extremity, very high blood pressure, and high temperature. There was so much spasm of the cervical muscles that it was impossible to tell whether or not there were lesions of the cervical vertebrae. The symptoms the man has would certainly point to pressure within the skull. With all of these symptoms we feel that it would be most unwise to manipulate in the cervical area until such a time as there was no danger of further hemorrhage in the brain.

My advice to Mrs. [1833] was to the effect that after a sufficiently long period had past, so that there would be no danger of further hemorrhage, we would treat to correct any predisposing factor in the cervical vertebrae. This period of time would be about three weeks.... Sincerely yours, [signed] Frank P. Dobbins

12/7/39 Mrs. [1602]'s phone call: "Became suddenly worse and was rushed to hospital again last night, but they haven't done anything yet - don't know what to do."

12/7/39 See 2046-2 [not included].

HEAD INJURIES CIRCULATING FILE

**9INDEX OF READING 2678-1 F 36**

**[edited]**

Diet: Artichoke: Jerusalem: Pelvic Disorders Par. 24

Doctors Suggested: Reilly, Harold J.: PhT. Par. 22

ELIMINATIONS: POOR

INJURIES: ACCIDENTS: AFTER EFFECTS  
: Head Injury Par. 28

Intestines: Colonics: Eliminations Par. 22

LESIONS

NEURITIS

PELVIC DISORDERS

Physiotherapy: Hydrotherapy: Neuritis Par. 21  
: Massage: Peanut Oil: Neuritis Par. 21, 27-A  
: Witchhazel: Par. 21, 27-A

Prescriptions: Eno Salts: Eliminations Par. 19

**BACKGROUND OF READING 2678-1 F 36**

1/14/42 Husband, [2841]'s letter:

Dear Mr. Cayce:

I am writing you this time Mr. Cayce regarding my wife [2678].

The other day she slipped on some ice and fell down the porch steps. She is very sore but we believe there are no fractures. She and I both feel that we would prefer to consult you and the information you receive than have the usual check up, as we would feel more sure and have greater faith in the advice you can give us.

We should therefore like to have a reading, taking into consideration also her general condition which despite her appearance has been none TOO good....

Sincerely yours, [2841]

1. Was any fracture incurred in recent fall? 2. If not, to what extent was injury and what should be done for it? 3. How is the body's general condition? 4. What causes almost constant fatigue and what should be done about it 5. What causes occasional severe pains around hip region, similar to sciatica, and what should be done for them? 6. Is there any danger from old head injury? What is its present condition, and if potentially dangerous what should be done about it? 7. Is there any indication of trouble in or around the body's axis and if so how should it be corrected?...

**TEXT OF READING 2678-1 F 36**

This Psychic Reading given by Edgar Cayce, this 4th day of February, 1942.

3. As we find, while there are a great many conditions very good, there are the results of disturbances from the outside. These have produced tendencies that may become very disturbing unless the full corrections are made.
4. The injuries that have been formerly sustained, and more recently aggravated, while we do not find any fracture or broken bones, because of bruise to the muscular force we find that the nerve tissue has caused some disturbance and anxiety.
5. The former conditions, however, cause more of the disturbances that should be seriously considered. These, as combined with some disturbance in other portions of the body, are gradually building or causing forms of congestion which may be hard to deal with and troublesome unless corrected.
6. These, then, are the conditions as we find them with this body, [2678] we are speaking of:
7. The blood supplies of the body indicate that there are congestions, or even some minor lesions that cause a slowing of the circulation through certain areas. This aids, or is a contributory cause to the slowing of the peristaltic movement through the alimentary canal. And with the formation of toxic forces where there is an unleveling of the pelvic bone from stress and strain due to injury to head and portions of the spine, there is a neuritic reaction caused through the hips, pelvis and the lower portion of the spinal system. While this is minor in its present reaction, it may become more and more severe unless these corrections are made as indicated.
8. It will be found that one limb is a little shorter than the other. Hence we have periods when, with long standing on the feet, or with conditions of cold or even an upsetting in the eliminating system, the body becomes suddenly and very easily tired. This also is a contributory cause, sympathetically and directly, to the disturbance occasionally indicated through the nasal passages, or antrum at times. Because of slowed circulation in some parts of the body, and the attempt of the system to call upon the body for a better lymph circulation, there is a coldness or a tendency for the soft bone or tissue to become clogged. Thus the producing of the sniffles, or a feeling of fullness in face; and the eyes at times giving some disturbance, or burning at times.
9. All of these, then, as we find, are combined so as to make for the complication. Disturbances are produced in the nerve and blood supply, and the disturbance in the general muscular force arises mainly from poor eliminations, poor circulation, and the inclination for there to be a variation in the coordination of the deeper and superficial circulation to the body.
10. Also we find that the bruised tissue (only) on parts of head and body, in the present adds to the amount of refuse or congestion to be eliminated from the system.
11. The organs themselves, save sympathetically, we find very good.

## HEAD INJURIES CIRCULATING FILE

12. Brain forces and their reflexes are very good, though we find at times under stress, when there is congestion or when there are periods of lack of proper distribution of the eliminating forces of the body, there is naturally a dullness occurring, also an overanxiousness and a tendency to become a little frustrated or even - some may feel - a little cantankerous. This is a physical, not a mental reaction.

13. The organs of the sensory system in their reflexes at times cause anxiety, - as the clearing of throat, a little fullness in the area of the bronchi, as well as the activity in the adenoid and thyroid. These all find sympathetic reactions from those congestions as may arise.

14. Lungs are very good.

15. Heart activity is normal save at those periods when the anxieties or other disturbance may cause a bit of irregularity.

16. The digestive forces organically are very good, though at times sympathetically upset - as we have indicated.

17. The congested activity of the liver shows the effect of those properties that have been taken occasionally, which are very good. With the administration of those applications as may be indicated here, there should not be the necessity to continue using these, - at least during the period of making these corrections. For, with the other treatments, there should be a purifying or a cleansing of the colon, some once or twice, that there may be better normal activity through same. Thus this should eliminate the necessity, for the time at least, for using those stimulations that have been used for better eliminations.

18. But do have at least once each day the full evacuation through the alimentary canal, even twice a day during the periods of these treatments would be the better. But do not irritate the alimentary canal by the use of too much of the eliminants of an irritating nature.

19. Take a little Eno Salts as a neutralizer of acids and fats. This should be the better stimulation, if it is needed. Take a little of this of mornings before breakfast, see?

20. As to the activity of the other organs, - the pelvis, the kidneys and those activities; these are very good. There are tendencies at times for an excess of sugar. This causes some of the fullness in the appendicial and abdominal area.

21. In making corrections, then, - we find that these might better be accomplished through the hydrotherapy method, with the relaxing and the corrective measures administered by the one making the massage following the light cabinet bath, with the thorough rubdown and then corrections during that period, or the corrections and THEN the thorough rubdown. And do this principally with a combination of four parts Peanut Oil and one part Witchhazel. These separate, certainly, but shake them together and then use them as a massage to the spinal system AFTER the corrections are made in the lumbar and sacral, as well as coordinating those through the upper dorsal and cervical area.

22. At least once a month have the colonic irrigation, until after these corrections are made. These, the corrections and the general hydrotherapy treatment, may be taken at least once or twice a week - if it is practical. The longer drawn out



these are, the longer will be required to make the correction; but this is the method to make the corrections, which should prevent a great deal of trouble later on, as to the eliminations and to the general conditions throughout this body of [2678]. We would follow these at Reilly's, for bringing the better conditions for this body.

23. In the matter of the diet, - not too much starches for this body, and not too much sweets.

24. DO have occasionally, at least once a week or the like throughout their season especially, one Jerusalem artichoke in the diet. This is helpful for this body, in correcting the inflammation as may occur in the first periods of the correction of the pelvic disturbance.

25. Do these. Ready for questions.

26. (Q) What causes severe pain at certain times in region of vagina and what should be done to correct it?

(A) As indicated, the pressures through the pelvis, or the position of the pelvis itself, as well as the acid condition.

As we find, with the following of those suggestions made, and these fully and completely adhered to, we will bring bettered conditions for this body.

27. (Q) Is everything well internally since appendix operation last year?

(A) These conditions will be much improved by the general treatments and the stimulating of better coordination between superficial and deeper circulation, as well as the coordinating of the eliminating channels of the body. This all may be accomplished through the hydrotherapy treatments as indicated, see? In the massage, be sure that the caecum muscles and those areas are included - with the massage of the Peanut Oil and Witchhazel, - even though there may be a bit of tenderness there.

28. (Q) Any danger from old head injury?

(A) As we find, not unless there is the neglecting of the general conditions that primarily exist through the pelvis area.

29. (Q) Is there any indication of trouble with the body's axis?

(A) This is what we are speaking of, in regard to the pelvis. See, this is the pelvic axis....

Take these treatments in series, - any three to four weeks, then rest two to three weeks, and then take again for two to three weeks, See?

And these should bring much bettered conditions for this body. We are through for the present.

#### **REPORTS OF READING 2678-1 F 36**

7/57 Mrs. [2678] and Mr. [2841] visited A.R.E. and expressed appreciation for the great help Edgar Cayce had given them and their daughter, [2084].

## HEAD INJURIES CIRCULATING FILE

### INDEX OF READING 2864-1 M 49

Diet: Goitre	Par. 18-A
Doctors Suggested: Irvin, C.W.: D.O.	Par. 10
GOITRE	
Injuries: Spine: After Effects : Head	Par. 5 Par. Remarks
LESIONS	
Osteopathy: Lesions	Par. 10--14, 18-A
Prescriptions: Atomidine: Glands	Par. 9--11, 18-A
Prophecy: Prognosis: Goitre	Par. 12

### BACKGROUND OF READING 2864-1 M 49

B1. 12/5/42 Question when coming to be present for rdg.: "Is there any cure for condition of throat which extends down into my chest at times? What causes it? It feels like it is going to burst at times. I've been to eight doctors, had x-rays, and none can find cause."

### TEXT OF READING 2864-1 M 49

This psychic reading given by Edgar Cayce, this 5th day of December, 1942.

2. EC: Yes, we have the body here, [2864], present in this room.
3. As we find, there are conditions that prevent the better physical functionings through the body.
4. The effects produced, and the causes, as we find, are very far apart in the experience, or in appearance.
5. For, in some time back, some years ago, there was a minor injury to the back. This was in the area of the 3rd and 4th cervical, and in the 3rd and 4th dorsal. Lesions have formed there. These have gradually deflected impulse to throat and head. At times the body has had very acute head pains; not as headaches but as head pains, that have gradually passed off. But these deflections have begun to affect the activity of the glands, - the thyroid, the inner portion.
6. Thus there is an accumulation there, that will gradually change the pulsation, the activity of the heart, and naturally the pressure - for it is internal - will affect the trachea, the breath, the ability to swallow in a normal manner.
7. These, as we find, are the sources and causes of the disturbances that are disturbing this body, [2864], we are speaking of.

## HEAD INJURIES CIRCULATING FILE

8. In making correction for these conditions, we would begin first:
9. Take one drop of Atomidine in half a glass of water before the morning meal, each day for five days. Do not take more than the one drop each time, see. And at the end of the five days, leave off five days. Then begin again, and so on. But do have a five-day rest period between the five-day series of taking the Atomidine, see? Do NOT take more than the one drop each day, especially through the first one or two series of treatments as we will indicate.
10. By the time the Atomidine has been taken for the first five days, begin making the adjustments in the cervical and dorsal area. Have these done osteopathically, but have such an one as Irvin make these adjustments, see? Naturally, this will take a little time. Have these about twice each week, until at least sixteen such treatments have been taken, before there is a rest period from taking them.
11. While the beginning of these, with the Atomidine and the first two or three adjustments, MAY cause a little quickened pulse, have this watched after when the adjustments are made. While this may cause a little fullness, do keep up these treatments.
12. After at least two weeks of the adjustments, or three weeks, we will begin to see REAL improvement in these conditions.
13. But take at least sixteen before there is a rest period from the adjustments.
14. At that rest period we would give further instructions.
15. As to whether there will be the necessity of the addition of electrical vibratory forces will depend upon the manner in which the body responds.
16. Do these, then, for at least sixteen adjustments.
17. Ready for questions.
18. (Q) Any special diet?  
(A) A normal, regular diet; not too much fats nor too much starches combined. But at least once each day do eat some raw, fresh vegetables; such as lettuce, celery and the like. These will stimulate nerves and aid the pathological effect of the Atomidine (which is atomic iodine) upon the glandular system.  
Do keep the eliminations well. These are very good in the present. At times these cause some disturbance, but with the adjustments these should be stimulated to better activity.  
These corrections will be found to be needed in the 3rd and 4th cervical and between the 2nd and 4th dorsal. Do not attempt to make the whole adjustment at once, but gradually bring these into alignment. And we will remove these disturbances; otherwise they may become serious for the body.
19. We are through for the present.

[Remarks immediately after the reading: Had an automobile accident ten years ago; head was injured; one eye put out.]

### **REPORTS OF READING 2864-1 M 49**

R1. 2/19/43 See 2864-2, at which time he said he felt a lot better.

## HEAD INJURIES CIRCULATING FILE

### INDEX OF READING 3023-1 F ADULT

Diet: Goitre	Par. 13--15
Ears: Deafness	Par. 21-A
Glands: Thyroid	Par. 5, 8, 9
GOITRE	
Healing: Oneness : Spiritual	Par. 4--6 Par. 12
Heredity: Influences: Prenatal: Goitre	Par. 8
Injuries: Accidents: After Effects	Par. 20-A
Intestines: Gas	Par. B2
Jesus: Healings	Par. 6
Physiotherapy: Massage: Peanut Oil: Goitre	Par. 12
Prescriptions: Atomidine: Goitre	Par. 5, 6, 17
Religion: Christian Science	Par. B1, 3--7

### BACKGROUND OF READING 3023-1 F ADULT

B1. 4/14/43 [3023]'s letter to EC:

". . . I have three ailments. They may be from one cause. I do not know. 1) Pain in upper part of stomach. What is the cause of this intense pain, its name, and how I may be healed (preferably by God). 2) Goitre in throat causing faint voice. 3) Deafness. How can I contact God so He will heal me? Doctors and specialists have failed. But God can heal me, can He not? A star of hope shines in my heart as I write, the hope of liberation. Please have it come true..."

B2. 5/19/43 [3023] submitted questions for 3023-1:

1. I met with an accident March 10, 1939. Is there any head injury remaining? 2. What causes the deafness I have had many years? Can it be cured without an operation? 3. Is the goitre in my throat the cause of my faint voice? How can this be helped? (I love to sing.) 4. What is the cause of my face being thin, although my body is plump? 5. What is the condition back of my eyes that causes distress? 6. What is the state of my general health? 7. I have pain in upper part of stomach and inflation. What can be done to remedy this? There is much gas. Is it the bowels? 8. Can I be healed of everything by spiritual means?

**TEXT OF READING 3023-1 F ADULT**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 3rd day of June, 1943.

2. EC: Yes, we have the body here.
3. In giving that as we find that may be the more helpful for this body, this is not given as to dissuade the entity from its beliefs or tenets, but that it may understand them as they apply in the physical body the better.
4. It is true that all healing is of the divine source, and that source is in the Christ-Consciousness. And the applications that may be made for the physical, the mental or the spiritual attitudes must be from that premise.
5. But that which is physical must be met IN the physical. And it is to attune body-functionings in such a manner as to create the better balance of the activity of the atomic energies of glandular forces, in this particular body, if there would be the better results in the body.
6. Just as the Master gave, to one "Arise!" to another, "Go, wash in the pool of Siloam," to another "Go present thyself to the priest, and offer the sacrifice for the healing," as designated by the law which He came to fulfil.
7. Then it is from that premise that the direction or instructions may be indicated for this body.
8. It is true that the mental attitude has kept the body in as good a balance as it is in the present. But from the period of inception, in this body, there were deficiencies of iodine and calcium in the body-structural forces.
9. Thus we have a glandular disturbance, especially in the thyroids. This has caused, and does cause, the condition in throat, the condition in eyes, the condition through the head. And it is functional, but of a glandular nature.
10. Keeping those attitudes, then, we would apply these:
11. Take internally one drop of Atomidine in half a glass of water before the morning meal, each day for five days. Then leave off five days. Then take again five days, and so on.
12. Each day the Atomidine is taken, have a gentle massage with Peanut Oil - all the body will absorb - at the 3rd cervical, the 9th dorsal, the 4th lumbar. Do not give the massage just as something to be done, or gotten through with, but with the prayerful expectancy that there is the creating of a balance in the glandular forces of the body, so as to disseminate the disturbing forces created and to correct the activity of the glands so as to prevent the disturbance through the digestion, the reactions to kidneys, the disturbance in the eyes and the nasal passages.
13. In the matter of the diet, - do include each day some celery, lettuce or carrots, some one or all of these, during this whole period of following these instructions, - whether cooked or raw, or prepared in the varied manners.
14. Keep away from ANY hog meat of any kind. Do have seafoods often.
15. Prepare the celery, lettuce and carrots in varied manners to suit the taste, or so that they do not become obnoxious to the body; but take some of one or all of these each day.

## HEAD INJURIES CIRCULATING FILE

16. Do these, and we will find we will gain in concepts, in the ability to apply the tenets that make for creative energies being active in the body.
17. Take the Atomidine five days, leave off five days, take five days and leave off five days, for at least ten to fifteen weeks.
18. At the end of fifteen weeks we would give further instructions.
19. Ready for questions.
20. (Q) I met with an accident March 10, 1939. Is there any head injury remaining?  
(A) None that will not be materially aided by the application of those suggestions given.
21. (Q) Is the glandular condition the cause of the deafness?  
(A) It is the cause of the deafness.  
Do these things indicated, and in fifteen weeks we will give the changes necessary. We are through for the present.

### **REPORTS OF READING 3023-1 F ADULT**

R1. 6/21/43 [3023]'s letter to EC:

"I do not desire a Check Reading for the reason that the first reading is so disappointing and of such little value to me that I do not feel that I could afford another reading.

"Only two questions were answered (I asked seven) in words similar to my own words, and I therefore did not learn anything of much importance that I did not already know.

"Although I am severely troubled with a condition in the rectum, your reading revealed nothing at all about it.

"The remedy you suggest for healing of deafness - Peanut Oil massages would not be possible for me to undertake with my ideas, as I am a firm believer in the power of God. I shall depend on His power, rather than peanuts. I have taken in the past special iodine prescriptions which were similar to the medicine you mention, and further use would not be wise.

"Although I now prefer to depend for healing on the oil of Spirit, rather than the oil of peanuts, I hope you will not be offended, or misunderstand.

"No reflection on you or the reading is intended. I love everyone and appreciate everything, but I am frankly disappointed in the reading.

"Thanking you however, for your good intentions..."

R2. 6/23/43 EC's letter to [3023]:

"Thank you for yours of the twenty-first. I am sorry to note that you do not feel the information has contributed anything to your welfare. I am sure from this you would not care to remain a member of the Association. And if not, if you will return the reading to us, we will be glad to return to you the membership fee. While, of course, we do not guarantee or promise any help, we can only contribute that that is given us through the channels that we hope we are studying correctly.

"Thanking you, and I certainly hope that you will be feeling a great deal better soon..."

**INDEX OF READING 3263-1 F 62**

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CATARRH

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**BACKGROUND OF READING 3263-1 F 62**

B1. 4/27/43 [3263]'s ltr. to EC:

..., Oregon

Mr. Edgar Cayce, Virginia Beach, Va.

Dear Mr. Cayce:

May I have a reading and diagnosis with treatments? I am writing asking this without sending for your application blank for Membership first - as this is urgent - I am at the present time running a high count of Kidney infection.

The Dr. tells me when one has as much as five? I do not remember the term - but should do something about it - Laboratory test shows I am running fifty.

Getting so I have cramps in the feet and legs. Charley Horse.

## HEAD INJURIES CIRCULATING FILE

Sept. 7, 1941 I was critically injured in a head-on Auto Accident in which I sustained a compound fracture of the left leg below the knee a badly broken and dislocated right wrist - ribs below the Sternum broken and from the Sternum to shoulder all are shoved up and out toward the arm. Face went through the windshield with cuts and bruises teeth broken - etc. Arthritis set in almost at once.

Just as soon as I was able to walk up the stairs on crutches I started taking Swedish Massage treatments and can now walk without a limp and use my hand quite well.

Rebuilt my body through diet until I weighed 145 prior to this kidney disturbance - since which I have lost weight.....

Thanking you, I am, Sincerely yours, Mrs. [3263]

### **TEXT OF READING 3263-1 F 62**

This Psychic Reading given by Edgar Cayce, this 4th day of October, 1943.

3. Yes - ready for questions.

4. (Q) Why the Catarrhal condition and how to overcome it?

(A) This has been a result of getting chilled and becoming - in same - affected by the poisons or toxins of the body. This has been long standing.

The better manner to overcome same will be through the relaxing of the body thoroughly with hot Epsom Salts Baths; then taking just after same, the Electro-Therapy - this preferably applied through the hands of one giving a massage to the face, neck, muscles of the spine along either side of the spine and across the abdominal area. These combined will aid very much in correcting this. Take these about ten days apart until three are taken. Then leave off for a period of some four weeks, and then have another series of three; and we should find considerable change - provided, of course, the body building forces are kept; that is, excesses of vitamins A, D and B-1 complex.

For the Epsom Salts Baths use about twenty pounds to forty gallons of water, as hot as the body can well stand, and the body should be massaged while in such a Bath - sitting in this for at least twenty to thirty minutes.

5. (Q) How to treat the leg and wrist which were broken in an accident and which - have apparently some Arthritis set in.

(A) These will be helped also by the stimulating of better eliminations in the manner here indicated.

When the massages are given following the Epsom Bath (and the limbs should also be massaged), use a combination of oils for the body. Use such as these, put together in the order named:

Russian White Oil or Nujol.....2 ounces, Oil of Pine Needles.....1 ounce,  
Oil of Sassafras Root.....1/2 ounce, Oil of Peanuts.....1 ounce,  
Olive Oil.....1/2 ounce.

Shake these together when they are to be used for they will tend to separate. Then massage thoroughly the limbs with this, especially the soles of the feet and along the back of the knees and over the muscular forces in all portions of the limbs.



## HEAD INJURIES CIRCULATING FILE

6. (Q) What is the source of infection causing kidney infection?

(A) This is of a general condition, and there should be those applications indicated. We will find at times there will tend to be some irritation to the kidneys. Apply then an alkaline pack, either of Glyco-Thymoline or Lavioris, over the kidney area, also over the pubic center, as to relieve the strain or burning through the bladder area. This would be done separately, of course, or on days when the Baths or Rubs are not given.

7. (Q) What can be done for Cystocele rupture of the bladder - three operations - poor surgery, have failed to correct.

(A) Just as given, the massages, the baths, the rubs and the Electro-Therapy will be help for this part of the body.

8. (Q) Can the mind be properly polarized again which has been upset through shock? Please give detailed instructions.

(A) This may be polarized by the suggestions from the one giving the massages and rubs to correct the body forces, through the correcting of those portions disturbed, see? We are through with this reading.

### **REPORTS OF READING 3263-1 F 62**

R1. [3263]'s letter:

..., Oregon

Edgar Cayce Pub. Co. Virginia Beach, Va.

Gentlemen:

I am terribly sorry for the loss to humanity of so fine a friend to his fellowman as Mr. Cayce - but the same old story - The strength of the metal was overtaxed by those seeking help. He surely is a shining Star in His Kingdom. May the Blessings of our Heavenly Father be with all his Loved ones and associates.

Sincerely, Mrs. [3263]

[GD's note: She had remarried and wrote under her new married name.]

HEAD INJURIES CIRCULATING FILE

**INDEX OF READING 3412-1 F 66**

**[edited]**

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**BACKGROUND OF READING 3412-1 F 66**

B1. 7/21/43 [3412]'s daughter's letter: "...Mrs. [3008] gave us a bottle of the oil recommended for her (olive, peanut and pine needle)... Mother has so much trouble with her feet, and it has helped them considerably..."

B2. 11/14/43 Mrs. [3412]'s letter to EC: "...The following is the data and questions for the Physical reading on November 19, 3: 30 to 4: 30 E.W.T... I have always been health-conscious, just naturally doing the things that make for good health, but accidents have occurred. For the last 13 years I have been studying the chemistry of foods and doing what I could to build a strong body, which in 1929 was badly injured due to a doctor's mistake.

## HEAD INJURIES CIRCULATING FILE

"As I now have a heavy load to carry, it is absolutely necessary that I have the strength and vitality to perform my duties. It is a continual struggle to keep the disabilities mentioned below from handicapping me and as I grow older I cannot afford to have them increase. Therefore, I wish very much to know the following:

"The condition of the urinary bladder, the kidneys and tubes, and what to do to keep them in a healthful state?

"An injury to my head neck and shoulders (auto accident) disturbs me greatly at times with eruptions on the neck and shoulders. What to do?

"The heartbeat is too rapid. Is it serious and what to do?...

"Balance is easily lost. What is the cause and what can be done?...

"Are the glands of internal secretion functioning properly? Especially the thyroid. If not, what to do?...

### **TEXT OF READING 3412-1 F 66**

This psychic reading given by Edgar Cayce, this 19th day of November, 1943, in accordance with request made by the self - Mrs. [3412], through daughter, Miss [3298].

3. As we find, in considering that which may be helpful physically for this body, there also must be considered the physical and mental attitude of the body. While there are disturbances of a pathological nature, there are also consciousnesses of a psychological nature that are not always in keeping with the best physical, mental and spiritual usages of the body.

4. If one only attempts to keep the physical body in shape for purely emotional and physical activities for the gratification of the physical body, it is like asking - though ye gain the whole world and lose your soul - what has been the gain?

5. Thus the consideration should first be for good health, sure - that the entity may be a better channel for the glorifying of God, not for the glorifying or honoring of [3412].

6. In the physical forces we find these conditions as the beginning of disturbances, such that the mental attitude has become almost in that state of feeling that the body has symptoms of what it hears disturbs others.

7. Then we might term the body one often given to psychological symptoms.

8. There are disturbances in the circulation - of the heart, the liver and the kidneys. These are partially nerve reflexes. Not just imaginative, but they have been imagined until disturbances have been produced - as a quickening of the pulsation, a slowing of the activity of liver, and thus a slow circulation and a quickening of activity of the kidneys - thus a bladder and a kidney irritation at times.

9. Here we find that the addition of Coca-Cola, taken in plain water, not carbonated water, would be as helpful for the body as anything that could be taken to aid in the activity of kidneys and bladder. A glass of this about twice each day would be sufficient, taken in plain water - with ice, if this is preferable. This will also aid in the general circulation.

## HEAD INJURIES CIRCULATING FILE

10. About once a week we would take hydrotherapy treatments, including a Fume Bath - not raising the temperature of the Cabinet too high with dry heat but rather the liquefying or steaming - putting about a tablespoonful of witchhazel in a pint of water and this almost boiling even before the body enters the Cabinet, so that the steam from this settles over the body.

11. Afterward, rub off thoroughly and then massage from the throat or head all the way to the toes with this combination of oils:

Olive Oil.....2 ounces, Peanut Oil.....2 ounces,  
Lanolin (liquefied).....1/4 ounce.

12. Be precautious as to diet. Keep away from too much mixture of starches. Do not eat raw apples. Do not take orange juice without lemon or lime juice in same, and this will keep down those tendencies for the formations of gas through the alimentary canal.

13. Eat only fish, fowl and lamb as meats. Plenty of raw vegetables, including watercress, grated carrots, lettuce and celery - with plenty of gelatin prepared with these.

14. These will bring better conditions for the body.

15. Ready for questions.

16. (Q) An injury to my head, neck and shoulders (auto accident) disturbs me greatly at times with eruptions on the neck and shoulders. What to do?

(A) These conditions should gradually disappear if the Fume Baths are taken with the massages. Also the activity of the properties indicated for the slowing of the alimentary canal, the heart's activity, the kidneys, will change these conditions. Take the Coca-Cola as a medicine, not as a drink.

17. (Q) Injuries to knees and feet result in much pain at times. What can I do?

(A) All of these conditions are included in that indicated. The healing properties in witchhazel are to be absorbed by the body.

Take such Fume Baths each week for two to three to four weeks. Then leave off for two weeks. Then take another series. This will change the conditions, but change the mental attitude also.

20. (Q) Are the glands of internal secretion functioning properly? Especially the thyroid. If not, what to do?

(A) Not properly, else we would not have given those things that are to work with same.

Do the things that have been outlined. But change the mental attitude of the body first, and we will find there will be more of a universal consciousness rather than a physical consciousness. We are through with this reading.

### **REPORTS OF READING 3412-1 F 66**

R1. 11/24/43 See Life Reading 3412-2.

HEAD INJURIES CIRCULATING FILE

**INDEX OF READING 3440-1 F 29**

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**BACKGROUND OF READING 3440-1 F 29**

B1. 12/10/43 Mother wrote: "What is the basis physically, and the remedy, for weaknesses from which [3440] has suffered all her life? An emotional disturbance or frustration coupled with lack of self-confidence, over-sensitiveness, lack of vitality and of drive to put things through, all of which has prevented her from finding a satisfactory way of life or realizing her potentialities. Insomnia. Did any permanent damage result from the two accidental head injuries she suffered in childhood? Perhaps the Life Reading will throw some

light on these questions. What I have in mind here is to find out what physical basis there is for these weaknesses and what can be done to remedy them."  
[GD's note: See sister's letter 10/9/73 [3440-1, Par. R2] requesting a copy of [3440]'s reading and saying: "All of her life she has suffered from an emotional disorder diagnosed as schizophrenia."]

**TEXT OF READING 3440-1 F 29**

This Psychic Reading given by Edgar Cayce, this 4th day of January, 1944, in accordance with request made by the mother - Mrs. [...].

3. As we find, there are disturbances that are preventing the normal physical functioning of the body. These are effects produced in the nervous system by injuries that have been a part of the body's experience.
4. While these have not necessarily caused permanent injuries, the longer the body has gone without the correction of the impingements existent through the system the greater has become, and greater will become, the disturbances - and the harder it will be to adjust or control them.
5. As we find, there are segments in the cerebrospinal system where the jar and the injuries to the body have caused the connections between sympathetic and cerebrospinal system to become disturbed.
6. These produce those conditions of nervousness that have long been existent through the body. Also they produce the insomnia, and the upset of the imaginative forces - so that the body becomes easily aggravated, easily tired out, or becomes supersensitive to slights, slurs and the like.
7. We find that these expressions indicated here should be a lesson for every individual.
8. These are indicated in the centers or areas of the 9th dorsal, 6th and 7th dorsal, 3rd cervical, and throughout the sacral.
9. As to the activity of these upon the organs of the body:
10. Brain forces normally are good, they are good in expression. The ability of the expressions and reflexes nominally should be excellent.
11. These repressions and impoverishments produced by the pressures at times cause the exaggerated disturbances through various functionings of reflexes.
12. And as there are those areas where coordination between sympathetic and cerebrospinal is disturbed, at times the body apparently is slow in grasping the reflex or the LAW or WHY pertaining to subjects, conditions, things and activities through the associations of the body.
13. Then, these are the conditions as we find them with this body, [3440].
14. In making corrections - there will be required a series of corrections, very carefully done.
15. First we would give that the body have at least half a dozen or six to eight thorough, relaxing treatments osteopathically. These will not appear to help a great deal, yet if these are made properly they will lay the foundation for that which may be very beneficial. In the first series there should not be the attempt to do any great amount of correcting; that is, the adjusting of centers in the areas indicated - but rather the relaxing treatments.

## HEAD INJURIES CIRCULATING FILE

16. After these treatments have been taken twice each week for six to eight treatments, then leave them off a period of three to four weeks.
17. During the rest period from the osteopathy, take at least two hydrotherapy treatments - letting the body be thoroughly relaxed in a Pine Oil Bath; that is, with Pine Oil in the Bath in which the body would lie for twenty to thirty minutes every day. The two hydrotherapy treatments (colonic irrigations) should be about ten days to two weeks apart.
18. Each day following the Pine Oil Bath, attach the Radio-Active Appliance for one hour - and go to sleep. This will put the body to sleep. This will regain a great deal of that rest which the body in the last ten years has lost. This will make better coordination between the extremities of the body, through the circulation - the lymph and deeper circulation.
19. After the three weeks leave off the Baths and the Radio-Active Appliance, and begin again with the osteopathic adjustments - this time making the adjustments, gradually, slowly, in the upper cervicals, upper dorsals, and then gradually in the 9th and 6th dorsals, and in the lumbar and sacral areas.
20. Then, after at least six of the adjustments have been made (not before), begin to add body-building energies and vitamins. Don't add these through the early periods, else they will contribute to more anxiety in the body.
21. Do not use the Appliance for more than an hour and a half, and sleep through most of that period - do use the period for rest and mediation, to meditate on making self into those activities which it hopes to accomplish (and that it may!) in relation to art and music. Meditate on these. For, you can even learn to sing and play the piano and never sing a note or touch a piano - in the mind! and then you can put it into practice when the body is better attuned. For music and art must come from the soul, to be worthwhile.
22. After the second series of osteopathic adjustments, begin the Appliance again - and also the Baths occasionally.
23. Do these, and we will bring bettered conditions for the body.
24. Then become active in athletics of every nature, especially those of outdoors - as tennis or golf or horseback riding. Don't ride the bicycle, though.
25. With these you will find much improvements for the body.
26. In the diets, don't overcrowd with sweets nor starches. Keep these well balanced with vegetables, fruits and the like. We are through with this Reading.

### **REPORTS OF READING 3440-1 F 29**

R1. 1/4/44 P.M. EC gave the Life Reading, 3440-2.

R2. 10/9/73 Sister's letter: "In recent years [3440]'s condition has deteriorated, and I am now her legal guardian. She told me the reading prescribed osteopathy treatments which did her some good, and she wants to resume the treatments.

R3. 10/12/73 GD sent a copy of both the Physical and Life readings.

R4. 10/29/73 Sister wrote: "I feel certain the readings will be extremely helpful. I will let you know if the osteopathic treatments seem beneficial... Please keep up all the good work. There is no limit to the number of people who have been and will be helped by the information contained in Mr. Cayce's readings."

HEAD INJURIES CIRCULATING FILE

**INDEX OF READING 3989-1 M 78**

**[edited]**

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**BACKGROUND OF READING 3989-1 M 78**

12/17/27 [3989]'s letter to EC: ". . . My physical condition is good with exception of following; (1) For years I have gotten up 3 or 4 times during the night to relieve my urinary bladder. (2) I had a fall in February 1926, struck the back of my head, resulting in pain in my neck. The malady is slight but neck is not entirely normal. (3) Have callouses on the bottom of both feet, under the little toes; causing more or less pain when walking. I wear arch supports....



**TEXT OF READING 3989-1 M 78 (Executive)**

This psychic reading given by Edgar Cayce, this 22nd day of December, 1927.

3. Now we find in the physical forces there are those conditions that give distress to the body at times. These are of various sources, and while the condition is not one that may be called constitutional; yet we find the depleted condition within the physical forces is such that these have become rather of the nature of some chronic conditions, considered from the physical abilities and the resistances as are attempted to be created in the body. Disorders arise, then, more from specific conditions; yet these specifics have their seat, or cause disorders in many directions. First:

4. IN THE BLOOD SUPPLY, while this very good, yet it is hindered in its circulation by impingements, in a greater or lesser degree, dependent upon the action of certain centers in their functioning; that is, with the body subject to severe physical strain, or mental strain, and overtaxed through digestion, certain conditions are disturbed, as is seen in the kidneys or in the digestive system, or reflexly may be produced those of headaches, nausea, and tendency of feet, lower limbs, and pains across the lower portion of back. Again we find these conditions disappear - the body feels buoyant and able and capable of coping with the conditions. Not wholly is it a mental reaction, but the mental reaction coupled with condition produced in the blood supply brings about resuscitation to the forces of the body, and recuperation takes place. Hence we may find this may not be called wholly a constitutional condition, nor yet be it far from this condition, on account of the specific disorders.

5. IN THE NERVE CENTERS, and in the nervous system from this existent condition, there may be seen many conditions exist that are not normal, neither are they the CAUSE directly of conditions, save as is seen reflexly, or through that manner in the way as has been outlined is produced or caused by those conditions as exist in various forms and manners in the system; yet in the lower portion of the cervical, and in the central or base of brain, we find there is gradually forming lesions that are of a nature that may bring disorders, were cold or congestion to come about, or lack of sleep, or the lack of sufficient activity taken. These are in that state of condition where any irritation might bring distressing troubles to the body in the form of contraction of nerve centers throughout the left side of the body. These may be relieved by the application of those conditions that would remove or cause the body to re-vibrate in the proper way and manner. These conditions are produced from that condition as existed in the base of brain, or from fall, or from those conditions as followed same, in the manner and way the body was treated, or as applications were made for resuscitation to the body. These leave their strains in the system. The body finds mentally much may be removed from the physical body. Hence material mindedness comes to the body in its direct action with the physical, mental and spiritual world. Hence brings barriers in many ways, when if applied in the proper channel would bring quite a different result. The body (for the body is susceptible to changes) must recognize that one change is as another change, and only as an individual moves or builds within self does the condition assume any particular aspect.

## HEAD INJURIES CIRCULATING FILE

6. IN THE PHYSICAL FUNCTIONINGS OF THE BODY, from these conditions existent, we find then specific troubles worry the body at times. The capillary circulation, as we see, is low. The pulmonary circulation good. The liver very active in the proper way and manner, yet when excessively so brings distress to the kidneys when overtaxed, as has been seen, and as is given by the entity as finding these conditions bring distress at times, by the inflammation as is created or caused in the bladder by the kidneys attempting to undo, or to overdo themselves through eliminating used forces from the system.

7. Now, to meet the needs of the physical conditions of the body, first we would prepare as this - these taken as medicinal properties for the body:

8. Eight (8) ounces garden sage to thirty-two (32) ounces distilled water. Reduce by simmering, or slow boiling, to one-half (1/2) the quantity. Strain, and while warm add four (4) ounces of beet sugar dissolved in two (2) ounces of hot water. Fifteen (15) grains of Ambergris dissolved in one (1) ounce of pure grain alcohol. Then add gin (preferably Gordon's Gin) two and a half (2 1/2) ounces. Then add Oil of Sassafras five (5) minims. Cinnamon one (1) dram, preferably in the stick.

9. Shake the solution together before the dose is taken, which would be a teaspoonful three (3) times each day, taken before meals - and eat the meals! Not heavy, no. Beware of meats for the body. Too much of sugars is bad. Those of the vegetables that grow above the ground, these are better for the body. These bring better conditions for the body. Lentils, beans, carrots, celery, lettuce, cabbage, cauliflower - all of these are well. These may be seasoned very well, but not with grease, other than butter fat. This preferable, though not too much butter otherwise. Brown bread, or whole wheat bread, or rye bread these preferable for the body's use. Fish and fowl, or wild game, may be taken in moderation. These for the system as internal.

10. For those conditions as exist along the cerebrospinal system, especially in the region of the lower cervical, upper dorsal and upper cervical, or cervical and upper dorsal region, we would apply those vibrations as would be found in an electrically driven vibrator. We would also massage (may be massaged by self with hands) those of the throat, head and neck. Well that the body, at least twice each day, take the head and neck exercises - these will bring stimulation from the forces of the body as are secreted through the glandular forces of all of those seated in the base of brain, neck and head. These will add to the strength and stimulation of the system.

11. Those conditions as exist in the lower extremities and limbs, these massaged each evening with equal parts of Olive Oil and Tincture of Myrrh. Heat the oil and add the myrrh. These will reduce these conditions, easing the body. Massage from the hips down, along the sciatic nerve and over the bottom or soles of feet. Rub or massage thoroughly, and we will find these callous conditions reduced and the soreness, and strength to the lower limbs assisted. Well, too, were this massaged occasionally across the kidneys, or lower portion of the spine....

13. We are through for the present.

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### BACKGROUND OF READING 5058-1 M 39

B1. 2/7/44 Wife's letter: "I have hesitated writing, as I felt there were so many people needing readings worse than I do. My husband stays so despondent most of the time, and doesn't seem satisfied any place. I really am interested in getting a reading for him. He was injured 12 years ago while in the ... Fire Dept., and has been retired 9 years. I often wonder if there is not some treatment he can take, or something done so he can be more contented and probably follow some line of work. We have 2 children, and our home life is such a strain, as my husband is very nervous and has some kind of spells every once in a while. We have moved from the city, thinking the change and living where it is quieter would help, but can't see that it has made any difference. We have both read 'There Is A River' and my husband is very anxious for a reading, and is ready to follow instructions..."

**TEXT OF READING 5058-1 M 39 (Retired Fire Department Employee)**

This psychic reading given by Edgar Cayce, this 5th day of May, 1944, in accordance with request made by wife - Mrs. [...].

3. As we find there are disturbing conditions that prevent the better physical functioning of the body. These as we find have to do with an injury received from the outside, and the centers from the 3rd cervical to the base of the brain, which have been and are to some extent involved at the present. These have caused an accumulation or thickening of tissue, not as a fracture in the skull, but as such a shock as to even thicken the walls of the skull itself.

4. This produces an upset in the imaginative and the vegetative nerve systems, and the reflexes of the central nervous system, and at times there are conditions in which there are almost irrational reactions.

5. These as we find would respond to gentle massage, as that which might be administered by a Neuropathic or Naturopathic physician. Massage with a combination of equal parts of Tincture of Myrrh and Olive Oil, heating the oil to add the Myrrh.

6. This massage should follow the use of the low electrical forces, as those of the radio-active or those of the short wave. This should not be higher than one to two amperes in the beginning, and should be used about twice a week, for at least 6 to 8 weeks, and then it may be "stepped up a bit."

7. The massage should be given away from the head, at the neck and those particular areas about the mastoids, chin, down toward the neck, and the cervical, all the way to the 9th dorsal at least.

8. These, as we find, offer the greater help for this body.

9. Do keep the eliminations a little above normal, even though it becomes necessary to use laxatives. These should be altered from time to time.

10. Do not take too heavy foods for this body. Never take any carbonated water, although it will be found that the syrup of Coca Cola in plain water will be well for the body, for this will react with the circulation between the kidneys and the liver, and will clear off much of the poisons which will be more beneficial for the activity of the sensory system. Do that.

11. Ready for questions.

12. (Q) Would it be advisable for him to take steady employment at this time?

(A) Not as yet. We would have at least 6 to 8 weeks of these treatments first, and these we find may be better given by a Neuropathic or Naturopathic doctor. Not an osteopath, not a chiropractor; either of these would be more harmful than helpful.

13. (Q) Is it better for his conditions for him to live in the country?

(A) Better for his conditions to live here where he can be close to the doctor.

14. (Q) How often should these treatments be given?

(A) Read just what has been given. We are through with this Reading.

**REPORTS OF READING 5058-1 M 39**

R1. 5/13/44 Wife's letter: "We have located a Naturopathic physician in Washington, D.C. that agreed to follow instructions, Dr. M. I. L. [Dr. Jonas Miller,

HEAD INJURIES CIRCULATING FILE

N.D.] of Wash., D.C. Do you have his name listed, and would you recommend him? It would be more convenient to go to ..., Va. Would you know of a Naturopathic physician there?..."

R2. 5/18/44 EC's reply: "...suggest that you write to Dr. Reilly of ..., N.Y., and he will be able to tell you of some one closer to you..."

R3. 6/21/44 Wife's letter: "I have written Dr. Reilly twice and have never received an answer; my husband is very anxious to take treatments from a doctor that I recommended; would you give us any suggestions? We could go to Washington for his treatments, as we have inquired and there are no Naturopathic physicians close by. There seems to be quite an improvement in Mr. [5058]'s condition since the reading. He is taking the Coca Cola syrup in plain water, and I feel that he has benefited by that..."

R4. 9/15/44 GD's reply: "Today we have a letter from Mrs. [3170] of ..., Md., saying she has found an electro-therapist to give her treatments; but she did not give his name. If Mrs. [808] does not refer you to a good man to give your husband the electrical treatments, you might contact Mrs. [3170] and get the name of the man who is giving her the electrical treatments."

R5. 3/22/50 Questionnaire sent. Whereabouts unknown.

R6. 9/3/52 No verbal or written contact on this case since 6/21/44.

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**BACKGROUND OF READING 5081-1 F 31**

6/26/43 Letter: ". . . I do not know what to say except that I have been ill for the past year, and have prayed constantly for healing and that I might learn the lesson contained in the suffering. God's love has seen me through every siege of pain, but I am unhealed. The pain is of a nature often terrifying. Last year while serving as a nurse in the Outpost Hospital, I received a severe blow on the head. My head has been sore ever since, there being frequent headaches and a strange tightening of my head. The skull x-rays show a shadow, and I have been advised to see a brain surgeon. I am unable to do this, as I am without money. This does not discourage me; I believe that God can heal me, could I but attain to the faith and understanding necessary. My good friends, the Rosicrucian Helpers, have encouraged me with their love and beautiful letters, but my condition does not respond. The condition of my head limits reading and study. For the past years, I have tried to live as Jesus taught in the Sermon on the Mount, but I have failed always. I feel, deep within, that only through living as Jesus taught can one find the ultimate peace and attunement with the All. Can you tell me why I fail so persistently? How to overcome my weakness? Can you heal me? I have asked God for healing and for the deeper understanding that will enable me to be of service to Him. I believe strongly in reincarnation as a truth, as I have been enabled to see myself as I lived before. If you can possibly borrow the time to assist me, I shall, God willing, do my best to follow any advice that you may give..."

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4/20/44 Letter: "...Aside from a painful head, inability to find suitable work troubles me. I have tried for years to find the right kind of work, but seem to be a misfit. I am very interested in Buddhism as well as Christianity, and seek to know the ultimate reality of existence. I list my questions in order of importance: (1) Nearly 2 years ago I struck my head, causing an after-effect of months of painful headaches. The right side of my head and right eye are very painful at times. There is also a chronic condition in the chest and thoracic area. Will you please tell me what is wrong with my head and body? (2) I am unable to find work that is satisfying in both a mental and physical sense. What type of work should I undertake in order to be of most service to those about me? (3) My mother and I have always been as strangers. There is an instinctive dislike that I must constantly fight against. Can you tell me why?... Right side of head and right eye very painful; abnormal vision; see bright flashes of purple light; condition of right side of chest also active; your help greatly desired....

### **TEXT OF READING 5081-1 F 31 (Christian)**

This Psychic Reading given by Edgar Cayce, this 6th day of May, 1944.

3. As we find these conditions where there was the injury to the head, by the fall and the strike, are gradually becoming worse; unless there are measures taken to reduce the thickening of the casement of the brain forces itself, and we will have eventually such a pressure on brain forces as to disable the body, possibly entirely.
4. If there is the use of the Wet Cell Appliance, carrying Nitrate of Silver and Spirits of Camphor, and then massage to carry this off in such a way as to eliminate, we may reduce the lesions being formed and bring back near normal conditions for this body.
5. The manner in which these administrations are to be given through the Wet Cell Appliance: This should be made with a small amount of increase in the strength, that is, with two pounds of the Copper Sulphate as the base. Use at least six drams of Zinc with one and one-half ounces of the Acid. Use only one-half pound of the Charcoal.
6. Make a two percent solution of the Silver Nitrate, using one ounce of the two percent Silver Nitrate solution, one ounce of grain alcohol and one ounce of distilled water.
7. The Spirits of Camphor should be commercial strength.
8. Apply the small copper plate, carrying the Silver Nitrate, to the 2nd cervical. Apply the larger plate, through which the solution passes, to the umbilical or lacteal duct centers, for this must pass through the assimilations and the circulations and will remove the hindrances to the injury in the cranium itself. This would be about four fingers from the navel center to the right, and two fingers up on this body (the width of the fingers).
9. The Camphor should be applied at the lower portion of the 3rd cervical, not the upper portion, but the lower portion of the 3rd cervical.
10. Use the Silver Nitrate one day and the Spirits of Camphor one day. Do this for at least thirty minutes, preferably when the body is ready to retire.

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11. Follow this by the massage away from the head, commence at the temples, around back of ears, and then at the front of ears and across the chin, all the way down the neck and especially to the upper dorsal areas, to the 3rd, 4th and 5th dorsal, but the principal portions, of course, is through the shoulders, frontal portions across the bones of the neck and down either side of the spine. These should be well given each day following the applications, that is, one, one day and one the next day.

12. Do disconnect and take the connections out of the solutions when not in use. Do keep the attachments clean and attach at least twenty minutes before they are attached to the body and give this time to receive the charge while the U-shaped wire that passes through the solution will hold the vibration if laid in the sun, yet these should have sufficient time to make the connections in the Appliance when attached to the body.

13. Do that so the conditions will enable the body to better be the nurse, as it is. Administering to others is the best way to help self. More individuals become so anxious about their own troubles, and yet helping others is the best way to rid yourself of your own troubles. For what is the pattern? He gave up Heaven and entered physical being that ye might have access to the Father. Then what are you grumbling about because you dislike your mother? She dislikes you as much, but change this into love. Be kind, be gentle, be patient, be longsuffering, for if thy God was not longsuffering with thee, what chance would you have?

14. We are through with this reading.

### **REPORTS OF READING 5081-1 F 31 [edited]**

6/21/44 Letter: "I want to thank you for giving me the reading... In part your diagnosis states: 'We find that the head injury caused by the fall and strike is gradually growing worse. Unless there are measures taken...be such a pressure on the brain as to disable the body, possibly entirely.' To me, it seems that this diagnosis must be correct. I have had a sore head - right side only, for the past 2 years; there are usual disturbances accompanied by flashes of purple light, and sometimes headaches that seem to be tearing my life out by the roots. Last October I was examined by a neurosurgeon. X-rays of my head did not show that anything was wrong. I was told that I was suffering chiefly from imagination; to go back to work and 'snap out of it.' This, despite the fact that I had not been suffering from headaches at all before hurting my head. I did not believe that I was merely remote, so took up a study of Christian Science and tried to go back to work. Christian Science helped me mentally, but I could not retain a position for long at a time. The headaches and sore head keep me from working for any period.

I took your diagnosis to the head of a mental hospital. I could not apply the treatment you suggest, so thought to work in the mental hospital a few hours daily in exchange for my board and treatment. The charge doctor ridiculed your report; he, too, told me to forget my condition. I have tried the best I know and have failed. I seem to be unable to learn how to contact God. He seems so very far away. It is often necessary to battle with the thought of taking my own life. Sometimes the unceasing soreness seems unendurable, but to do this would mean leaving a coward's record behind. Surely, there must be some other way? Would you be kind enough to make a suggestion? I felt that you have access to wisdom above that of the average man. Do you think that I should perhaps write to other Christian Science Practitioners - that they might heal me?"



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7/7/44 Letter: "My impulse is to write and tell you something of the things that are so baffling to me; but I am not going to do so. God knows of my condition. He must, as my life is a tiny part of His greater Being. If this power does not see fit to relieve me from this torture, telling another human being will not help. I have a great deal of metaphysical literature. I find it sedative rather than curative in nature. But I am thankful for the sedative, if nothing else, although it is becoming harder and harder to believe that I can attune myself with the power called God; that is, sufficiently to receive direct aid. However, I must count my blessings. God has led me to you, and you have diagnosed my condition. At least, I know where I stand. Even if medical doctors scoff at such a diagnosis and are unwilling to give me the treatment you suggest. We are told that God works in mysterious ways. Perhaps a turning point for the better will come soon... I am holding my own most of the time, and am able to take care of my support by working a few hours daily for my board. This arrangement keeps me from having to accept public charity. God is very good to allow me this much freedom."

10/16/44 Letter: ". . . I am in great pain a great deal of the time, and there are times when I do not feel like myself. Also my stepfather has turned me out, and suggested that I seek admittance in the Poorhouse; so earning a living with my head condition is something and sometimes a terrifying problem.

I believe your diagnosis. There is something else that I should tell you. The doctors will not credit this either, despite x-ray proof. After striking my head, the severe blow, skull x-rays showed a shadow. This was diagnosed as a spicule of broken bone projecting inside the skull. There were no brain surgeons in our part of the country, so nothing could be done to help me. I could not afford to journey to a distant city in another province for help. Several months later, one night when in excruciating pain, I cried out to God with all my heart for deliverance. Almost instantly, there was a snapping round my head. I felt that the spicule of bone had gone back in place. The headaches continued after this, but I did not experience the sharp, pricking feeling that I used to have prior to this occurrence. The next x-ray showed nothing to be wrong, proving my belief in divine aid. However, the doctors only ridiculed this. The latter x-rays were taken at a different hospital, and I was told that the first x-rays were probably read incorrectly. Being without money or position, I could not ask that the x-rays in both hospitals be compared. Your diagnosis as to a thickening of brain casement would easily be true, as a sharp piece of broken bone irritated the brain tissues of my head for several months. The doctors do not credit the extent of my illness, I believe, because of my attitude toward it. Because I have always been cheerful and have had a strong belief in God's ability to deliver me. This belief has enabled me to sleep without taking drugs and has been the dominating factor all through my illness. Because I try always to be cheerful and do not talk about my illness to friends, people, including my stepfather, think that I am well. I have always felt that telling others of any illness, one might have, would only serve to foster the condition more firmly to one. However, you knew the truth. Today I am running a fever, suffering with nausea, great soreness in my head and usual defects. I dare not think of the future, or of tomorrow. I should like you to know that I appreciate your past kindness."

8/8/67 She requested a copy of her reading, saying: "At the time, no doctor was willing to follow the suggestions given for the healing of a physical condition. I have lost the copy of the reading, but should like to consider it again..."

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**NEURASTHENIA**

Osteopathy: Neurasthenia	Par. 7, 9, 10, 13-A, 14-A
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**BACKGROUND OF READING 5385-1 F 30**

B1. 4/2/44 Letter: "After consulting doctors and two psychiatrists I was told that I had a complete nervous breakdown. I was given injections which made me worse. Then I entered a sanitarium where I was given electric shock treatments which did not help me. When I left the sanitarium I was still afraid of traveling on street cars and busses, as I would become panicky and want to run. Then I took a job which I held for 3 months and then had to leave as I became so nervous that I lost weight and could not sleep. The more I strive for self-control the less I have. At present I am unable to leave the house without becoming a complete wreck, and I am afraid that I will end up in an insane asylum." 1. Are my nerves completely shot? 2. Do I need medical care or is recovery a matter of will power? 3. Did the head injury I suffered 16 years ago affect my brain? 4. Would the fact that my uterus is tipped affect other parts of my body? "I am not under a doctor's care at present."

**TEXT OF READING 5385-1 F 30**

This Psychic Reading given by Edgar Cayce, this 21st day of July, 1944.

3. As we find, there are disturbing conditions which prevent the better physical functioning of the body. These, as we find, are rather specific, while the reflexes which are produced by these conditions are rather complicated for they produce the incoordination between the sympathetic and the cerebrospinal nervous systems; and thus the lack of the ability of the body to store energies, and thus a general relaxed condition of the nerve forces of the body, or nerve exhaustion, so that with any general activity of the body, long on the feet, or in associations

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where arguments or any conditions where disputations might occur it brings on associations as a weakness and as a dizziness to the centers where the cerebrospinal and sympathetic coordinate.

4. As we find, in times back, there was an injury to the head. This was in the form of a lick or hurt in the back portion to the side. This has caused, from the strain produced at the time, lesions along the area of the brachial center. Thus the form of lesion is lateral. This, then, extends from the area of the 3rd and 4th dorsal to the 5th and 6th dorsal.

5. These suppressions cause conditions in the 3rd cervical, through the lumbar and sacral area, and with the combination of disturbance in the pelvic organs or the position which is indicated of the womb itself.

6. This, at certain periods, causes an exaggeration of this pressure through the body of the "all-over-ness" as it might be termed.

7. In meeting these there would be first the perfect relaxation of the body through the whole of the cerebrospinal system, with special reference to correcting the lesions in the cervical, in the dorsal areas, coordinating with same those which are in antipathy to those conditions in the body through the pelvic areas.

8. Then add vitamins which will aid in strengthening the body, and these should be supplemented. There should be a regular diet, balanced, supplemented with B-1 complex or the B One-A-Day complex tablets.

9. After there has been about sixteen such adjustments, then begin to add, and through the periods of taking the vitamins add, the low electrical vibrations which may be had from the violet ray [hand machine, bulb applicator] about a minute over those lengths of the cerebrospinal system. Rest during the periods that these are taken, daily for ten days to two weeks.

10. Then have another series of the adjustments osteopathically.

11. Thus we will bring much bettered conditions for this body.

12. Ready for questions.

13. (Q) Could you suggest a doctor who will carry out these instructions?

(A) Any good osteopath here. There are several who have and are acquainted with and interested in the activities of this information [in the Chicago vicinity].

14. (Q) Would I feel better if we lived in the country?

(A) If you make up your mind you'll feel better, you will; if you make up your mind that you'd like it better in the city, you'll be better off in the city.

Do make the corrections osteopathically, for these offer the channels for help.

15. We are through with this reading.

### **REPORTS OF READING 5385-1 F 30**

R1. 11/17/44 Letter: "I have started to have the corrections made by an osteopath as Mr. Cayce directed. So far I can't say I feel much better but the doctor said it would take time before I notice any improvement. I am going to Dr. [...] and as he is a friend of Dr. [...] everything worked out fine for me. He was very interested in finding out all I knew of Mr. Cayce and I loaned him my copy of THERE IS A RIVER."

## HEAD INJURIES CIRCULATING FILE

R2. 1/31/45 "The passing of EC was a great shock to me. Apparently my reading was among the last that he gave. It makes me feel insignificant to think that a man who helped everyone is gone, while I who contributed to the cause of his overwork am still here. Please believe me when I say that I was aware of his goodness and greatness. You may use my letters in your Diary-Letter but please do not use my name. Many firms ask whether perspective employees have had nervous breakdowns and will not hire such people. As I come into this category it might mean difficulty in finding a job if some uninformed person came into possession of your Diary-Letter. I cannot afford to be discriminated against, just because I have suffered from nerve exhaustion... I have been getting the osteopathic treatments that EC suggested and am not quite as nervous but I have not regained enough strength to enable me to work without tiring easily. In time this will undoubtedly change."

R3. 5/28/45 "Finally located a violet ray generator after 2 months of searching and advertising. Everyone said they were obsolete and the one I bought must be 30 years old. It works and that's all that matters. Have been feeling quite well lately, perhaps too well, as I became so enthusiastic in my housecleaning that I had to take it easy for a few days. I still go to the osteopath about once a month and think that the treatments have helped me."

R4. 10/9/47 Report requested by GD from [5385] and the osteopath.

R5. 10/19/47 "After doing some heavy cleaning at home I did not feel well and entered the Osteopathic Hospital at Dr. [...]s suggestion for a check-up. Was told all my organs have dropped and heart enlarged on right side, liver and gall bladder did not work properly, have bronchitis and sinus trouble. This check up was in Sept. 1945. Osteopathic treatments were continued until the end of the year. Dr. [...] told me that it was up to me to get control of my nerves. In June 1946 my heart acted up and quinine was prescribed by Dr. [...]. It was hard to obtain, so Dr. [...] got some natural vitamin G, which he said would control a certain nerve to the heart. He gave this to me twice and then had difficulty obtaining it. When he received some it was given to another patient who, the receptionist said, needed it. This made me angry... He said my heart was all right, gave the vitamins elsewhere, but told me to come back. The date of my last treatment was 3/6/47. Since then I have seen no doctors and unless I have some broken bones, do not intend to... If I can stop worrying I will be all right. At the present I am doing all the housework, cooking and shopping, as my mother is not well."

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**BACKGROUND OF READING 5456-1 F 28**

None.

**TEXT OF READING 5456-1 F 28 (Dietician)**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 2nd day of July, 1930.

1. EC: Yes, we have the body here, [5456]. Now, we find there are conditions that are abnormal for this body. These are rather of the subtle nature, and unless corrected must - sooner or later - give considerable trouble; for oft, when the disorders manifest themselves, the effects as are created are those treated, rather than the conditions that cause same.
2. These, then, are the conditions as we find them with this body, [5456] present in this room:

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3. IN THE BLOOD SUPPLY, there is seen SUFFICIENT in quantity; in quality, this alters or changes as the CONDITIONS or disturbances are changed, and when the disorders are present - as an acute condition - we will find that the capillary circulation is very low, and only at such times would the physical appearance be such as to indicate disorders - and the body gets little sympathy for the real condition as exists. In such periods, we find at one time there may be a LOW blood pressure, with the hepatic circulation taking on more of the blood and not SUFFICIENT being carried to extremities, or to any exterior portion, and at such times there is coldness and clamminess in the extremities, with dull headaches, pains across the right side, and the disorders producing that heaviness, dullness, bad taste in the mouth. In OTHERS, we will find above normal in pressure, and quite a different alteration in the characterization of the blood supply. The nature of the disorders, as we find, producing same.

4. IN THE NERVE SYSTEM - This, in part, may be called the seat or the cause of the trouble; yet it is more specific, even than that; rather the pressure IN the nerve system, and especially in the ganglia of the 12th dorsal and the 4th lumbar are the effects in the cerebro-spinal seen; while the SYMPATHETICS, in the region of the solar plexus and in the 5th cervical plexus, show their reflexes. Hence this coldness as appears at the back of the neck, or just above the shoulder blades at times. This is the indication of the deep circulation attempting to adjust itself to the pressures created in the lumbar and lower dorsal region. The sympathetics being in accord, find their reactions in these centers.

5. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, at such times, when there are repressions from the disorder, we find the sensory system becomes involved, as does for the ringing in the ear, the tendency to FULLNESS in the throat, and tendency for an inclination to clear the throat, and the fullness of the system as related to the swallowing; yet these are but indications, and not causes.

6. In the throat, bronchia, lung, larynx - these, within themselves, are very good; only functioning disorder at times.

7. Heart's action altered, as is seen, by the disturbances.

8. The digestive system is different. Here we find often those of INDIGESTION, yet the very same foods taken at other periods would digest, and when the body takes foods when tired, or mentally overtaxed, or under excitement, these act VERY different in the system. These, as we find, produced by those disorders in the colon, where we have something of the FORM of prolapsus, though not a TRUE prolapsus; rather the tendency of the intestine in the pyloric descending - or distending of the system - is cause the formations of gas, AND - following same - there is the twisting and the FALLING of the intestine itself. These produce the disorder. These conditions are from that pressure existent in the lumbar, sacral, and especially in the 12th dorsal. The heaviness as occurs at times across the small of the back is not from kidneys, but from this pressure - and the REFLEX, that CAUSES the activity of the kidneys at such time, is the attempt of the system to adjust itself, and to throw OFF poisons as are accumulated by the extra amount of the white blood and leucocyte created, in system attempting to meet the needs of the conditions; for the irritation, or usage

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of the system in any manner, requires the coagulative forces, and the body proceeds to make that as is necessary to combat conditions, but when these are not in SYMPATHY THROUGH the activities as produced by the pressures, these carry on through OTHER portions, and give the disorders.

9. In the liver and the hepatic circulation, this we find at times deep, and the hepatic tending to be cold - yet full in its activity; though the liver not active as to excretions to the system.

10. In the kidneys - these, we find, active at times from that pressure as brought in system.

11. Then, in meeting the needs, we would - through those of the manipulations, osteopathically given, WITH adjustments attending same at times - REMOVE that pressure as CAUSES this condition IN lumbar, sacral, lower dorsal, and EQUALIZE the pressure throughout the UPPER and the cervical region - upper dorsal and cervical; dilating the colon in such a manner as to relieve, gradually, the pressure as produced there, by the use of the colonic - which should be given at least one each week, until at least THREE are taken - then they may be taken ONCE each month.

12. We would also change the diet to conform to that as is NECESSARY to create the proper equilibrium in the digestive system - for this alters, as has been given, and at times there is little activity from the salivary glands, and food - even in the nature of the non-acids - enter the stomach with little, or insufficient amount of the lactics to carry on proper digestion. This produced by the taking up OF the juices IN system THROUGH that condition existent in the colon, see? Also we find at times, that foods LEAVE the duodenum in an ACID condition. THIS produces the greater distress about the second or third day after such conditions. This brings the FULLNESS to the intestinal system. The foods, then, would be altered to meet that as would be found by TESTING the salivary reactions; litmus paper, yes - and we would find the body would, in three to five weeks, respond to where the DISTRESSES would not be the reaction in system. Ready for questions.

13. (Q) Has this anything to do with the improper menstruation?

(A) With the changes as occur in blood supply, this naturally makes for disorders in the eliminating systems. Also the pressure as produced in the lumbar and lower DORSAL makes for the painful and the LACKING of SUFFICIENT discharge through this channel. With the correction of the system, these - of course, would correct THEMSELVES; though there may be NECESSARY, IN the segregation, for specific or local treatment - THIS would come later, see?

14. (Q) How often should manipulations be given?

(A) At least every OTHER day.

15. (Q) Did the fall received when a child cause this pressure?

(A) This has the portions to throw DOWN the system - this has MUCH to do with it, in the GRADUAL developings of the system - but, as is seen - or as has been given - is of the deep-SEATED or HIDDEN nature, see?

16. We are through for the present.

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**BACKGROUND OF READING 5540-1 M 39**

8/12/28 Questions submitted besides those which got asked: "What can be done to immediately relieve the body pain which I have been having for the past six weeks? How far-reaching is the infection?"

**TEXT OF READING 5540-1 M 39**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Virginia, this 27th day of August, 1928.

1. EC: We have the body here. Now, we find there are abnormal conditions that need attention. While there are throughout the general physical body conditions of which the body should be warned, there are also specific conditions bringing about an acute condition which needs attention, immediately, else the constant agitation as is being produced will bring about constitutional troubles that will be permanent discomforts for the body.



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2. These we would give first to be attended to. We find in the lower cervical and upper dorsal region where a pressure produces the abnormality that hinders the body in normal reaction. This is of a recent condition. Hence the body has suffered from these acute conditions which arise from the lack of proper eliminations, from the head, face, and the soft tissue in and about same, as in antrum and about portion of the head. These are conditions needing the attention as we find at the present.
3. These, then, for the correction, need local treatment as well as the correction of the subluxations that, with congestion, assist in producing the condition. These we find, then, may be reached in this manner:
4. As the body rests in evening (as it is attempting to keep on with its labors), to relieve the pain, apply to those portions of the body where this pain occurs, those saturated solutions of Epsom Salts, as hot as body can stand same. Keep these applications up for twenty-five to thirty-five minutes. Then prepare a solution as this:
5. Take small quantity (enough to bathe the parts) of laudanum, diluting same to half the quantity, with 85% alcohol; then adding the amount of Aconite as of laudanum - not as of the combined, but as of the FIRST, see? Then bathe these parts off - NOT BINDING - but just bathe off. The next evening repeat the same.
6. Also have corrections of those conditions existing in the 4th and 5th cervical, and in the 2nd and 3rd dorsal, and we will find this will bring about the relief for this body.
7. As to the general physical, beware of the blood pressure; also of the conditions as have to do with the pancreas, for these are tendencies for the body - but the needs of these in the upper portion need particular attention. Ready for questions.
8. (Q) What permanent treatment is advisable?  
(A) Those as have been outlined will remove the trouble. For those conditions if they CONTINUE after these changes have been made, necessary to cleanse the antrum - using those of the fish oil with that deodorized in those forces as may be used as an antiseptic for same.
9. (Q) What precautions of work or travel, or diet, should I observe?  
(A) As in reference to that producing high blood pressure, and overtaxing the pancreas. Beware of sugars and of meats; these particularly. With the correction of these conditions in the spine, and especially these in the upper portion, for the frontal portion of the face and head and neck, also that in the 8th and 9th dorsal, we will find better conditions for the whole system in general.
10. (Q) Of how long standing is the ailment?  
(A) The condition is acute, from the recent conditions, producing subluxation; that is, comparatively recent - three to six weeks. That as of the tendencies in the general condition, these are of a longer standing.
11. (Q) What was the original cause?  
(A) Congestion.

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12. (Q) How can reoccurrence be prevented?

(A) Remove that which brings about the tendency in the system, both from that of the acute condition and that which affects the digestive or assimilating system, with the corrections osteopathically in these regions as given. X-Ray, you see, would show these indications, or these subluxations as exist.

13. (Q) How much Epsom Salts should be used for each bathing?

(A) Saturated solution!

14. (Q) Should [he] remain in Richmond?

(A) Depends upon the desires, or the expansion the body desires to make.

15. (Q) What physical exercises are recommended?

(A) Any of those that are of the general nature, and that bring about the nominal reaction for the body, with the correction of incentive or impulses as radiate from the subluxations as are seen.

16. (Q) Should osteopathy be used, where obtained?

(A) As we find, Dayton, Ohio, the closest place.

17. (Q) Has treatment already received medically been correct?

(A) For the result, or for the effect produced. Not for that CAUSING same.

18. (Q) Are any teeth affected?

(A) Be well that these have local attention. This not the first cause.

Congestion the first cause, from cold, as seen. Then, with the subluxations occurring - these (that's from accident produced - cuts, bruises - on head, neck and shoulders, arm) give the accentuation of same. Do as we have given, then, as the first corrections for the acute condition. Then for the general physical health, these may be approached later; for gradually the nerve system is becoming involved. Do that now.

19. We are through for the present.

### **REPORTS OF READING 5540-1 M 39**

None.

## **Rebuilding the Brain**

Julian Whitaker, MD

<http://www.whitakerwellness.com/therapies/hyperbaric-oxygen-therapy/hyperbaric-oxygen/>

It was April 11, 2005, and Angel Gomez, a 19-year-old Marine, was a month and a half into his second tour in Iraq. During a night mission near Ramadi, the vehicle he was driving hit a roadside bomb. Two weeks later, he awoke in a VA hospital in Maryland—with a long road to recovery ahead of him.

Angel had been seriously wounded. Not only did he sustain a blast injury, but shrapnel had destroyed part of his skull and damaged areas of his brain. After several reconstructive surgeries, he was transferred to a trauma rehab center in California where he began the arduous task of relearning how to talk, walk, and perform other activities of daily living.

His progress was remarkable. Angel graduated from a wheelchair to a cane to walking on his own. He learned to write and eat with his left hand to compensate for his partially paralyzed right arm. His speech returned, albeit slow and halting, and he regained cognitive function, although he still had some frustrating memory deficits. But after three years of intensive therapy, Angel seemed to hit a wall. So he came to the Whitaker Wellness Institute for hyperbaric oxygen therapy (HBOT).

### **A Proven Therapy for Brain Injuries**

HBOT should be the treatment of choice for all traumatic brain injuries. When the brain is damaged, a vicious cycle is set into motion. Inflammation, impairments in blood flow and oxygen delivery, and free-radical activity destroy neurons in the immediate area, and damage spreads outward. However, not all brain cells die outright. Some of them simply go into “shock.” And although they’re not functioning normally, they can be revived.

Hyperbaric treatment simply awakens these neurons. When you breathe 100 percent oxygen in a special pressurized chamber, oxygen diffuses into all the body’s fluids, including the cerebrospinal fluid that bathes the brain and spinal column. This allows life-sustaining oxygen to reach damaged neurons and restore their function. Repeat treatments also stimulate the growth of new capillaries that restore blood supply and mobilize stem cells, which regenerate neurons and other cells.

Thousands of clinical studies demonstrate HBOT’s benefits. Particularly revealing are before-and-after SPECT scans. It doesn’t take an expert to see the differences. As metabolic activity returns, previously dark areas with little blood flow or neurological activity literally light up.

After 80 hyperbaric treatments, Angel has made unprecedented progress. He’s quicker, in both his speech and thought processes, and his memory is getting better all the time. Angel reports that he’s texting his friends, something he wasn’t able to do before. He’s feeling more energetic, confident, and in control of his future. He’s also noticed improvements in his right arm. It’s more flexible and feels stronger.

### **Hope for Injured Veterans**

The Pentagon recently announced that an estimated 360,000 of our fighting forces deployed to Iraq and Afghanistan have suffered traumatic brain injuries. Some are caused by open or closed head trauma, but a disturbing number are attributed to blast injuries.

Roadside bombs are the most common weapons used against our troops. When detonated, the ensuing blasts create powerful shock waves that cause both concussions and the formation of air bubbles (emboli) that lodge in vessels in the brain. The result is damage that often persists long after initial symptoms wear off.

Many of those affected bear no visible signs of trauma. Yet up to a quarter have lingering headaches, sensory disturbances, and/or problems with sleep, cognition, memory, mood, and coordination. In fact, many experts believe that undiagnosed traumatic brain injuries underlie the epidemic of post-traumatic stress disorder (PTSD) we're seeing in veterans today.

Although improvements in armor and battlefield medicine allow our troops to survive injuries that, just a generation ago, would have been fatal, fewer strides have been made in the treatment of traumatic brain injuries. That's why hyperbaric oxygen therapy should be the first-line treatment for anyone who sustains this type of brain damage.

Whitaker Wellness is one of 85 clinics involved in a study spearheaded by Paul Harch, MD, of Louisiana State University, that will evaluate the efficacy of this therapy in servicemen and women suffering with traumatic brain injuries or PTSD.

### **Off the Battlefield...**

HBOT isn't only for battlefield trauma. Have you or a loved one had a stroke? An accident involving the head or spinal cord? Parkinson's disease, multiple sclerosis, or another neurodegenerative disorder? Hyperbaric oxygen therapy is a proven treatment for any type of brain injury or degeneration.

We've been using HBOT at Whitaker Wellness for 10 years now, and the results never cease to amaze me. Virginia, whose husband brought her to the clinic from Colorado after a stroke, made such great strides that she was able to resume driving—which she thought she'd given up forever. Vic, whose stroke was so severe that his wife was advised to put him in a nursing home, not only regained function but no longer needed a wheelchair.

Gerald's Parkinson's symptoms improved, and treatment staved off further deterioration for nearly two years. Denice, who has multiple sclerosis, reported tremendous increases in energy, strength, and coordination. Damien, a young man who was paralyzed from the neck down following a diving accident, made remarkable improvements with intense physical therapy and HBOT. When he left the clinic, he could take halting steps with the aid of a walker, and he was convinced he'd eventually walk on his own. And Greg, who had severe developmental and learning disabilities due to head trauma as a child, became more outgoing and less moody.

### **...And Beyond the Brain**

The benefits of HBOT extend far beyond the brain. Improved circulation coupled with the bacteria-killing properties of oxygen make it an excellent therapy for slow-healing wounds, MRSA skin infections, necrotizing spider bites, severe burns, and diabetic ulcers (our country's leading cause of non-traumatic amputations). Fred came to the clinic as a last resort after being told he would require amputation of his foot. With HBOT, he began to heal—much to the astonishment of his physician back home.

HBOT also reduces post-surgical recovery time and complications. Eleanor had a facelift just three months before her college reunion, despite her doctor's warning that she would need more time to heal. After reading about HBOT in the newsletter, she underwent a course immediately after surgery. By the time her reunion rolled around, she had no bruising and just a little redness and swelling.

### **Spread the Word—To Soldiers and Others**

As you can see, hyperbaric oxygen stands to benefit millions, both civilian and military. Yet, this unique therapy is largely ignored by conventional physicians—an oversight I've been writing about for a decade. It appears that the same bias exists among military physicians, as Thomas M. Fox explains in *Special Operations Technology*:

“Therapeutic hyperbaric oxygen was identified as definitive in addressing neurological abnormalities in the blast casualty in 1990 in a comprehensive textbook produced by the Office of the United States Army Surgeon General.... The time is now to set aside misconceptions and preconceptions.... It is time to train today's physicians on a treatment option that can address the patients under their care and avoid long-term neurological disabilities and costs. There are over 100 years of studies and investigations supporting the use of hyperbarics...”

Folks, veterans of the Iraq and Afghanistan wars deserve our support. Hyperbaric oxygen therapy is one way we can help them.

### **Recommendations**

If you know any veterans who would be interested in participating in a study to evaluate the effectiveness of HBOT for soldiers suffering with traumatic brain injuries and post-traumatic stress disorder, please direct them to Dr. Harch at (504) 309-4948 or [hbot.com](http://hbot.com).

If you're interested in learning more about receiving HBOT treatment at Whitaker Wellness, call (866) 944-8253.

### **Reference**

Fox, TM. Hyperbarics. *Special Operations Technology*. 2008 June/July;6(5):39–41.